

Millfield Primary School RSE Curriculum Content

EYFS

Topic	Content
<p>Myself and My Relationships 1 Beginning and Belonging</p>	<p>Myself and My Relationships 1 Beginning and Belonging (NB, GFG)</p> <ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to make the classroom a safe and happy place? • How can I play and work well with others? • How can I respect the needs of others? • How does my behaviour make other people feel?
<p>Myself and My Relationships 2 Friends and Family</p>	<p>Myself and My Relationships 2 My Family and Friends - Including Anti-bullying (GOFO, SNTB)</p> <ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is my family and how do we care for each other? • What is a friend? • How can I be a good friend? • How do I make new friends? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me?
<p>Myself and My Relationships 3 My emotions</p>	<p>Myself and My Relationships 3 My Emotions (C, R, GTBM)</p> <ul style="list-style-type: none"> • Can I recognise and show my emotions? • Can I recognise emotions in other people and say how they are feeling? • Do I know what causes different emotions in myself and other people? • How do I and others feel when things change? • Do I know simple ways to make myself feel better? • How can I help to make other people feel better?
<p>Healthy and Safer Lifestyles My Body and Growing Up</p>	<p>Healthy and Safer Lifestyles 1 My Body and Growing Up</p> <ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up?

Topic	Content
Myself and My Relationships Beginning and Belonging	<p>Myself & My Relationships Beginning and Belonging (BB 1/2)</p> <ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? • How can I get to know the people in my class? CF • How do I feel when I am doing something new? MW • How can I help someone feel welcome in class? MW • What helps me manage in new situations? MW • Who can help me at home and at school? BS
Myself and My Relationships Friends and Family	<p>Myself & My Relationships Family and Friends (FF 1/2)</p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? CF • Why is telling the truth important? CF • What skills do I need to choose, make and develop friendships? CF • How might friendships go wrong, and how does it feel? CF • How can I try to mend friendships if they have become difficult? CF • What is my personal space and how do I talk to people about it? BS • Who is in my family and how do we care for each other? FP • Who are my special people, why are they special and how do they support me? CF
Myself and My Relationships My emotions	<p>Myself & My Relationships My Emotions (ME 1/2)</p> <ul style="list-style-type: none"> • What am I good at and what is special about me? RR • How can I stand up for myself? RR • Can I name some different feelings? MW • Can I describe situations in which I might feel happy, sad, cross etc? • How do my feelings and actions affect others? MW • How do I manage some of my emotions and associated behaviours? • What are the different ways people might relax and what helps me to feel relaxed? MW • Who do I share my feelings with? MW
Myself and My Relationships Anti-bullying	<p>Myself & My Relationships Anti-bullying (AB 1/2)</p> <ul style="list-style-type: none"> • Why might people fall out with their friends? CF • Can I describe what bullying is? RR • Do I understand some of the reasons people bully others? RR • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR

<p>Healthy and Safer Lifestyles Managing Safety and Risk</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk (MSR 1/2)</p> <ul style="list-style-type: none"> • What are risky situations and how might I feel? MW • What is my name, address and phone number and when might I need to give them? BFA • What is an emergency and who can help? BFA • What makes a place or activity safe for me? MW • What are the benefits and risks for me when walking near the road, and how can I stay safer? MW • What are the benefits and risks for me in the sun and how can I stay safer? HP • What do I enjoy when I'm near water and how can I stay safer? MW • What are the risks for me if I am lost and how can I get help? BS • How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA
<p>Healthy and Safer Lifestyles Digital Lifestyles</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles (TG Digital Lifestyles)</p> <ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR • What is meant by "identity" and how might someone's identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR • When might I need to report something and how would I do this? OR • What sort of rules can help to keep us safer and healthier when using technology? IS • Who can help me if I have questions or concerns about what I experience online or about others' online behaviour? IS <div data-bbox="1214 797 1481 1032" style="background-color: #4CAF50; color: white; padding: 5px;"> <ul style="list-style-type: none"> • Decision making • Positive contributions • Evaluating content • Information storage & sharing • Mental & physical wellbeing • Responsibilities • Reporting </div> <div data-bbox="1347 1077 1481 1115" style="background-color: #4CAF50; color: white; padding: 2px;"> Page 1 / </div>
<p>Healthy and Safer Lifestyles Personal Safety</p>	<p>Healthy & Safer Lifestyles Personal Safety (PS 1/2)</p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? MW • Which school/classroom rules are about helping people to feel safe? BS • Can I name my own Early Warning Signs? BS • How do I know which adults and friends I can trust? CF • Who could I talk with if I have a worry or need to ask for help? BS • What could I do if a friend or someone in my family isn't kind to me? BS • Can I identify private body parts and say 'no' to unwanted touch? BS • What could I do if I feel worried about a secret? BS • What could I do if something worries or upsets me when I am online? BS
<p>Healthy and Safer Lifestyles RSE Y1</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 1)</p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP

