

West Winch Primary School RSE Curriculum Map (Norfolk RSE Solution)

RECEPTION

Knowledge

My Feelings – Identify and manage feelings
My Body – Personal hygiene
My Relationships – Celebrating Similarities and differences
My Beliefs – Making choices
My Rights and Responsibilities – Privacy
Asking for Help – Special people

YEAR 1

Knowledge

My Feelings – Recognising and communicating feelings
My Body – Naming body parts
My Relationships – Friendships and problem solving
My Beliefs –Identify and respecting similarities and differences between people
My Rights and Responsibilities – Diseases and keeping healthy
Asking for Help – People we trust

YEAR 2

Knowledge

My Feelings – Celebrating our strengths and setting challenges
My Body – Growing and changing
My Relationships – Bullying
My Beliefs –Families are unique
My Rights and Responsibilities – Acceptable and unacceptable physical contact
Asking for Help – Secrets and seeking support

YEAR 3

Knowledge

My Feelings – Setting goals and building self esteem
My Body – Body changes as we grow and develop
My Relationships – Attributes of positive healthy relationships
My Beliefs – Challenging gender stereotypes
My Rights and Responsibilities – The right to protect their bodies from unwanted touch
Asking for Help – The difference between secrets and surprises and when to break

YEAR 4

Knowledge

My Feelings – Recognising and responding to emotions
My Body – Understanding body changes and puberty

	My Relationships – Acceptable and unacceptable physical behaviours My Beliefs – Differences and similarities between people My Rights and Responsibilities – Marriage is a commitment freely entered into Asking for Help – Asking for help
YEAR 5	
Knowledge	My Feelings – Emotional changes as puberty is approached My Body – Anticipating body changes through puberty My Relationships – Managing and maintaining healthy relationships My Beliefs – Correct terms to describe gender and sexual orientation My Rights and Responsibilities – Keeping safe online Asking for Help – How to manage accidental exposure to upsetting online material
YEAR 6	
Knowledge	My Feelings – Media images not do always reflect reality My Body – Reproduction and the scientific terms for the male and female sex organs My Relationships – The nature and consequences of discrimination My Beliefs – Female genital mutilation (FGM) My Rights and Responsibilities – Sexual Infections Asking for Help – Knowing who, when and how to ask for help