



St. Benedict's Primary School RHSE Overview 2022-2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Enchanted Woodlands Science - plants</p> <p><u>Health Education</u></p> <p>2 Year 1 Healthy Know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>2 Year 1 Healthy Know the principles of planning and preparing a range of healthy meals.</p> <p>Birmingham approach to RHSE: The same and different To recognise that some things are the same and some things are different</p>	<p>Bright Lights Big City Geography - The UK, maps and direction</p> <p><u>Relationships Education</u></p> <p>6 Year 1 Online Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p><u>Health education</u></p> <p>Year 1 Internet Know that for most people the internet is an integral part of life and has many benefits.</p> <p>Birmingham approach to RHSE: Boys and girls To know that being a boy or girl doesn't make a difference to what we can do or like</p>	<p>Superheroes PE Fantasy and real heroes.</p> <p><u>Relations Education</u></p> <p>6 Year 1 Online Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>Being Know 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>Know where to get advice e.g. family, school and/or other sources.</p> <p>Families Know that families are important for children growing up because they can give love, security and stability. Know the</p>	<p>Beachcombers Science - seashore</p> <p>Birmingham approach to RHSE: The Friendship recipe To be able to identify the characteristics of a good friend</p>	<p>Paws Claws and Whiskers Art and Design animals and their features</p> <p><u>Health Education</u></p> <p>Year1 Internet Know that for most people the internet is an integral part of life and has many benefits.</p> <p>Birmingham approach to RHSE: Keeping friendships To know that our words and actions can hurt others To be able to identify actions I can take to resolve a conflict in my friendships</p>	<p>Dinosaur Planet History - dinosaurs and fossils</p> <p><u>Daily dashboard</u> Recognise the difference between needs and wants. Rights Respecting: Global Goal 5: Achieve gender equality and empower all women and girls.</p> <p>Standalone through daily dashboard. <i>Article 15</i> Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights</p>



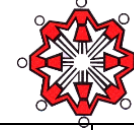
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	<p>about themselves, other children and their friends</p>		<p>characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Relationships Know 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>Health Education</p> <p>Know 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>			
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Know where and how to report concerns and get support with issues online.

Year 1 Healthy Know what constitutes a healthy diet (including understanding calories and other nutritional content).

2 Year 1 Healthy Know the principles of planning and preparing a range of healthy meals.

Birmingham approach to RHSE:

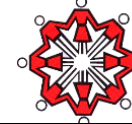
What a friend looks like?

To be able to identify the characteristics of a good friend

- To know how to keep a friendship going
- To know how to manage emotions
- To know why friends are important
- Understand what makes a friend special