Healthy and Safer Lifestyles RSE Y2	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 2)</p> <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I'm growing up? CAB
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Y3/4

Topic	Content
Myself and My Relationships Beginning and Belonging	<p>Myself & My Relationships Beginning and Belonging (BB 3/4)</p> <ul style="list-style-type: none"> • What is my role in helping my school be a place where we can learn happily and safely? RR • How can we build relationships in our class and how does this benefit me? CF • What does it feel like to be new or to start something new? MW • How can I help children and adults feel welcome in school? RR • What helps me manage a new situation or learn something new? MW • Who are the different people in my network who I can ask for help? BS
Myself and My Relationships Friends and Family	<p>Myself & My Relationships Family and Friends (FF 3/4)</p> <ul style="list-style-type: none"> • How do good friends behave on and offline and how do I feel as a result? OR • What is a healthy friendship and how does trust play an essential part? CF • What skills do I need for choosing, making and developing friendships and how effective are they? CF • How can I help to resolve disagreements positively by listening and compromising? CF • Can I empathise with other people in a disagreement? CF • How can I check with my friends that their personal boundaries have not been crossed? BS • How do my family members help each other to feel safe and secure even when things are tough? FP • Who is in my network of special people now and how do we affect and support each other? FP

<p>Myself and My Relationships My emotions</p>	<p>Myself & My Relationships My Emotions (ME 3/4)</p> <ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? RR • What does the word 'unique' mean and what do I feel proud of about myself? • Why is mental wellbeing as important as physical wellbeing? MW • How can I communicate my emotions? MW • Can I recognise some simple ways to manage difficult emotions? MW • What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others? MW • How do my actions and feelings affect the way I and others feel? MW • How do I care for other people's feelings? MW • Who can I talk to about the way I feel? MW • How can I disagree without being disagreeable? RR
<p>Myself and My Relationships Anti-bullying</p>	<p>Myself & My Relationships Anti-bullying (AB 3/4)</p> <ul style="list-style-type: none"> • How are falling out and bullying different? CF • How do people use power when they bully others? RR • What are the key characteristics of different types of bullying? RR • How can lack of respect and empathy towards others lead to bullying? RR • What is the difference between direct and indirect forms of bullying? RR • What are bystanders and followers and how might they feel? MW • Do I understand that bullying might affect how people feel for a long time? • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved? RR
<p>Myself and My Relationships Managing Change</p>	<p>Myself & My Relationships Managing Change (MC 3/4)</p> <ul style="list-style-type: none"> • What changes have I and my peers already experienced and what might happen in the future? • What helps me when I'm experiencing strong emotions due to loss or change? MW • What strategies help me to thrive when my friendships change? MW • How might I behave when I feel strong emotions linked to loss and change? MW • How might people feel when loved ones or pets die, or they are separated from them for other reasons? • What changes might people welcome and how can they plan for these?

