

QUALITY OF EDUCATION
RSHE Curriculum Overview
2025-2026



RSHE Curriculum Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	To consider the routines and patterns of a typical day.		To understand why hygiene is important.		To recognise that all families are different.	
	I can understand some areas in which the children can look after themselves e.g. dressing and undressing.		I can explain why it is important to keep clean. I can understand some basic hygiene rules.		I can identify different members of the family I can understand how members of a family can help each other.	
1	To understand some basic hygiene principles.		To introduce the concept of growing and changing.		To explore different types of families and who to ask for help.	
	I can understand how to keep clean and look after oneself.		I can understand that babies become children and then adults. I know the difference between boy and girl babies.		I know there are different types of families. I know which people we can ask for help.	
2	To introduce the concept of male and female and gender stereotypes. To identify differences between male and females.		To explore some of the differences between males and females and to understand how this is part of the lifecycle.		To focus on sexual difference and name body parts.	
	I can understand that some people have fixed ideas about what boys and girls can do. I can describe the difference between male and female animals.		I can describe some differences between male and female animals. I can understand that making a new life needs a male and a female.		I can describe the physical differences between males and female. I can name the male and female body parts.	
3	To explore the differences between males and females and to name the body parts.		To consider touch and to know that a person has the right to say what they dislike and like.		To explore different types of families and who to go to for help and support.	
	I know some differences and similarities between males and females. I can name male and female body parts using agreed words.		I can identify different types of touch that people like and do not like. I can understand personal space I can talk about ways of dealing with unwanted touch.		I can understand that all families are different and have different family members. I can identify who to go to for help and support.	
4	To explore the human lifecycle.		To identify some basic facts about puberty.		To explore how puberty is linked to reproduction.	
	I can describe the main stages of the human lifecycle I can describe the body changes that happen when a child grows up.		I can discuss male and female body parts using agreed words. I know some of the changes which happen to the body during puberty.		I know about the physical and emotional changes that happen in puberty. I can understand that children change into adults so that they are able to reproduce.	
5	To explore the emotional and physical changes occurring in puberty.		To understand male and female puberty changes in more detail.		To explore the impact of puberty on the body and the importance of hygiene. To explore ways to get support during puberty.	
	I can explain the main physical and emotional changes that happen during puberty. I can ask questions about puberty with confidence.		I can understand how puberty affects the reproductive organs. I can describe how to manage physical and emotional changes,		I can explain how to keep clean during puberty. I can explain how emotions change during puberty. I know how to get support and help during.	
6	To consider puberty and reproduction.		To consider physical an emotional behaviour in relationships.		To explore the concept of conception and pregnancy To explore positive and negative ways of communicating in a relationship.	
	I can describe how the body changes during puberty in preparation for reproduction, I can talk about puberty and reproduction with confidence.		I can discuss different types of adult relationships with confidence. I know what form of touching is appropriate.		I can describe the decisions that have to be made before having a baby. I know some basic facts about pregnancy and conception.	

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			<p>I can consider when it is appropriate to share personal/private information in a relationship.</p> <p>I know how and where to get support if an online relationship goes wrong.</p>
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