



Primary School Relationships & Sex Education (RSE) and Health Education Policy

THIS POLICY APPLIES TO ALL PRIMARY SCHOOLS/ACADEMIES IN THE HOPE SENTAMU LEARNING TRUST

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Policy Updates

Date	Page	Policy Updates
December 2022	Whole Policy	New policy
March 2023	6	2.5 - New section added to Roles and Responsibilities
March 2023	6	3.6 - New section added to Organisation of the RSHE Curriculum
March 2023	8	5.1 - New section added to Relationships Education Programmes of Study
March 2023	11	7.1 - New section added to Health Education Programmes of Study
March 2023	12	9.1 - New section added: Curriculum Links
March 2023	14	13.2 - New section added to Withdrawal From Lessons
March 2023	15	14.4 - New section added to Working with Parents/Carers
March 2023	15	15.1, 15.2 - New section added: Assessment
March 2023	15	16.2 - New section added to Behaviour
March 2023	16	18.3, 18.4 - New sections added to Monitoring and Review

This policy has been approved by:			
Signed		Date	
	<i>Chief Executive Officer</i>		
Signed		Date	
	<i>Chair of Trust Board</i>		

Statement of Intent

At Hope Sentamu Learning Trust, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education. State-funded primary schools are also required to teach health education.

Relationships education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focuses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

1. Legal Framework

This policy has due regard to all relevant **legislation** and **statutory guidance** including, but not limited to, the following:

- Equality Act 2010
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- DfE (2021) 'Keeping children safe in education 2022'
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'

This policy operates in conjunction with the following **Trust** policies:

- Behaviour Policy
- SEND Policy
- E-Safety and Acceptable Use Policy
- Equality Objectives Policy
- Anti-bullying Policy
- Safeguarding and Child Protection Policy
- Child-on-Child Abuse Policy
- Social, Emotional and Mental Health (SEMH) Policy

2. Roles and Responsibilities

2.1 The **local governing committee** is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well-led, effectively managed and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Creating and keeping up-to-date a separate written statement of this policy and ensuring the statement is published on the school's website and provided free of charge to anyone who requests it.

2.2 The **headteacher/principal** is responsible for:

- The overall implementation of this policy.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents/carers are fully informed of this policy.
- Reviewing requests from parents/carers/carers to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents/carers/carers.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.

- Reporting to the local governing committee on the effectiveness of this policy and the curriculum.

2.3 The **RSHE subject leader** is responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, and health curriculum.
- Ensuring the relationships and health curriculum, as well as any optional sex education, is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

2.4 **Subject teachers** are responsible for:

- Delivering a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENDCO to identify and respond to individual needs of pupils with SEND.
- Working with the RSHE subject leader to evaluate the quality of provision.

2.5 Please refer to **Appendix 1** for details of all teachers responsible for delivering RSHE.

2.6 The **SENDCO** is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

3. Organisation of the RSHE Curriculum

3.1 Every primary school is required to deliver statutory relationships education and health education. The delivery of the relationships education and of health education coincide with one another and will be delivered as part of the school's PSHE curriculum.

- 3.2 For the purpose of this policy:
- “Relationships education” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.
 - “Health education” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- 3.3 The relationships and health curriculum takes into account the views of teachers, pupils and parents/carers. The school has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.
- 3.4 We are dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils’ needs. For example, if there were to be a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.
- 3.5 We will gather the views of teachers, pupils and parents in the following ways:
- Surveys
 - Meetings
 - Letters
 - Training sessions
- 3.6 Any parent/carers, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year. Please refer to **Appendix 1** for further information.

4. Relationships Education Overview

- 4.1 **Families and people who care for me - By the end of primary school, pupils will know:**
- That families are important for them growing up because they can give love, security and stability.
 - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.
 - That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.
 - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.
 - That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
 - How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

- 4.2 **Caring friendships - By the end of primary school, pupils will know:**
- How important friendships are in making us feel happy and secure, and how people choose and make friends.
 - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
 - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
 - That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
 - How to recognise who to trust and who not to trust.
 - How to judge when a friendship is making them feel unhappy or uncomfortable.
 - How to manage conflict.
 - How to manage different situations and how to seek help from others if needed.
- 4.3 **Respectful relationships - By the end of primary school, pupils will know:**
- The importance of respecting others, even when they are very different from them, make different choices, or have different preferences or beliefs.
 - Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
 - The conventions of courtesy and manners.
 - The importance of self-respect and how this links to their own happiness.
 - That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
 - About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
 - What a stereotype is, and how they can be unfair, negative or destructive.
 - The importance of permission-seeking and giving in relationships with friends, peers and adults.
- 4.4 **Online relationships - By the end of primary school, pupils will know:**
- That people sometimes behave differently online, including pretending to be someone they are not.
 - That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
 - The rules and principles for keeping safe online.
 - How to recognise harmful content and contact online, and how to report these.
 - How to critically consider their online friendships and sources of information.
 - The risks associated with people they have never met.
 - How information and data is shared and used online.
- 4.5 **Being safe - By the end of primary school, pupils will know:**
- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.

- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter, including online, who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

5. Relationships Education Programmes of Study

- 5.1 The school is free to determine, within the statutory curriculum content outlined in section 5, what pupils are taught during each year group. The school always considers the age and development of pupils when deciding what will be taught in each year group. The school implements a progressive curriculum, in which topics are built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school. The content that the school has chosen to cover per year group is detailed within **Appendix 1**.

6. Health Education Subject Overview

The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

- 6.1 **Mental wellbeing - By the end of primary school, pupils will know:**
- That mental wellbeing is a normal part of daily life, in the same way as physical health.
 - That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
 - The scale of emotions that humans experience in response to different experiences and situations.
 - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
 - How to judge whether what they are feeling, and how they are behaving, is appropriate and proportionate.
 - The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
 - Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
 - How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.

- That bullying, including cyberbullying, has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support, including recognising the triggers for seeking support, extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

6.2 Internet safety and harms - By the end of primary school, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.
- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.
- Why some social media, some computer games and online gaming are age-restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online.

6.3 Physical health and fitness - By the end of primary school, pupils will know about:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school, if they are worried about their health.

6.4 Healthy eating - By the end of primary school, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.

6.5 Drugs, alcohol and tobacco - By the end of primary school, pupils will know:

- By the end of primary school, pupils will know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

- 6.6 **Health and prevention - By the end of primary school, pupils will know about:**
- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
 - About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
 - The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.
 - About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
 - About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
 - The facts and science relating to immunisation and vaccination.
- 6.7 **Basic first aid - By the end of primary school, pupils will know:**
- How to make a clear and efficient call to emergency services if necessary.
 - Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
- 6.8 **Changing adolescent body - By the end of primary school, pupils will know:**
- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
 - About menstrual wellbeing and key facts relating to the menstrual cycle.

7. Health Education Programmes of Study

- 7.1 The school is free to determine, within the statutory curriculum content outlined in section 7, what pupils are taught during each year group. The school always considers the age and development of pupils when deciding what will be taught in each year group. The school implements a progressive curriculum, in which topics are built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school. The content that the school has chosen to cover per year group is detailed within **Appendix 1**.

8. Delivery of the Curriculum

- 8.1 The relationships and health curriculum will be delivered as part of our PSHE curriculum.
- 8.2 Through effective organisation and delivery of the subject, we will ensure that:
- Core knowledge is sectioned into units of a manageable size.
 - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
 - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

- 8.3 Classes may be taught in smaller groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is appropriate to deal with these issues with heightened sensitivity.
- 8.4 Any resources or materials used to support learning will be formally assessed by the RSHE subject leader before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's Online Safety Policy.
- 8.5 Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly. Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work. Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- 8.6 Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil's age.
- 8.7 In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- 8.8 The programme will be designed to incorporate all pupils, and activities will be planned to ensure all are actively involved.
- 8.9 Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- 8.10 Whilst there are no formal examinations for the relationships and health curriculum, the school will undertake informal assessments to determine pupil progress.

9. Curriculum Links

- 9.1 The school seeks opportunities to draw links between relationships and health education and other curriculum subjects wherever possible to enhance pupils' learning. Relationships and health education will be linked to the following subjects in particular:
- Science – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.

- Computing and ICT – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
- PE – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- Citizenship – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- PSHE – pupils learn about respect and difference, values and characteristics of individuals.

10. Working with External Agencies

- 10.1 External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy. The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.
- 10.2 Before delivering the session, the school will:
- Ensure the lesson the external expert has planned fits with the school's planned curriculum and this policy.
 - Ensure the expert's credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
 - Discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
 - Ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils' needs, including those with SEND.
 - Agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection and Safeguarding Policy.