<p>Healthy and Safer Lifestyles Managing Safety and Risk</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk (MSR 3/4)</p> <ul style="list-style-type: none"> • How do I feel in risky situations and how might my body react? MW • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? BS • What actions could I take in an emergency or accident and how can I call the emergency services? BFA • What are the benefits of using the roads and being near water and how can I reduce the risks? MW • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out?
<p>Healthy and Safer Lifestyles Digital Lifestyles</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles (TG Digital Lifestyles)</p> <ul style="list-style-type: none"> • How might my use of technology change as I get older, and how can I make healthier and safer decisions? OR • How does my own and others' online identity affect my decisions about communicating online? OR • How might people with similar likes & interests get together online? OR • Can I explain the difference between "liking" and "trusting" someone online? OR • What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? OR • When looking at online content, what is the difference between opinions, beliefs and facts? OR • Why is it important to ration the time we spend using technology and/or online? ISH • How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it? ISH • Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making? ISH <div style="background-color: #4CAF50; color: white; padding: 5px;"> <ul style="list-style-type: none"> • Benefits of technology • Being healthier & safer • Online identity • Online contact • Liking & trusting • Mental wellbeing • Reliability of online content • Age restrictions • Asking for help </div>
<p>Healthy and Safer Lifestyles Personal Safety</p>	<p>Healthy & Safer Lifestyles Personal Safety (PS 3/4)</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? • Which school/classroom rules are about helping people to feel safe? R • Can I recognise when my Early Warning Signs are telling me I don't feel safe? BS • What qualities do trusted adults and trusted friends have? CF • Who is on my network of support and how can I ask them for help • What could I do if I feel worried about a friendship or family relationship? BS • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS • How can I decide if a secret is safe or unsafe? BS • How can I keep safe online? BS

<p>Healthy and Safer Lifestyles RSE Y3</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 3)</p> <ul style="list-style-type: none"> • How are male and female bodies different and what are the different parts called? • When do we talk about our bodies, how they change, and who do we talk to? BS • What can my body do and how is it special? • Why is it important to keep myself clean? HP • What can I do for myself to stay clean and how will this change in the future? HP • How do different illnesses and diseases spread and what can I do to prevent this? HP <ul style="list-style-type: none"> • Male and fe • Talking abo • Valuing the capabilities • Responsibil • Preventing
<p>Healthy and Safer Lifestyles RSE Y4</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 4)</p> <ul style="list-style-type: none"> • What are the main stages of the human life cycle? Science • How did I begin? Sex Education • What does it mean to be 'grown up'? CAB • What am I responsible for now and how will this change? CAB • How do different caring, stable, adult relationships create a secure environment for children to grow up? FP

Y5/6

Topic	Content
<p>Myself and My Relationships Beginning and Belonging</p>	<p>Myself & My Relationships Beginning and Belonging (BB 5/6)</p> <ul style="list-style-type: none"> • What are my responsibilities for helping others in school feel happy and safe? RR • How can I take responsibility for building relationships in my school and how does this benefit us all? CF • How might different people feel when starting something new and how can I help? MW • How do we help people feel welcome and valued in and out of school? CF • What helps me to be resilient in a range of new situations? MW • Are there more ways I can get help now and how do I seek support? BS
<p>Myself and My Relationships Friends and Family</p>	<p>Myself & My Relationships Family and Friends (FF 5/6)</p> <ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? CF • How do trust and loyalty feature in my relationships on and offline? CF • What are the benefits and risks of making new friends, including those I only know online? OR • Can I always balance the needs of family & friends & how do I manage this? FP • Can I communicate, empathise & compromise when resolving friendship issues? CF • How can I check that my friends give consent on and offline? BS • How do people in my family continue to support each other as things change? FP • Who are in my networks, on & offline, and how have these, changed and how do we support each other? <ul style="list-style-type: none"> • Healthy friendship • Trust • Loyalty • Empathy • Compromise • Consent • Changing network • Family support • Influences and pressures • Cooperation • Networks of support • Online community