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<p>Year 2</p>	<p>Street Detectives Geography - exploring the local community</p> <p>Relationships Education Know where to get advice e.g. family, school and/or other sources.</p> <p>Health Education Mental Know 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 wellbeing or ability to control their emotions (including issues arising online).</p> <p>Physical Know how and when to seek support including which adults to speak to in school if they are worried about their health.</p> <p>Basic Know how to make a clear and efficient call to</p>	<p>Land Ahoy Geography Captain Cook, boats and sea rescues</p> <p>Birmingham approach to RHSE What makes a family?</p> <p>To think about our families, how they may be different and how families love and care about each other</p>	<p>Muck, Mess and Mixtures Science/Art Materials and their properties through art</p> <p>Relationships Education Online Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>2 Year 2 Online Know 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>Health Education Health Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Healthy Know what constitutes a healthy diet</p>	<p>Towers, Tunnels and Turrets D&T/History Castles, towers and tunnels.</p> <p>Relationship Education Mental Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feeling.</p> <p>Birmingham approach to RHSE Feeling safe</p> <p>To be able to recognise safe and unsafe situations</p> <ul style="list-style-type: none"> • To be able to recognise the physical signs of being unsafe • To know what to do if feeling unsafe while on technology (online) 	<p>Scented Gardens Science - flowers and their parts, growing things</p> <p>Health Education Mental Know 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>Birmingham approach to RHSE Being safe with friends and Families</p> <p>To be able to name and recognise a range of emotions</p> <ul style="list-style-type: none"> • To be aware of the different people who can help us • To know that we can express our feelings in an appropriate way 	<p>Wriggle and Crawl Science - minibeasts and their habitats</p> <p>Health Education Internet Know that for most people the internet is an integral part of life and has many benefits.</p>
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	<p>emergency services if necessary.</p> <p>Birmingham approach to RHSE My family</p> <p>To identify different ways that families and individual members care for each other To be able to describe their families To understand that families are special</p>		<p>(including understanding calories and other nutritional content).</p> <p>Healthy Know the principles of planning and preparing a range of healthy meals.</p> <p>Birmingham approach to RHSE Respecting differences</p> <p>To be kind and respectful towards people who are different from us</p>			
Year 3	<p>Heroes and Villains Music, moral dilemmas</p> <p><u>Health Education</u></p> <p>Mental Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions</p>	<p>Predator Science food chains, fossils and predatory plants.</p> <p><u>Health Education</u></p> <p>Internet Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is</p>	<p>Tremors Geography /History - natural disasters, earthquakes and volcanoes</p> <p>Birmingham approach to RHSE Diversity in the UK</p> <p>To appreciate the range of national, regional, religious</p>	<p>Mighty Metals Science - materials, forces, magnets and robots</p> <p>Birmingham approach to RHSE The online community</p> <p>To understand how to stay safe online.</p>	<p>Scrumdiddlyumptious! D&T - Food, nutrition and cooking</p> <p><u>Health Education</u></p> <p>Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p>	<p>Tribal Tales History- Stone Age, Bronze Age and Iron Age history</p> <p>Birmingham approach to RHSE Mental Health and wellbeing</p>



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<p>that all humans experience in relation to different experiences and situations.</p> <p>Mental Know 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>Mental Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Know 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>Know that for most people the internet is an integral part of life and has many benefits.</p> <p>Know that there is a normal range of emotions</p>	<p>ranked, selected and targeted.</p> <p>Birmingham approach to RHSE</p> <p>People who help us.</p> <p>To be able to signpost to services within a community and beyond</p> <ul style="list-style-type: none"> • To know about people/places that support communities locally and nationally 	<p>and ethnic identities in the United Kingdom</p> <ul style="list-style-type: none"> • To think about the lives of people living in other places and people with different values and customs. 			<p>Physical Know the risks associated with an inactive lifestyle (including obesity).</p> <p>Healthy Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Healthy Know the principles of planning and preparing a range of healthy meals.</p> <p>Healthy Know 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>To develop an understanding of mental health and well-being</p> <ul style="list-style-type: none"> • To recognise that our feelings are individual and unique • To know that some feelings are harder to cope with than others • To develop new coping strategies and know how to use them in times of need
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	<p>(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>Know 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><u>Relationships Education</u></p> <p>Know 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>Birmingham approach to RHSE</p> <p>Community</p> <p>To belong to a group/s and a community</p> <ul style="list-style-type: none">• To expect people to respect you and in turn					
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	respect others including people in position					
Year 4	<p>I Am Warrior The Roman Empire</p> <p>Birmingham approach to RHSE Positive relationships</p> <p>To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.</p>	<p>Potions Solids, Liquids and Gas</p> <p>Birmingham approach to RHSE Bullying</p> <p>To understand what is bullying and how bullying occurs</p> <ul style="list-style-type: none"> • To be aware of the different types of bullying 	<p>Traders and Raiders Here come the Saxons</p> <p>Birmingham approach to RHSE Challenging stereotypes</p> <p>To recognise and challenge stereotypes</p>	<p>Burps, Bottoms and Bile Inside your Body</p> <p>Health Education</p> <p>Healthy Know 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>Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist.</p>	<p>Misty Mountain Sierra Mighty Mountains</p> <p>Birmingham approach to RHSE Mental wellbeing and my family.</p> <p>To understand that people may experience and recover from mental ill health in the same way as physical ill health</p> <ul style="list-style-type: none"> • To know how to seek support if they need help or advice about their own or someone else's mental health 	<p>Blue Abyss The Ocean World</p> <p>Birmingham approach to RHSE Secrets and surprises</p> <p>To know that the body gives signals when in danger</p> <ul style="list-style-type: none"> • To understand that it is important to think about the risks in situations and what will keep them safe • To understand that there are different types of touch that people like and dislike • To know that a person has the right to personal space