11. Equality and Accessibility

- 11.1 The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:
- Age
 - Sex
 - Sexual orientation
 - Race
 - Disability
 - Religion or belief
 - Gender reassignment
 - Pregnancy or maternity
 - Marriage or civil partnership

- 11.2 The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school will ensure that relationships and health education programmes are inclusive, and caters to the needs of pupils with SEND or other support needs, such as those with SEMH needs.
- 11.3 Teachers will understand that they may need to adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other support needs.
- 11.4 Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.
- 11.5 When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.
- 11.6 In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behaviour Policy, as well as a Child Protection and Safeguarding Policy, which sets out expectations of pupils.
- 11.7 The school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach their line manager or the wellbeing lead to discuss this.

12. Confidentiality

- 12.1 Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers will, however, alert the headteacher about any suspicions of inappropriate behaviour or potential abuse as per the Trust's Safeguarding and Child Protection Policy.
- 12.2 Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Trust's Safeguarding and Child Protection Policy.

13. Withdrawal From Lessons

- 13.1 Relationships and health education are statutory at primary level and parents/carers do not have the right to withdraw their child from these subjects.
- 13.2 Other than what must be taught as part of the science curriculum, sex education is not statutory at primary level. As such parents/carers have the right to request to withdraw their child from all or part of the non-statutory sex education curriculum.

14. Working with Parents/Carers

- 14.1 We understand the important role parents/carers play in enhancing their children's understanding of relationships and health. Similarly, we also understand how important parents/carers' views are in shaping the curriculum. Parents/carers are provided with frequent opportunities to ask questions about the school's approach to relationships and health education.
- 14.2 The school/academy will consult closely with parents/carers when reviewing the content of the school's relationships and health education curriculum, and will be given regular opportunities to voice their opinions and concerns. The school will use the views of parents/carers to inform decisions made about the curriculum content and delivery; however, parents/carers/carers will not be granted a 'veto' on curriculum content, and all final decisions will be the school's to make.
- 14.3 Parents/carers are fully consulted in the organisation and delivery of our sex education curriculum. Parents/carers are given the opportunity to advise on what should be taught through sex education.
- 14.4 The age and development of pupils is always considered when delivering sex education. Please refer to **Appendix 1** for a full breakdown of the Sex Education content taught per year group.
- 14.5 Parents/carers are provided with the following information:
- The content of the relationships and health curriculum
 - The delivery of the relationships and health curriculum, including what is taught in each year group
 - The legalities surrounding withdrawing their child from the subjects
 - The resources that will be used to support the curriculum
- 14.6 The school aims to build positive relationships with parents/carers by inviting them into school to discuss what will be taught, address any concerns and help parents/carers/carers in managing conversations with their children on the issues covered by the curriculum. parents/carers/carers are also consulted in the review of this policy, and are encouraged to provide their views at any time.

15. Assessment

- 15.1 The school will have the same high expectations of the quality of pupils' work in RSHE as for other curriculum areas. Lessons will be planned to provide suitable challenges to pupils of all abilities.
- 15.2 Whilst there are no formal examinations for the RSHE curriculum, teaching will be assessed and the school/academy will undertake informal assessments (e.g. group tasks, quizzes and written assignments) to identify where pupils need extra support or intervention.

16. Behaviour

- 16.1 The school/academy has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- 16.2 Any bullying incidents resulting from the teaching of the RSHE curriculum, such as those relating to sexual orientation, will be dealt with as seriously as any other type of bullying. Any occurrence of these incidents will be reported to a member of staff, who will then discipline the pupil as per the Trust's Behaviour and Anti-Bullying Policies.
- 16.3 The headteacher/principal will decide whether it is appropriate to notify the police or an anti-social behaviour coordinator in their LA of the action taken against a pupil.

17. Staff Training

- 17.1 All staff members at the school/academy will undergo training on an annual basis to ensure they are up-to-date with the relationship and health education programme and associated issues. Members of staff responsible for teaching the subjects will undergo further training on a termly basis, led by the RSHE subject leader, to ensure they are fully equipped to teach the subjects effectively.
- 17.2 Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as 'sexting', which may need to be addressed in relation to the curriculum.

18. Monitoring and Review

- 18.1 The RSHE subject leader is responsible for assuring the quality of education in RSHE.
- 18.2 The RSHE subject leader will create annual subject reports for the headteacher and governing board to report on the quality of the subjects. They will also work regularly and consistently with the headteacher and RSHE link governor, e.g. through monthly review meetings, to evaluate the effectiveness of the subjects and implement any changes.

- 18.3 The Trust board is responsible for approving this policy. This policy will be reviewed in light of any changes to statutory guidance and from feedback received from parents/carers, staff or pupils.
- 18.4 Any changes made to this policy will be communicated to all staff members and all relevant stakeholders. The next scheduled review date for this policy is on the cover of this Policy.

RSHE POLICY	
Localised School Based Procedures	
School Name:	St. James' CE Academy
Headteacher/Principal:	Julia Strickland
Designated Safeguarding Lead:	Julia Strickland
RSHE Lead	Megan Worrall/Julia Strickland
Implementation Date: <i>Inline with policy approval</i>	March 2023

In conjunction with our Trust wide Primary School RSHE Policy, localised procedures have been established to ensure that systems and procedures reflect the school/academy setting.

The localised procedures for the school/academy setting focus on the following key areas: -

- Introduction
- Legal Framework
- Teaching staff responsible for delivering the RSHE curriculum
- Roles and Responsibilities
- Channels for Providing Feedback
- Jigsaw Progression Map:
 - Being Me in My World (Autumn 1)
 - Celebrating Differences (Autumn 2)
 - Dreams and Goals (Spring 1)
 - Healthy Me (Spring 2)
 - Relationships (Summer 1)
 - Changing Me (Summer 2)
- Curriculum Links
- Staff Training
- Monitoring Quality

Should you have any concerns or questions relating to the localised procedure, in the first instance, please contact hello@stj.hslt.academy

Introduction

*'So God created humankind in his image, in the image of God he created them. (Genesis 1:27, NRSV)
I have come in order that you might have life - life in all its fullness. (John 10:10, GNB)'*

We undertake to follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education, regarding our RSHE Policy.

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear. Our school/academy therefore takes a faith-sensitive and inclusive approach to this policy. All pupils are treated with dignity, made in the image of God and loved equally by God.

Our RSHE curriculum ensures that all pupils are able to cherish themselves and others as unique and wonderfully made, to keep themselves safe and are able to form healthy relationships where they respect and afford dignity to others. The RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and there needs to be discernment about the manner in which this is taught within a moral (but not moralistic) framework. It will provide pupils with the knowledge that will enable them to navigate and contextualise a world in which many will try to tell them how to behave, what to do and what to think. It will help them to develop the skills to express their own views and make their own informed decisions. This is a responsibility that should be shared between parents/carers and school/academy.

We understand the importance of educating pupils about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives. The teaching of Relationships and health education can help to prepare pupils for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of pupils at school and in wider society. We have an obligation to provide pupils with high-quality, evidence and age-appropriate teaching of these subjects. This policy outlines how the school's/academy's relationships and health education curriculum will be organised and delivered, to ensure it meets the needs of all pupils.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships and health curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it is informed, organised and delivered.

Legal Framework
Relates to item 1.1 within the Primary School RSHE Policy
This policy operates in conjunction with the following Church of England Guidance: Church of England Siams Evaluation Schedule (2023)

Teaching staff responsible for delivering the RSHE curriculum
Relates to item 2.5 within the Primary School RSHE Policy
All teachers are involved in the teaching of RSHE. The class teachers are responsible for the delivery of the relevant curriculum to their own class. In Year 6 the sessions are also delivered in conjunction with the school nurses, who are booked through the local authority NHS school nursing team.

Roles and Responsibilities
Relates to item 2.7 within the Primary School RSHE Policy
All staff are responsible for: Sustaining and enhancing the Christian vision and values of the school, through implementation of the policy and charter.

Channels for Providing Feedback
Relates to item 3.6 within the Primary School RSHE Policy
Any parent/carers, teacher or pupil can provide feedback throughout the academic year by: <ul style="list-style-type: none"> • Organising a meeting with the headteacher • Emailing hello@stj.hslt.academy • Submitting written feedback via the school office

Jigsaw Progression Map

Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy

Jigsaw, the mindful approach to PSHE, is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within all six Puzzles (units of work) including the key vocabulary used in each year group; explicit links to the DfE statutory Relationships and Health Education outcomes have been made in each Puzzle.

INTENT: Jigsaw holds children at its heart, and its cohesive vision helps children understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw 3-11 properly equips schools to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration, focus and self-regulation.

IMPLEMENTATION: Jigsaw 3-11 offers a comprehensive programme for Primary PSHE, including statutory Relationships and Health Education, in a spiral, progressive and fully planned scheme of work, giving children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others.

