



RSHE Curriculum Overview



At Key Stage 1 the Relationships education topics include:

- Families
- What is a friend?
- What is Bullying?
- My Body: worth keeping safe

At Key Stage 1 the Health education topics include:

- Our Wonderful Bodies
- How we love and care for ourselves (exercise, being in nature, healthy food, good sleep)
- How we love and care for ourselves (B: personal care, hygiene (including teeth cleaning), sun safety, prayer and meditation, hobbies and helping others)
- Keeping Safe with screens
- Talking about Feelings

At Key Stage 2 there will also be a puberty module covered in Year 5. This includes:

- My body is changing
- Feelings and Puberty
- Personal Hygiene
- Menstruation

At Key Stage 2 the Sex education topics are taught at Year 6 and include:

- What is Love?
- Being attracted to someone
- How do people have sex?
- How human life begins: pregnancy and birth
- Being a parent/carer