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<p>Year 5</p>	<p>Stargazers The solar system and space</p> <p>Birmingham approach to RHSE Friendships and peer pressure</p> <p>To consider the value of views and contributions of others</p> <ul style="list-style-type: none"> • To understand the value of friendships • To recognise that in friendship groups, all people have equal status but offer different qualities • To know that we can work together to achieve simple goals and targets • To show care for others as well as for themselves • To be able to ask topical questions 	<p>Off with her head The Tudors</p> <p>Birmingham approach to RHSE Conflict resolution and including consent</p> <p>To become more aware of how to strengthen peer relationships</p> <ul style="list-style-type: none"> • To understand that conflicts are not necessarily negative • To know how different reactions to conflict help shape its outcome 	<p>Alchemy Island A fantasy world</p> <p>Birmingham approach to RHSE Unhealthy relationships</p> <p>To recognise ways in which a relationship can be unhealthy and who to talk to if they need support</p>	<p>Beast Creator Minibeasts</p> <p>Birmingham approach to RHSE Online safety</p> <p>To recognise that online relationships can be positive and negative.</p> <ul style="list-style-type: none"> • To know how to stay safe and who to report concerns to 	<p>Pharaohs Ancient Egypt</p> <p>Relationships Education Relationships Know 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>Birmingham approach to RHSE Building resilience in relationships</p> <p>To be able to identify and name a range of emotions</p> <ul style="list-style-type: none"> • To understand how good physical health can support positive mental and emotional health • To understand how to build resilience 	<p>Allotment Food origins and farming</p> <p>Birmingham approach to RHSE Growing up and puberty</p> <p>To understand that relationships and responsibilities change as you move into adulthood</p> <ul style="list-style-type: none"> • To describe the changes as humans develop to old age
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<p>Year 6</p>	<p>A Child's War World War 2</p> <p>Birmingham approach to RHSE</p> <p>Changing family relationships</p> <p>To be aware of how families change</p> <ul style="list-style-type: none"> • To know roles and responsibilities within a family may change • That there are a range of families in society • To know that marriage is a legal commitment between two people 	<p>Blood Heart Human circulatory system</p> <p>Birmingham approach to RHSE</p> <p>Respecting differences in others.</p> <p>To recognise that actions have consequences for themselves and others</p> <ul style="list-style-type: none"> • To consider why some groups are disadvantaged in society • To be able to express feelings in different ways and recognise the impact on others • To be aware of the importance of respect when dealing with others 	<p>Frozen Kingdom Polar Regions</p> <p>Birmingham approach to RHSE</p> <p>Challenging prejudice and discrimination</p> <p>To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including use of prejudice-based language, how to respond and ask for help)</p>	<p>Darwin's Delights Evolution and Inheritance</p> <p>Birmingham approach to RHSE</p> <p>Healthy and unhealthy relationships</p> <p>To understand how important it is to know your own qualities</p> <ul style="list-style-type: none"> • To be aware and set your own boundaries and expectations • To reflect on the differences and similarities in different relationships • To know that there are qualities that are not conducive to positive relationships 	<p>Hola Mexico Mayan Civilisation</p> <p>Birmingham approach to RHSE</p> <p>Building resilience</p> <p>To be able to ask for help when dealing with difficult situations</p>	<p>Gallery Rebels Significant Artists</p> <p><u>Health Education</u></p> <p>Internet Know 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>Birmingham approach to RHSE</p> <p>Growing up and puberty. How babies are made?</p> <p>To be aware of how body changes occur internally as well as externally</p> <p>To be aware of how the emotions change during puberty</p> <p>To be aware of changes that occur in both genders (optional)</p>
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