IMPACT: This can be established through assessment identified in the key learning.

SMSC Links: Every Jigsaw lesson from Early Years to upper primary offers opportunities for children's **spiritual, moral, social and cultural (SMSC) development**, and this is clearly mapped and balanced across each year group. Likewise, Jigsaw is designed to provide structured opportunities in every lesson to practise **and enhance the five skills associated with the emotional literacy (self-awareness, social skills, empathy, motivation and managing feelings)**. At Jigsaw, we believe that these opportunities are vital for children's development, their understanding of themselves and others and in increasing their capacity to learn.

British Values: Jigsaw PSHE 3-11 supports the **British Values** of Democracy, Rule of Law, Individual Liberty, Mutual Respect and Tolerance of those of different faiths and beliefs. It has been mapped lesson by lesson against the British Values agenda.

Being Me in My World Puzzle - Autumn 1	
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy	
DfE Statutory Relationships and Health Education Outcomes	
EYFS	Relationships Education – By end of primary, pupils should know:
<p>PSED – ELG: SELF-REGULATION Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>ELG: MANAGING SELF Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Work and play cooperatively and take turns with others.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Caring Friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful Relationships (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online Relationships (R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when we are anonymous Being safe (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R32) where to get advice e.g. family, school and/or other sources.</p>
	<p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental well-being (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>

Puzzle Overview - Being Me in My World - Autumn 1	
EYFS	In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin working on recognising and managing their feelings, identifying different ones and the causes they can have. The children learn about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children learn what it means to be responsible.
Year 1	In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this, they discuss rights and responsibilities, and choices and consequences. The children learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.
Year 2	In this Puzzle (unit), the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask. They learn about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children learn about choices and the consequences of making different choices, set up their Jigsaw Journals and make the Jigsaw Charter.
Year 3	In this Puzzle (unit), the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They discuss new challenges and how to face them with appropriate positivity. The children learn about the need for rules and how these relate to rights and responsibilities. They explore choices and consequences, working collaboratively and seeing things from other people's points of view. The children learn about different feelings and the ability to recognise these feelings in themselves and others. They set up their Jigsaw Journals and establish the Jigsaw Charter.
Year 4	In this Puzzle (unit), the children explore being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is and how it works. The children learn about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also learn about considering other people's feelings. They refresh their Jigsaw Charter and set up their Jigsaw Journals.
Year 5	In this Puzzle (unit), the children think and plan for the year ahead, goals they could set for themselves as well as the challenges they may face. They explore their rights and responsibilities as a member of their class, school, wider community and the country they live in. The children learn about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. They also learn about democracy, how it benefits the school and how they can contribute towards it. They revisit the Jigsaw Charter and set up their Jigsaw Journals.
Year 6	In this Puzzle (unit), the children discuss their year ahead, they learn to set goals and discuss their fears and worries about the future. The children learn about the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. They discuss their choices and actions and how these can have far-reaching effects, locally and globally. The children learn about their own behaviour and how their choices can result in rewards and consequences and how they feel about this. They explore an individual's behaviour and the impact it can have on a group. They learn to talk about democracy, how it benefits the school and how they can contribute towards it. They established the Jigsaw Charter and set up their Jigsaw Journals.
Taught Knowledge (Key objectives are in bold)	

EYFS	<ul style="list-style-type: none"> ● Know they have a right to learn and play, safely and happily ● Know that some people are different from themselves ● Know that hands can be used kindly and unkindly ● Know special things about themselves ● Know how happiness and sadness can be expressed ● Know that being kind is good
Year 1	<ul style="list-style-type: none"> ● Understand their own rights and responsibilities with their classroom ● Understand that their choices have consequences ● Understand that their views are important ● Understand the rights and responsibilities of a member of a class
Year 2	<ul style="list-style-type: none"> ● Understand the rights and responsibilities of class members ● Know about rewards and consequences and that these stem from choices ● Know that it is important to listen to other people ● Understand that their own views are valuable ● Know that positive choices impact positively on self-learning and the learning of others ● Identifying hopes and fears for the year ahead
Year 3	<ul style="list-style-type: none"> ● Know that the school has a shared set of values ● Know why rules are needed and how these relate to choices and consequences ● Know that actions can affect others' feelings ● Know that others may hold different views ● Understand that they are important ● Know what a personal goal is ● Understanding what a challenge is
Year 4	<ul style="list-style-type: none"> ● Know their place in the school community ● Know what democracy is (applied to pupil voice in school) ● Know how groups work together to reach a consensus ● Know that having a voice and democracy benefits the school community ● Know how individual attitudes and actions make a difference to a class ● Know about the different roles in the school community ● Know that their own actions affect themselves and others
Year 5	<ul style="list-style-type: none"> ● Understand how democracy and having a voice benefits the school community ● Understand how to contribute towards the democratic process ● Understand the rights and responsibilities associated with being a citizen in the wider community and their country ● Know how to face new challenges positively ● Understand how to set personal goals ● Know how an individual's behaviour can affect a group and the consequences of this
Year 6	<ul style="list-style-type: none"> ● Know about children's universal rights (United Nations Convention on the Rights of the Child) ● Know about the lives of children in other parts of the world ● Know that personal choices can affect others locally and globally ● Know how to set goals for the year ahead ● Understand what fears and worries are ● Understand that their own choices result in different consequences and rewards ● Understand how democracy and having a voice benefits the school community ● Understand how to contribute towards the democratic process
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> ● Identify feelings associated with belonging ● Skills to play cooperatively with others

	<ul style="list-style-type: none"> ● Be able to consider others' feelings ● Identify feelings of happiness and sadness ● Be responsible in the setting
Year 1	<ul style="list-style-type: none"> ● Understand that they are safe in their class ● Identifying helpful behaviours to make the class a safe place ● Understand that they have choices ● Understanding that they are special ● Identify what it's like to feel proud of an achievement ● Recognise feelings associated with positive and negative consequences
Year 2	<ul style="list-style-type: none"> ● Know how to make their class a safe and fair place ● Show good listening skills ● Be able to work cooperatively ● Recognise own feelings and know when and where to get help ● Recognise the feeling of being worried
Year 3	<ul style="list-style-type: none"> ● Make other people feel valued ● Develop compassion and empathy for others ● Be able to work collaboratively ● Recognise self-worth ● Identify personal strengths ● Be able to set a personal goal ● Recognise feelings of happiness, sadness, worry and fear in themselves and others
Year 4	<ul style="list-style-type: none"> ● Identify the feelings associated with being included or excluded ● Be able to take on a role in a group discussion / task and contribute to the overall outcome ● Know how to regulate my emotions ● Can make others feel cared for and welcome ● Recognise the feelings of being motivated or unmotivated ● Can make others feel valued and included ● Understand why the school community benefits from a Learning Charter ● Be able to help friends make positive choices
Year 5	<ul style="list-style-type: none"> ● Empathy for people whose lives are different from their own ● Consider their own actions and the effect they have on themselves and others ● Be able to work as part of a group, listening and contributing effectively ● Be able to identify what they value most about school ● Identify hopes for the school year ● Understand why the school community benefits from a Learning Charter ● Be able to help friends make positive choices ● Know how to regulate my emotions
Year 6	<ul style="list-style-type: none"> ● Know own wants and needs ● Be able to compare their life with the lives of those less fortunate ● Demonstrate empathy and understanding towards others ● Can demonstrate attributes of a positive role-model ● Can take positive action to help others ● Be able to contribute towards a group task ● Know what effective group work is ● Know how to regulate my emotions ● Be able to make others feel welcomed and valued
Vocabulary	
EYFS	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns

Year 1 (Consolidate EYFS)	Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration
Year 2 (Consolidate EYFS, Yr 1)	Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving
Year 3 (Consolidate KS1)	Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong
Year 4 (Consolidate KS1, Yr 3)	Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)
Year 5 (Consolidate KS1, Yr 3-4)	Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective
Year 6 (Consolidate KS1 & KS2)	Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision

Celebrating Difference Puzzle - Autumn 2	
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy	
DfE Statutory Relationships and Health Education outcomes	
EYFS	Relationships Education – By end of primary, pupils should know:
<p>PSED – ELG: SELF-REGULATION Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Show sensitivity to their own and to others' needs.</p>	<p>Families and the People Who Care for Me (R1) that families are important for children growing up because they can give love, security and stability (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up (R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Caring Friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p>

	<p>(R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>(R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful Relationships</p> <p>(R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>(R13) practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>(R14) the conventions of courtesy and manners</p> <p>(R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>(R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>(R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>(R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online Relationships</p> <p>(R20) that people sometimes behave differently online, including by pretending to be someone they are not</p> <p>(R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>(R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>(R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>Being Safe</p> <p>(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>(R32) where to get advice e.g. family, school and/or other sources.</p>
	<p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental well-being</p> <p>(H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>(H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>(H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</p> <p>(H9) where and how to seek support (including recognising the triggers for seeking</p>