<p>Myself and My Relationships My emotions</p>	<p>Myself & My Relationships My Emotions (ME 5/6)</p> <ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? MW • What does it mean to have a 'strong sense of identity' & 'self-respect'? RR • What can I do to boost my self-respect? RR • How do I manage strong emotions? MW • How can I judge if my own feelings and behaviours are appropriate & proportionate? MW • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? MW • How common is mental ill health and what self-care techniques can I use? • How and from whom do I get support when things are difficult? MW
<p>Myself and My Relationships Anti-bullying</p>	<p>Myself & My Relationships Anti-bullying (AB 5/6)</p> <ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? CF • Can I define the characteristics and different forms of bullying? RR • How do people use technology & social media to bully others and how can I help others to prevent and manage this? ISH • What do all types of bullying have in common? RR • Might different groups experience bullying in different ways? MW • How can people's personal circumstances affect their experiences? MW • How does prejudice sometimes lead people to bully others? CF • Can I respond assertively to bullying, online and offline? RR • How might bullying affect people's mental wellbeing and behaviour? MW • How and why might peers become colluders or supporters in bullying situations? RR • Can I identify ways of preventing bullying in school and the wider community? RR
<p>Myself and My Relationships Managing Change</p>	<p>Myself & My Relationships Managing Change (MC 5/6)</p> <ul style="list-style-type: none"> • What positive and negative changes might people experience? CAB • How do people's emotions evolve over time as they experience loss and change? MW • How can I manage the changing influences and pressures on my friendships and relationships? CF • What different strategies do people use to manage feelings linked to loss and change and how can I help? MW • How might people whose families change feel? • When might change lead to positive outcomes for people? • What positive and negative changes have I experienced and how have these experiences affected me? CAB • What strategies will help me to thrive when I move to my next school? MW <div style="background-color: #4a7ebb; color: white; padding: 5px;"> <ul style="list-style-type: none"> • Range of changes • Emotions • Strategies for change • Supporting others • School/phase transition </div>
<p>Healthy and Safer Lifestyles Managing Safety and Risk</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk (MSR 5/6)</p> <ul style="list-style-type: none"> • When might it be good for my mental health for me to take a risk? MW • What are the possible benefits and consequences of taking physical, emotional and social risks? MW • When am I responsible for my own safety as I get older and how can I keep others safer? BS • How can I safely get the attention of a known or unknown adult in an emergency? BS • Can I carry out basic first aid in common situations, including head injuries? BFA • What are the benefits of cycling and walking on my own and how can I stay safer? MW • How can being outside support my wellbeing & how do I keep myself safe in the sun? HP • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility? <div style="background-color: #4a7ebb; color: white; padding: 5px;"> <ul style="list-style-type: none"> • Personal res safety • Risk reductio • Getting help • Sources of s • Basic first aid • Road safety • Sun safety • Cycle safety • Railway safe • Electrical saf • Health and s school • Preventing a accidents </div>

<p>Healthy and Safer Lifestyles Digital Lifestyles</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles (TG Digital Lifestyles)</p> <ul style="list-style-type: none"> • What are some examples of how I use the internet, the services it offers, and how do I make decisions? OR • What are the principles for my contact and conduct online, including when I am anonymous? OR • How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? OR • How might the media shape my ideas about various issues and how can I challenge or reject these? OR • Can I explain some ways in which information and data is shared and used online? OR • How can online content impact on me positively or negatively? OR • What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? IS • What are some ways of reporting concerns and why is it important to persist in asking? IS • Can I identify, flag and report inappropriate content? IS <div data-bbox="1209 241 1476 481" style="background-color: #4CAF50; color: white; padding: 5px;"> <ul style="list-style-type: none"> • Decision making • Positive contributions • Evaluating content • Information storage & sharing • Mental & physical wellbeing • Responsibilities • Reporting </div>
<p>Healthy and Safer Lifestyles Personal Safety</p>	<p>Healthy & Safer Lifestyles Personal Safety (PS 5/6)</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? MW • Can I use my Early Warning Signs to judge how safe I am feeling? BS • How do I judge who is a trusted adult or trusted friend? CF • How can I seek help or advice from someone on my network of support and when should I review my network? BS • How could I report concerns of abuse or neglect? BS • Can I identify appropriate & inappropriate or unsafe physical contact? BS • How do I judge when it is not right to keep a secret and what action could I take? BS • How can I recognise risks online and report concerns? OR • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? BS
<p>Healthy and Safer Lifestyles RSE Y5</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 5)</p> <ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? BS • How can I talk about bodies confidently and appropriately? BS • What happens to different bodies at puberty? CAB • What might influence my view of my body? • How can I keep my growing and changing body clean? HP • How can I reduce the spread of viruses and bacteria? HP

Healthy and Safer Lifestyles
RSE Y6

Healthy & Safer Lifestyles Relationships and Sex Education (RS 6)

- What are different ways babies are conceived and born? (Sex Education)
- **What effect might puberty have on people's feelings and emotions? CAB**
- **How can my words or actions affect how others feel, and what are my responsibilities? MW**
- **What should adults think about before they have children? FP**
- **Why might people get married or become civil partners? FP**
- **What are different families like? FP**