	<p>support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online).</p> <p>Internet safety and harms</p> <p>(H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private (H14) why social media, some computer games and online gaming, for example, are age restricted</p> <p>(H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>(H17) where and how to report concerns and get support with issues online.</p>
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Puzzle Overview - Celebrating Differences - Autumn 2	
EYFS	<p>In this Puzzle (unit), children are encouraged to think about things that they are good at whilst understanding that everyone is good at different things.</p> <p>They discuss being different and how that makes everyone special but also recognise that we are the same in some ways. The children share their experiences of their homes and are asked to explain why it is special to them. They learn about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.</p>
Year 1	<p>In this Puzzle (unit), the children explore the similarities and differences between people and how these make us unique and special. The children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when and who to ask for help. The children discuss friendship, how to make friends and that it is OK to have differences/be different from their friends. The children also discuss being nice to and looking after other children who might be being bullied.</p>
Year 2	<p>In this Puzzle (unit), the children learn about recognise gender stereotypes, that boys and girls can have differences and similarities and that is OK. They explore how children can be bullied because they are different, that this shouldn't happen and how they can support a classmate who is being bullied. The children share feelings associated with bullying and how and where to get help. They explore similarities and differences and that it is OK for friends to have differences without it affecting their friendship.</p>
Year 3	<p>In this Puzzle (unit), the children learn about families, that they are all different and that sometimes they fall out with each other. The children practise methods to calm themselves down and discuss the 'Solve it together' technique. The children revisit the topic of bullying and discuss being a witness (bystander); they discover how a witness has choices and how these choices can affect the bullying that is taking place. The children also talk about using problem-solving techniques in bullying situations. They discuss name-calling and practise choosing not to use hurtful words. They also learn about giving and receiving compliments and the feelings associated with this.</p>
Year 4	<p>In this Puzzle (unit), the children consider the concept of judging people by their appearance, of first impressions and of what influences their thinking on what is normal. They explore more about bullying, including online bullying and what to do if they suspect or know that it is taking place. They discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen. The children share their own uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone have changed.</p>
Year 5	<p>In this Puzzle (unit), the children explore culture and cultural differences. They link this to</p>

	racism, debating what it is and how to be aware of their own feelings towards people from different cultures. They revisit the topic of bullying and discuss rumour spreading and name-calling. The children learn that there are direct and indirect ways of bullying as well as ways to encourage children to not using bullying behaviours. The children consider happiness regardless of material wealth and respecting other people's cultures.
Year 6	In this Puzzle (unit), the children discuss differences and similarities and that, for some people, being different is difficult. The children learn about bullying and how people can have power over others in a group. They discover strategies for dealing with this as well as wider bullying issues. The children learn about people with disabilities and look at specific examples of disabled people who have amazing lives and achievements.
Taught Knowledge (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> • Know what being unique means • Know the names of some emotions such as happy, sad, frightened, angry • Know why having friends is important • Know some qualities of a positive friendship • Know that they don't have to be 'the same as' to be a friend • Know what being proud means and that people can be proud of different things • Know that people can be good at different things • Know that families can be different • Know that people have different homes and why they are important to them • Know different ways of making friends • Know different ways to stand up for myself
Year 1	<ul style="list-style-type: none"> • Know what bullying means • Know who to tell if they or someone else is being bullied or is feeling unhappy • Know that people are unique and that it is OK to be different • Know skills to make friendships • Know that people have differences and similarities
Year 2	<ul style="list-style-type: none"> • Know the difference between a one-off incident and bullying • Know that sometimes people get bullied because of difference • Know that friends can be different and still be friends • Know there are stereotypes about boys and girls • Know where to get help if being bullied • Know that it is OK not to conform to gender stereotypes • Know it is good to be yourself • Know the difference between right and wrong and the role that choice has to play in this
Year 3	<ul style="list-style-type: none"> • Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • Know that conflict is a normal part of relationships • Know that some words are used in hurtful ways and that this can have consequences • Know why families are important • Know that everybody's family is different • Know that sometimes family members don't get along and some reasons for this
Year 4	<ul style="list-style-type: none"> • Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying • Know the reasons why witnesses sometimes join in with bullying and don't tell anyone • Know that sometimes people make assumptions about a person because of the way they look or act • Know there are influences that can affect how we judge a person or situation • Know what to do if they think bullying is or might be taking place

	<ul style="list-style-type: none"> • Know that first impressions can change
Year 5	<ul style="list-style-type: none"> • Know external forms of support in regard to bullying e.g. Childline • Know that bullying can be direct and indirect • Know what racism is and why it is unacceptable • Know what culture means • Know that differences in culture can sometimes be a source of conflict • Know that rumour-spreading is a form of bullying online and offline • Know how their life is different from the lives of children in the developing world
Year 6	<ul style="list-style-type: none"> • Know that people can hold power over others individually or in a group • Know that power can play a part in a bullying or conflict situation • Know that there are different perceptions of 'being normal' and where these might come from • Know that difference can be a source of celebration as well as conflict • Know that being different could affect someone's life • Know why some people choose to bully others • Know that people with disabilities can lead amazing lives
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> • Recognise emotions when they or someone else is upset, frightened or angry • Identify and use skills to make a friend • Identify some ways they can be different and the same as others • Identify and use skills to stand up for themselves • Identify feelings associated with being proud • Identify things they are good at • Be able to vocalise success for themselves and about others successes • Recognise similarities and differences between their family and other families
Year 1	<ul style="list-style-type: none"> • Identify what is bullying and what isn't • Understand how being bullied might feel • Recognise ways in which they are the same as their friends and ways they are different • Know ways to help a person who is being bullied • Identify emotions associated with making a new friend • Verbalise some of the attributes that make them unique and special
Year 2	<ul style="list-style-type: none"> • Explain how being bullied can make someone feel • Know how to stand up for themselves when they need to • Understand that everyone's differences make them special and unique • Understand that boys and girls can be similar in lots of ways and that is OK • Understand that boys and girls can be different in lots of ways and that is OK • Can choose to be kind to someone who is being bullied • Recognise that they shouldn't judge people because they are different
Year 3	<ul style="list-style-type: none"> • Use the 'Solve it together' technique to calm and resolve conflicts with friends and family • Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary • Be able to show appreciation for their families, parents and carers • Empathise with people who are bullied • Employ skills to support someone who is bullied • Be able to recognise, accept and give compliments • Recognise feelings associated with receiving a compliment
Year 4	<ul style="list-style-type: none"> • Be comfortable with the way they look • Try to accept people for who they are

	<ul style="list-style-type: none"> ● Be non-judgemental about others who are different ● Identify influences that have made them think or feel positively/negatively about a situation ● Identify feelings that a bystander might feel in a bullying situation ● Identify reasons why a bystander might join in with bullying ● Revisit the 'Solve it together' technique to practise conflict and bullying scenarios ● Identify their own uniqueness ● Identify when a first impression they had was right or wrong
Year 5	<ul style="list-style-type: none"> ● Appreciate the value of happiness regardless of material wealth ● Identify their own culture and different cultures within their class community ● Identify their own attitudes about people from different faith and cultural backgrounds ● Develop respect for cultures different from their own ● Identify a range of strategies for managing their own feelings in bullying situations ● Identify some strategies to encourage children who use bullying behaviours to make other choices ● Be able to support children who are being bullied
Year 6	<ul style="list-style-type: none"> ● Empathise with people who are different and be aware of my own feelings towards them ● Identify feelings associated with being excluded ● Be able to recognise when someone is exerting power negatively in a relationship ● Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens ● Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict ● Identify different feelings of the bully, bullied and bystanders in a bullying scenario ● Appreciate people for who they are ● Show empathy
Vocabulary	
EYFS	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family
Year 1 (Consolidate EYFS)	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique
Year 2 (Consolidate EYFS, Yr 1)	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value
Year 3 (Consolidate KS1)	Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment
Year 4 (Consolidate KS1, Yr 3)	Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed
Year 5 (Consolidate KS1, Yr 3-4)	Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation
Year 6 (Consolidate KS1 & KS2)	Male, Female, Biological sex, Stereotype, Individuality, Diverse, Different, Equality, Fairness, Identity, Gender Identity, Transgender, Non-binary, Courage, Fairness, Rights

Dreams and Goals Puzzle - Spring 1	
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy	
DfE Statutory Relationships and Health Education Outcomes	
EYFS	Relationships Education – By end of primary, pupils should know:
<p>PSED ELG – SELF-REGULATION Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED ELG: MANAGING SELF Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Work and play cooperatively and take turns with others.</p>	<p>Respectful relationships (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Being safe (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental well-being (H1) that mental well-being is a normal part of daily life, in the same way as physical health (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>

Puzzle Overview - Dreams and Goals - Spring 1	
EYFS	In this Puzzle, the children consider challenges and facing up to them. They discuss not giving up and trying until they have achieved their goal. The children are encouraged to think about jobs that they might like to have when they are older and are taught to associate what they learn now with being able to have the job they want. They also talk about achieving goals and the feelings linked to this.
Year 1	In this Puzzle, the children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings

	associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.
Year 2	In this Puzzle, the children explore setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children consider group work and reflect on with whom they work well and with whom they don't. They also reflect on sharing success with other people.
Year 3	In this Puzzle, the children look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They discuss facing learning challenges and identify their own strategies for overcoming these. The children consider obstacles that might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.
Year 4	In this Puzzle, the children consider their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with/overcome feelings of disappointment. The children discuss making new plans and setting new goals even if they have been disappointed. The class explore group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.
Year 5	In this Puzzle, the children share their dreams and goals and how they might need money to help them achieve them. They consider jobs that people they know do, they look at the fact that some jobs pay more money than others and reflect on what types of jobs they might like to do when they are older. The children look at the similarities and differences between themselves (and their dreams and goals) and someone from a different culture.
Year 6	In this Puzzle, the children share their own strengths and further stretching themselves by setting challenging and realistic goals. They discuss the learning steps they will need to take as well as talking about how to stay motivated. The children reflect on various global issues and explore places where people may be suffering or living in difficult situations; whilst doing this, they reflect on their own emotions linked to this learning. The children also discover what they think their classmates like and admire about them, as well as working on giving others praise and compliments.
Taught Knowledge (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> ● Know what a challenge is ● Know that it is important to keep trying ● Know what a goal is ● Know how to set goals and work towards them ● Know which words are kind ● Know some jobs that they might like to do when they are older ● Know that they must work hard now in order to be able to achieve the job they want when they are older ● Know when they have achieved a goal
Year 1	<ul style="list-style-type: none"> ● Know how to set simple goals ● Know how to achieve a goal ● Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them ● Know when a goal has been achieved ● Know how to work well with a partner ● Know that tackling a challenge can stretch their learning
Year 2	<ul style="list-style-type: none"> ● Know how to choose a realistic goal and think about how to achieve it

	<ul style="list-style-type: none"> ● Know that it is important to persevere ● Know how to recognise what working together well looks like ● Know what good group-working looks like ● Know how to share success with other people
Year 3	<ul style="list-style-type: none"> ● Know that they are responsible for their own learning ● Know what an obstacle is and how they can hinder achievement ● Know how to take steps to overcome obstacles ● Know what dreams and ambitions are important to them ● Know about specific people who have overcome difficult challenges to achieve success ● Know how they can best overcome learning challenges ● Know what their own strengths are as a learner ● Know how to evaluate their own learning progress and identify how it can be better next time
Year 4	<ul style="list-style-type: none"> ● Know how to make a new plan and set new goals even if they have been disappointed ● Know how to work as part of a successful group ● Know how to share in the success of a group ● Know what their own hopes and dreams are ● Know that hopes and dreams don't always come true ● Know that reflecting on positive and happy experiences can help them to counteract disappointment ● Know how to work out the steps they need to take to achieve a goal
Year 5	<ul style="list-style-type: none"> ● Know about a range of jobs that are carried out by people I know ● Know the types of job they might like to do when they are older ● Know that young people from different cultures may have different dreams and goals ● Know that they will need money to help them to achieve some of their dreams ● Know that different jobs pay more money than others ● Know that communicating with someone from a different culture means that they can learn from them and vice versa ● Know ways that they can support young people in their own culture and abroad
Year 6	<ul style="list-style-type: none"> ● Know their own learning strengths ● Know what their classmates like and admire about them ● Know a variety of problems that the world is facing ● Know some ways in which they could work with others to make the world a better place ● Know what the learning steps are they need to take to achieve their goal ● Know how to set realistic and challenging goals
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> ● Understand that challenges can be difficult ● Resilience ● Recognise some of the feelings linked to perseverance ● Recognise how kind words can encourage people ● Talk about a time that they kept on trying and achieved a goal ● Be ambitious ● Feel proud ● Celebrate success
Year 1	<ul style="list-style-type: none"> ● Recognise things that they do well ● Explain how they learn best ● Recognise their own feelings when faced with a challenge/obstacle ● Recognise how they feel when they overcome a challenge/obstacle ● Celebrate an achievement with a friend ● Can store feelings of success so that they can be used in the future

Year 2	<ul style="list-style-type: none"> ● Recognise how working with others can be helpful ● Be able to work effectively with a partner ● Be able to choose a partner with whom they work well ● Be able to work as part of a group ● Be able to describe their own achievements and the feelings linked to this ● Recognise their own strengths as a learner ● Recognise how it feels to be part of a group that succeeds and store this feeling
Year 3	<ul style="list-style-type: none"> ● Can break down a goal into small steps ● Can manage feelings of frustration linked to facing obstacles ● Imagine how it will feel when they achieve their dream/ambition ● Recognise other people's achievements in overcoming difficulties ● Recognise how other people can help them to achieve their goals ● Can share their success with others ● Can store feelings of success (in their internal treasure chest) to be used at another time
Year 4	<ul style="list-style-type: none"> ● Have a positive attitude ● Can identify the feeling of disappointment ● Be able to cope with disappointment ● Can identify what resilience is ● Can identify a time when they have felt disappointed ● Can talk about their hopes and dreams and the feelings associated with these ● Help others to cope with disappointment ● Enjoy being part of a group challenge ● Can share their success with others ● Can store feelings of success (in their internal treasure chest) to be used at another time
Year 5	<ul style="list-style-type: none"> ● Verbalise what they would like their life to be like when they are grown up ● Appreciate the contributions made by people in different jobs ● Reflect on the differences between their own learning goals and those of someone from a different culture ● Appreciate the differences between themselves and someone from a different culture ● Understand why they are motivated to make a positive contribution to supporting others ● Appreciate the opportunities learning and education can give them
Year 6	<ul style="list-style-type: none"> ● Understand why it is important to stretch the boundaries of their current learning ● Be able to give praise and compliments to other people when they recognise that person's achievements ● Empathise with people who are suffering or living in difficult situations ● Set success criteria so that they know when they have achieved their goal ● Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances
Vocabulary	
EYFS	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage
Year 1 (Consolidate EYFS)	Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve
Year 2 (Consolidate EYFS, Yr 1)	Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product
Year 3 (Consolidate KS1)	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique,

	Solutions, Review, Learning, Evaluate
Year 4 (Consolidate KS1, Yr 3)	Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise
Year 5 (Consolidate KS1, Yr 3-4)	Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference
Year 6 (Consolidate KS1 & KS2)	Learning, Stretch, Personal, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition

Healthy Me Puzzle - Spring 2	
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy	
DfE Statutory Relationships and Health Education Outcomes	
EYFS	Relationships Education – By end of primary, pupils should know:
<p>PSED – ELG: SELF-REGULATION Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED ELG: MANAGING SELF Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>Caring Friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful Relationships (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online Relationships (R20) that people sometimes behave differently online, including by pretending to be someone they are not (R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are</p>

	<p>anonymous (R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them (R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met (R24) how information and data is shared and used online.</p> <p>Being Safe (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe (R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact (R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know (R29) how to recognise and report feelings of being unsafe or feeling bad about any adult (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard (R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so (R32) where to get advice e.g. family, school and/or other sources</p>
	<p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental Wellbeing (H1) that mental well-being is a normal part of daily life, in the same way as physical health (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate (H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness (H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support (H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being (H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online) (H10) it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p>Internet Safety and Harms (H11) that for most people the internet is an integral part of life and has many benefits (H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical well-being (H17) where and how to report concerns and get support with issues online.</p>

	<p>Physical Health and Fitness (H18) the characteristics and mental and physical benefits of an active lifestyle (H19) the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise (H20) the risks associated with an inactive lifestyle (including obesity) (H21) how and when to seek support including which adults to speak to in school if they are worried about their health.</p> <p>Healthy Eating (H22) what constitutes a healthy diet (including understanding calories and other nutritional content) (H23) the principles of planning and preparing a range of healthy meals (H24) the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>Drugs, Alcohol (H25) the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> <p>Health and Prevention (H26) how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body (H28) the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn (H30) about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing (H31) the facts and science relating to allergies, immunisation and vaccination.</p> <p>Basic First Aid (H32) how to make a clear and efficient call to emergency services if necessary (H33) concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>
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Puzzle Overview - Healthy Me - Spring 2	
EYFS	In this Puzzle, children learn about their bodies: the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss 'stranger danger' and what they should do if approached by someone they don't know.
Year 1	In this Puzzle, the children learn about healthy and less healthy choices and how these choices make them feel. They explore about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety, and about people who can help them to stay safe.
Year 2	In this Puzzle, the children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children consider what makes them feel relaxed and stressed. They learn about medicines, how they work and how to use them safely. The children make healthy snacks and discuss why they are good for their bodies.
Year 3	In this Puzzle, the children learn about the importance of exercise and how it helps your body to stay healthy. They also learn about their heart and lungs, what they do and how

	they are very important. The children discover facts about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The children learn about different types of drugs, the ones you take to make you better, as well as other drugs. The children consider things, places and people that are dangerous and link this to strategies for keeping themselves safe.
Year 4	In this Puzzle, the children look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play. The children reflect on their friendships, how different people make them feel and which friends they value the most. The children also learn about smoking and its effects on health; they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they learn about peer pressure and how to deal with it successfully.
Year 5	In this Puzzle, the children investigate the risks associated with smoking and how it affects the lungs, liver and heart. Likewise, they learn about the risks associated with alcohol misuse. They are taught a range of basic first aid and emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. The children investigate how body types are portrayed in the media, social media and celebrity culture. They also learn about eating disorders and people's relationships with food and how this can be linked to negative body image pressures.
Year 6	In this Puzzle, the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They learn about different types of drugs and the effects these can have on people's bodies. The children learn about exploitation as well as gang culture and the associated risks therein. They also learn about mental health/illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.
Taught Knowledge (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> • Know what the word 'healthy' means • Know some things that they need to do to keep healthy • Know the names for some parts of their body • Know when and how to wash their hands properly • Know how to say no to strangers • Know that they need to exercise to keep healthy • Know how to help themselves go to sleep and that sleep is good for them • Know what to do if they get lost
Year 1	<ul style="list-style-type: none"> • Know the difference between being healthy and unhealthy • Know some ways to keep healthy • Know how to make healthy lifestyle choices • Know that all household products, including medicines, can be harmful if not used properly • Know that medicines can help them if they feel poorly • Know how to keep safe when crossing the road • Know how to keep themselves clean and healthy • Know that germs cause disease/illness • Know about people who can keep them safe
Year 2	<ul style="list-style-type: none"> • Know what their body needs to stay healthy • Know what relaxed means • Know why healthy snacks are good for their bodies • Know which foods given their bodies energy • Know that it is important to use medicines safely • Know what makes them feel relaxed/stressed • Know how medicines work in their bodies

	<ul style="list-style-type: none"> • Know how to make some healthy snacks
Year 3	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know when something feels safe or unsafe • Know why their hearts and lungs are such important organs • Know a range of strategies to keep themselves safe • Know that their bodies are complex and need taking care of
Year 4	<ul style="list-style-type: none"> • Know that there are leaders and followers in groups • Know the facts about smoking and its effects on health • Know the facts about alcohol and its effects on health, particularly the liver • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong • Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that they can take on different roles according to the situation • Know some of the reasons some people start to smoke • Know some of the reasons some people drink alcohol
Year 5	<ul style="list-style-type: none"> • Know basic emergency procedures, including the recovery position • Know the health risks of smoking • Know how smoking tobacco affects the lungs, liver and heart • Know how to get help in emergency situations • Know that the media, social media and celebrity culture promotes certain body types • Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure • Know some of the risks linked to misusing alcohol, including antisocial behaviour • Know what makes a healthy lifestyle
Year 6	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know what it means to be emotionally well • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know how these different types of drugs can affect people's bodies, especially their liver and heart • Know that stress can be triggered by a range of things • Know that being stressed can cause drug and alcohol misuse • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> • Can explain what they need to do to stay healthy • Recognise how exercise makes them feel • Can give examples of healthy food • Can explain what to do if a stranger approaches them • Can explain how they might feel if they don't get enough sleep • Recognise how different foods can make them feel
Year 1	<ul style="list-style-type: none"> • Keep themselves safe • Recognise how being healthy helps them to feel happy • Recognise ways to look after themselves if they feel poorly • Recognise when they feel frightened and know how to ask for help • Feel good about themselves when they make healthy choices

	<ul style="list-style-type: none"> ● Realise that they are special
Year 2	<ul style="list-style-type: none"> ● Feel positive about caring for their bodies and keeping it healthy ● Have a healthy relationship with food ● Desire to make healthy lifestyle choices ● Identify when a feeling is weak and when a feeling is strong ● Express how it feels to share healthy food with their friends
Year 3	<ul style="list-style-type: none"> ● Respect their own bodies and appreciate what they do ● Can take responsibility for keeping themselves and others safe ● Identify how they feel about drugs ● Can express how being anxious or scared feels ● Able to set themselves a fitness challenge ● Recognise what it feels like to make a healthy choice
Year 4	<ul style="list-style-type: none"> ● Can identify the feelings that they have about their friends and different friendship groups ● Recognise negative feelings in peer pressure situations ● Can identify the feelings of anxiety and fear associated with peer pressure ● Can tap into their inner strength and know-how to be assertive ● Recognise how different people and groups they interact with impact on them ● Identify which people they most want to be friends with
Year 5	<ul style="list-style-type: none"> ● Respect and value their own bodies ● Can reflect on their own body image and know how important it is that this is positive ● Recognise strategies for resisting pressure ● Can identify ways to keep themselves calm in an emergency ● Can make informed decisions about whether or not they choose to smoke when they are older ● Can make informed decisions about whether they choose to drink alcohol when they are older ● Accept and respect themselves for who they are ● Be motivated to keep themselves healthy and happy
Year 6	<ul style="list-style-type: none"> ● Are motivated to care for their own physical and emotional health ● Suggest strategies someone could use to avoid being pressured ● Can use different strategies to manage stress and pressure ● Are motivated to find ways to be happy and cope with life's situations without using drugs ● Identify ways that someone who is being exploited could help themselves ● Recognise that people have different attitudes towards mental health/illness
Vocabulary	
EYFS	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare
Year 1 (Consolidate EYFS)	Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait
Year 2	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious
Year 3 (Consolidate KS1)	Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice
Year 4	Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower,

	Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong
Year 5	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation
Year 6 (Consolidate KS1 & KS2)	Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure

Relationships Puzzle - Summer 1	
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy	
DfE Statutory Relationships and Health Education Outcomes	
EYFS	Relationships Education – By end of primary, pupils should know:
<p>PSED – ELG SELF-REGULATION Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Form positive attachments to adults and friendships with peers.</p>	<p>Families and the people who care for me (R1) that families are important for children growing up because they can give love, security and stability (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up (R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Caring Friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R10) that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful Relationships (R12) the importance of respecting others, even when they are very different from them</p>

	<p>(for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>(R13) practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>(R14) the conventions of courtesy and manners</p> <p>(R15) the importance of self-respect and how this links to their own happiness</p> <p>(R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>(R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>(R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>(R19) the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Online Relationships</p> <p>(R20) that people sometimes behave differently online, including by pretending to be someone they are not</p> <p>(R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>(R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>(R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>(R24) how information and data is shared and used online.</p> <p>Being Safe</p> <p>(R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>(R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>(R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>(R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</p> <p>(R29) how to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>(R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>(R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>(R32) where to get advice e.g. family, school and/or other sources.</p> <p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental Wellbeing</p> <p>(H1) that mental well-being is a normal part of daily life, in the same way as physical health</p> <p>(H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>(H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness</p>
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	<p>(H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>(H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>(H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</p> <p>(H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online)</p> <p>(H10) it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p>Internet Safety and Harms</p> <p>(H11) that for most people the internet is an integral part of life and has many benefits</p> <p>(H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical well-being</p> <p>(H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p>(H14) why social media, some computer games and online gaming, for example, are age restricted</p> <p>(H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>(H16) how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p> <p>(H17) where and how to report concerns and get support with issues online.</p> <p>Physical Health and Fitness</p> <p>(H18) the characteristics and mental and physical benefits of an active lifestyle</p> <p>(H21) how and when to seek support including which adults to speak to in school if they are worried about their health.</p>
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Puzzle Overview - Relationships - Summer 1	
EYFS	Children are introduced to the key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also practise Jigsaw's Calm Me and how they can use this when feeling upset or angry.
Year 1	Children's breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the lessons on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding. Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.
Year 2	Learning about family relationships widens to include roles and responsibilities in a family and the importance of cooperation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve it together

	and Mending Friendships). Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why 'worry secrets' should always be shared with a trusted adult. Children reflect upon different types of physical contact in relationships, which are acceptable and which ones are not. They practise strategies for being assertive when someone is hurting them or being unkind. The children also learn about people who can help them if they are worried or scared.
Year 3	<p>In this Puzzle, children revisit family relationships and identify the different expectations and roles that exist within the family home. They identify why stereotypes can be unfair and may not be accurate, e.g. Mum is the carer, Dad goes to work. They also look at careers and why stereotypes can be unfair in this context. They learn that families should be founded on love, respect, appreciation, trust and cooperation. Children are reminded about the Solve it together technique for negotiating conflict situations and the concept of a win-win outcome is introduced.</p> <p>Online relationships through gaming and apps are explored and children are introduced to some rules for staying safe online. Children also learn that they are part of a global community and they are connected to others they don't know in many ways, e.g. through global trade. They investigate the wants and needs of other children who are less fortunate and compare these with their own. Children's universal rights are also revisited.</p>
Year 4	Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.
Year 5	Children learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as offline, as mental health can be damaged by excessive comparison with others. This leads onto a series of lessons that allow the children to investigate and reflect upon a variety of positive and negative online/social media contexts including gaming and social networking. They learn about age-limits and also age-appropriateness. Within these lessons, children are taught the SMARRT internet safety rules and they apply these in different situations. Risk, pressure and influences are revisited with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe. Children are taught about grooming and how people online can pretend to be whoever they want. Rights, responsibilities and respect are revisited with an angle on technology use. Screen time is also discussed and children find ways to reduce their own screen time. This Puzzle aims to help children to be more discerning when viewing anything online or on social media.
Year 6	In this Puzzle, the children learn more about mental health and how to take care of their own mental well-being. They explore the grief cycle and its various stages, and discuss the different causes of grief and loss. The children learn about people who can try to control them or have power over them. They investigate online safety, learning how to judge if something is safe and helpful, as well as talking about communicating with friends and family in a positive and safe way.
Taught Knowledge (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> ● Know what a family is ● Know that different people in a family have different responsibilities (jobs) ● Know some of the characteristics of healthy and safe friendships ● Know that friends sometimes fall out ● Know some ways to mend a friendship

	<ul style="list-style-type: none"> ● Know that unkind words can never be taken back and they can hurt ● Know how to use Jigsaw's Calm Me to help when feeling angry ● Know some reasons why others get angry
Year 1	<ul style="list-style-type: none"> ● Know that everyone's family is different ● Know that families are founded on belonging, love and care ● Know that physical contact can be used as a greeting ● Know how to make a friend ● Know who to ask for help in the school community ● Know that there are lots of different types of families ● Know the characteristics of healthy and safe friends ● Know about the different people in the school community and how they help
Year 2	<ul style="list-style-type: none"> ● Know that there are lots of forms of physical contact within a family ● Know how to stay stop if someone is hurting them ● Know there are good secrets and worry secrets and why it is important to share worry secrets ● Know what trust is ● Know that everyone's family is different ● Know that families function well when there is trust, respect, care, love and co-operation ● Know some reasons why friends have conflicts ● Know that friendships have ups and downs and sometimes change with time ● Know how to use the Mending Friendships or Solve it together problem-solving methods
Year 3	<ul style="list-style-type: none"> ● Know that different family members carry out different roles or have different responsibilities within the family ● Know some of the skills of friendship, e.g. taking turns, being a good listener ● Know some strategies for keeping themselves safe online ● Know that they and all children have rights (UNCRC) ● Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc ● Know how some of the actions and work of people around the world help and influence my life ● Know the lives of children around the world can be different from their own
Year 4	<ul style="list-style-type: none"> ● Know some reasons why people feel jealousy ● Know that loss is a normal part of relationships ● Know that negative feelings are a normal part of loss ● Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe ● Know that jealousy can be damaging to relationships ● Know that memories can support us when we lose a special person or animal
Year 5	<ul style="list-style-type: none"> ● Know that there are rights and responsibilities in an online community or social network ● Know that there are rights and responsibilities when playing a game online ● Know that too much screen time isn't healthy ● Know how to stay safe when using technology to communicate with friends ● Know that a personality is made up of many different characteristics, qualities and attributes ● Know that belonging to an online community can have positive and negative consequences
Year 6	<ul style="list-style-type: none"> ● Know that it is important to take care of their own mental health ● Know ways that they can take care of their own mental health ● Know the stages of grief and that there are different types of loss that cause people to

	<p>grieve</p> <ul style="list-style-type: none"> Know that sometimes people can try to gain power or control them Know some of the dangers of being 'online' Know how to use technology safely and positively to communicate with their friends and family
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can use different ways to mend a friendship Can recognise what being angry feels like Can use Calm Me when angry or upset
Year 1	<ul style="list-style-type: none"> Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like Can show skills of friendship Can praise themselves and others Can recognise some of their personal qualities Can say why they appreciate a special relationship
Year 2	<ul style="list-style-type: none"> Can identify the different roles and responsibilities in their family Can recognise the value that families can bring Can recognise and talk about the types of physical contact that is acceptable or unacceptable Can identify the negative feelings associated with keeping a worry secret Can identify who they trust in their own relationships Can use positive problem-solving techniques (Mending Friendships or Solve it together) to resolve a friendship conflict Can identify the feelings associated with trust Can give and receive compliments Can say who they would go to for help if they were worried or scared
Year 3	<ul style="list-style-type: none"> Can identify the responsibilities they have within their family Know how to access help if they are concerned about anything on social media or the internet Can empathise with people from other countries who may not have a fair job or are less fortunate Understand that they are connected to the global community in many different ways Can use Solve it together in a conflict scenario and find a win-win outcome Can identify similarities in children's rights around the world Can identify their own wants and needs and how these may be similar or different from other children in school and the global community
Year 4	<ul style="list-style-type: none"> Can identify feelings and emotions that accompany jealousy Can suggest positive strategies for managing jealousy Can identify people who are special to them and express why Can identify the feelings and emotions that accompany loss Can suggest strategies for managing loss Can tell you about someone they no longer see Can suggest ways to manage relationship changes including how to negotiate
Year 5	<ul style="list-style-type: none"> Can suggest strategies for building self-esteem of themselves and others Can identify when an online community/social media group feels risky, uncomfortable, or unsafe

	<ul style="list-style-type: none"> • Can suggest strategies for staying safe online/ social media • Can say how to report unsafe online/social network activity • Can identify when an online game is safe or unsafe • Can suggest ways to monitor and reduce screen time • Can suggest strategies for managing unhelpful pressures online or in social networks
Year 6	<ul style="list-style-type: none"> • Recognise that people can get problems with their mental health and that it is nothing to be ashamed of • Can help themselves and others when worried about a mental health problem • Recognise when they are feeling grief and have strategies to manage them • Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control • Can resist pressure to do something online that might hurt themselves or others • Can take responsibility for their own safety and well-being
Vocabulary	
EYFS	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing
Year 1 (Consolidate EYFS)	Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate
Year 2 (Consolidate EYFS, Yr 1)	Similarities, Special, Important, Co-operate, Physical contact, Communication, Hugs, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate,
Year 3 (Consolidate KS1)	Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude
Year 4 (Consolidate KS1, Yr 3)	Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.
Year 5 (Consolidate KS1, Yr 3-4)	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules
Year 6 (Consolidate KS1 & KS2)	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety

Changing Me Puzzle - Summer 2
Relates to item 6.1, 8.1 and 9.1 within the Primary School RSHE Policy

DfE Statutory Relationships and Health Education Outcomes	
EYFS	Relationships Education - By end of primary, pupils should know:
<p>PSED – ELG: SELF-REGULATION Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Show sensitivity to their own and to others' needs.</p>	<p>Families and the people who care for me (R1) that families are important for children growing up because they can give love, security and stability (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Caring Friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Respectful Relationships (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Being Safe (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe (R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact (R29) how to recognise and report feelings of being unsafe or feeling bad about any adult (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard (R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so (R32) where to get advice e.g. family, school and/or other sources.</p>
	<p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental Wellbeing (H1) that mental well-being is a normal part of daily life, in the same way as physical health (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear,</p>

	<p>surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>(H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>(H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>(H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness</p> <p>(H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>(H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>(H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being</p> <p>(H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online)</p> <p>(H10) it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p>Changing Adolescent Body</p> <p>(H34) key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</p> <p>(H35) about menstrual well-being including the key facts about the menstrual cycle.</p>
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Puzzle Overview - Changing Me - Summer 2	
EYFS	Growing Up: how we have changed since we were babies
Year 1	<p>Loving me - encouraging healthy self-esteem (Love and Sex Matters Lesson 1)</p> <p>Loving you – friendship (Love and Sex Matters Lesson 2)</p> <p>Our wonderful bodies - appreciating how amazing our bodies are. (Love and Sex Matters Lesson 3))</p> <p>How our bodies are different - how male and female bodies are different and showing respect for one another. Children will learn how to label and care for their bodies (Love and Sex Matters Lesson 3) using anatomically correct language.</p>
Year 2	<p>My family - those who care for me, what the role of family is, why it is important and different types of families (Love and Sex Matters Lesson 5).</p> <p>How we love and care for ourselves - looking after our bodies (Love and Sex Matters Lesson 6).</p> <p>How we love and care for our friendships - saying sorry and starting again, learning about saying sorry and times when this might be difficult (Love and Sex Matters Lesson 7).</p> <p>How our bodies are different - how male and female bodies are different and showing respect for one another. Children will learn how to label and care for their bodies (Love and Sex Matters Lesson 4) using anatomically correct language.</p> <p>Respecting Privacy</p>
Year 3	<p>Development of babies in the womb (Jigsaw Year 3 Changing Me pieces 1 and 2).</p> <p>**How boys' and girls' bodies change over time, including correct names for body parts and menstruation (Jigsaw Year 3 Changing Me piece 3).</p> <p>Making me - factors which contribute to identity and what makes someone valuable (Love and Sex Matters Key Stage 2 Lesson 1).</p>

	My world, your world - how their lives interact with other people's lives and how this affects decision making (Love and Sex Matters Key Stage 2 Lesson 2).
Year 4	<p>**How boys' and girls' bodies change over time, including correct names for body parts and menstruation (Jigsaw Year 4 Changing Me pieces 2 and 3).</p> <p>Making me - factors which contribute to identity and what makes someone valuable (Love and Sex Matters Key Stage 2 Lesson 1).</p> <p>My world, your world - how their lives interact with other people's lives and how this affects decision making (Love and Sex Matters Key Stage 2 Lesson 2).</p>
Year 5	<p>Changing bodies - physical and emotional changes that take place during puberty (Love and Sex Matters Key Stage 2 Lesson 3)</p> <p>Firm foundations - foundations for building relationships and how this might affect who they date (Love and Sex Matters Key Stage 2 Lesson 4).</p> <p>Marriage - the significance and meaning of the wedding service and marriage and how these benefit the individual and the community (Love and Sex Matters Key Stage 2 Lesson 5).</p> <p>Correct names of female and male reproductive organs, periods (menstruation) and products to use, wet dreams and erections and how to manage both, hygiene and keeping healthy, feelings and emotions, changing relationships. (Growing up talks from the school nursing team)</p>
Year 6	<p>Recap the lesson on marriage (Love and Sex Matters Key Stage 2 lesson 5).</p> <p>Great expectations - the meaning of sex and why it is best kept for marriage or long term, committed relationships (Love and Sex Matters Key Stage 2 Lesson 6).</p> <p>In need of restoration (The role of forgiveness in sustaining and deepening relationships) (Love and Sex Matters Key S</p> <p>Moving to secondary school; Changing and developing friendships (including online), Sexual relationships, Reproduction; Birth and babies, Roles and responsibilities (Growing up Talks from the school nursing team).</p>
Taught Knowledge (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> ● Know that we grow from baby to adult ● Know that sharing how they feel can help solve a worry
Year 1	<ul style="list-style-type: none"> ● Know the names of male and female private body parts ● Know that there are correct names for private body parts and nicknames, and when to use them ● Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these ● Know who to ask for help if they are worried or frightened ● Know that animals including humans have a life cycle ● Know that changes happen when we grow up ● Know that people grow up at different rates and that is normal ● Know that learning brings about change
Year 2	<ul style="list-style-type: none"> ● Know the physical differences between male and female bodies ● Know that private body parts are special and that no one has the right to hurt these ● Know who to ask for help if they are worried or frightened ● Know there are different types of touch and that some are acceptable and some are unacceptable ● Know the correct names for private body parts ● Know that life cycles exist in nature ● Know that ageing is a natural process including old age ● Know that some changes are out of an individual's control ● Know how their bodies have changed from when they were a baby and that they will continue to change as they age

Year 3	<ul style="list-style-type: none"> • Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults • Know some of the outside body changes that happen during puberty • Know some of the changes on the inside that happen during puberty • Know that in animals and humans lots of changes happen between conception and growing up • Know that in nature it is usually the female that carries the baby • Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops • Know that babies need love and care from their parents/carers • Know some of the changes that happen between being a baby and a child
Year 4	<ul style="list-style-type: none"> • Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm • Know the names of the different internal and external body parts that are needed to make a baby • Know how the female and male body change at puberty • Know that change can bring about a range of different emotions • Know that personal hygiene is important during puberty and as an adult • Know that change is a normal part of life and that some cannot be controlled and have to be accepted
Year 5	<ul style="list-style-type: none"> • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Know that becoming a teenager involves various changes and also brings growing responsibility • Know what perception means and that perceptions can be right or wrong
Year 6	<ul style="list-style-type: none"> • Know how being physically attracted to someone changes the nature of the relationship • Know the importance of self-esteem and what they can do to develop it • Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class
Social and Emotional Skills (Key objectives are in bold)	
EYFS	<ul style="list-style-type: none"> • Recognise that changing class can elicit happy and/or sad emotions • Can say how they feel about changing class/ growing up • Can identify how they have changed from a baby • Can say what might change for them they get older • Can identify positive memories from the past year in school/hom
Year 1	<ul style="list-style-type: none"> • Understand and accept that change is a natural part of getting older • Can suggest ways to manage change, e.g. moving to a new class • Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) • Can express why they enjoy learning
Year 2	<ul style="list-style-type: none"> • Can say who they would go to for help if worried or scared • Can say what types of touch they find comfortable/uncomfortable • Be able to confidently ask someone to stop if they are being hurt or frightened • Can appreciate that changes will happen and that some can be controlled and others not • Be able to express how they feel about changes • Show appreciation for people who are older • Can recognise the independence and responsibilities they have now compared to being a baby or toddler • Can say what greater responsibilities and freedoms they may have in the future

	<ul style="list-style-type: none"> • Can say what they are looking forward to in the next year
Year 3	<ul style="list-style-type: none"> • Can express how they feel about puberty • Can say who they can talk to about puberty if they have any worries • Can suggest ways to help them manage feelings during changes they are more anxious about • Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry • Can express how they feel about babies • Can describe the emotions that a new baby can bring to a family • Can identify changes they are looking forward to in the next year
Year 4	<ul style="list-style-type: none"> • Can appreciate their own uniqueness and that of others • Can express any concerns they have about puberty • Have strategies for managing the emotions relating to change • Can express how they feel about having children when they are grown up • Can say who they can talk to about puberty if they are worried • Can apply the circle of change model to themselves to have strategies for managing change
Year 5	<ul style="list-style-type: none"> • Can celebrate what they like about their own and others' self-image and body image • Can suggest ways to boost self-esteem of self and others • Recognise that puberty is a natural process that happens to everybody and that it will be OK for them • Can ask questions about puberty to seek clarification • Can express how they feel about having a romantic relationship when they are an adult • Can express how they feel about having children when they are an adult • Can express how they feel about becoming a teenager • Can say who they can talk to if concerned about puberty or becoming a teenager/adult
Year 6	<ul style="list-style-type: none"> • Recognise ways they can develop their own self-esteem • Can express how they feel about the changes that will happen to them during puberty • Understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to • Can celebrate what they like about their own and others' self-image and body image • Use strategies to prepare themselves emotionally for the transition (changes) to secondary school
Vocabulary	
EYFS	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories
Year 1 (Consolidate EYFS)	Changes, Life cycles, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping
Year 2 (Consolidate EYFS, Yr 1)	Change, Grow, Control, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Vagina, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Nervous, Happy
Year 3 (Consolidate KS1)	Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus, Stereotypes, Task, Roles, Challenge
Year 4 (Consolidate KS1, Yr 3)	Personal, Unique, Characteristics, Parents, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance

Year 5 (Consolidate KS1, Yr 3-4)	Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Fertilised, Unfertilised, Conception, Sexual intercourse, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights
Year 6 (Consolidate KS1 & KS2)	Negative body-talk, mental health, midwife, labour, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, journey, worries, anxiety, excitement

Curriculum Links
Relates to item 13.1 within the Primary School RSHE Policy
<p>The school seeks opportunities to draw links between relationships and health education and other curriculum subjects wherever possible to enhance pupils' learning.</p> <p>Relationships and health education will be linked to the following subjects in particular:</p> <p>Collective Worship - pupils have the opportunity to reflect upon difference and respect for others and to value all people as unique individuals.</p>

Staff Training
Relates to item 16.2 within the Primary School RSHE Policy
<p>Church of England Schools in the trust will receive regular updates and training through the Diocese of York link adviser and service level agreement.</p>

Monitoring Quality
Relates to item 18.2 within the Primary School RSHE Policy
<p>Church of England schools will work closely with their Diocesan link adviser and secondary school improvement lead, to monitor the quality of provision.</p>