



SMSC & RSHE Learning Map



Year	Autumn		Spring		Summer	
	<u>Being Me In My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
Nursery Reception	Self-identity, Understanding feelings; Being in a classroom; Being gentle and Rights and responsibilities.	Identifying talents; Being special; Families; Where we live; Making friends and Standing up for yourself.	Challenges, Perseverance; Goal-setting; Overcoming obstacles; Seeking help; Jobs and Achieving goals.	Exercising bodies; Physical activity; Healthy food; Sleep; Keeping clean and Safety.	Family life; Friendships; Breaking friendships; Falling out; Dealing with bullying and Being a good friend.	Bodies, Respecting my body; Growing up; Growth and change; Fun and fears and Celebrations.
Year 1	Feeling special and safe, Being part of a class; Rights and responsibilities; Rewards and feeling proud; Consequences and Owing the Learning Charter.	Similarities and differences; Understanding bullying and knowing how to deal with it; Making new friends and Celebrating the differences in everyone.	Setting goal; Identifying successes and achievements; Learning styles; Working well and celebrating achievement with a partner; Tackling new challenges; Identifying and overcoming obstacles and Feelings of success.	Keeping myself healthy; Healthier lifestyle choices; Keeping clean; Being safe; Medicine and safety/safety with household items, Road safety and Linking health and happiness	Belonging to a family, Making friends/being a good friend; Physical contact preferences; People who help us; Qualities as a friend and person; Self-acknowledgement; Being a good friend to myself and Celebrating special relationships	Life cycles – animal and human; Changes in me; Changes since being a baby; Differences between female and male bodies (correct terminology) -Linking growing and learning; Coping with change and Transition
Year 2	Hopes and fears for the year; Rights and responsibilities; Rewards and consequences; Safe and fair learning environment; Valuing contributions; Choices and Recognising feelings.	Assumptions and stereotypes about gender; Understanding bullying; Standing up for self and others; Making new friend; Gender diversity and Celebrating difference and remaining friends.	Achieving realistic goals; Perseverance; Learning strengths; Learning with others; Group co-operation and Contributing to and sharing success.	Motivation; Healthier choices; Relaxation; Healthy eating and nutrition and Healthier snacks and sharing food.	Different types of family; Physical contact boundaries; Friendship and conflict; Secrets, Trust and appreciation and Expressing appreciation for special relationships.	Life cycles in nature; Growing from young to old; Increasing independence; Differences in female and male bodies (correct terminology); Assertiveness and Preparing for transition.
Year 3	Setting personal goals; Self-identity and worth; Positivity in challenges; Rules, rights and responsibilities, Rewards and consequences; Responsible choices and Seeing things from others' perspectives.	Families and their differences; Family conflict and how to manage it (child-centred); Witnessing bullying and how to solve it; Recognising how words can be hurtful and Giving and receiving compliments.	Difficult challenges and achieving success; Dreams and ambitions; New challenges; Motivation and enthusiasm; Recognising and trying to overcome obstacles; Evaluating learning processes; Managing feelings and Simple budgeting.	Exercise, Fitness challenges; Food labelling and healthy swaps; Attitudes towards drugs; Keeping safe and why it's important online and off line scenarios; Respect for myself and others and Healthy and safe choices.	Family roles and responsibilities; Friendship and negotiation; Keeping safe online and who to go to for help; Being a global citizen; Being aware of how my choices affect others; Awareness of how other children have different lives and Expressing appreciation for family and friends.	How babies grow; Understanding a baby's needs; Outside body changes; Inside body changes; Family stereotypes; Challenging my ideas and Preparing for transition.
Year 4	Being part of a class team; Being a school citizen; Rights, responsibilities and democracy (Primary Parliament); Rewards and consequences; Group decision-making; Having a voice and What motivates behaviour.	Challenging assumptions; Judging by appearance; Accepting self and others; Understanding influence; Understanding bullying; Problem-solving; Identifying how special and unique everyone is and First impressions.	Hopes and dreams; Overcoming disappointment; Creating new, realistic dreams, Achieving goals; Working in a group, Celebrating contributions and Resilience; Positive attitudes.	Healthier friendships; Group dynamics; Smoking, Alcohol; Assertiveness; Peer pressure and Celebrating inner strength	Jealousy, Love and loss; Memories of loved ones; Getting on and Falling Out; Girlfriends and boyfriends and Showing appreciation to people and animals	Being unique; Having a baby ; Girls and puberty; Confidence in change; Accepting change; Preparing for transition and Environmental change
Year 5	Planning the forthcoming year; Being a citizen; Rights and responsibilities; Rewards and consequences; How behaviour affects groups and Democracy: having a voice and participating.	Cultural differences and how they can cause conflict; Racism; Rumours and name-calling; Types of bullying; Material wealth and happiness and Enjoying and respecting other cultures.	Future dreams; The importance of money, Jobs and careers; Dream jobs and how to get there; Goals in different cultures; Supporting others (charity) and Motivation.	Smoking, including vaping; Alcohol and anti-social behaviour; Emergency aid; Body image; Relationships with food and Healthy choices; Motivation and behaviour.	Self-recognition and self-worth; Building self-esteem; Safer online communities; Rights and responsibilities online; Online gaming and gambling; Reducing screen time; Dangers of online grooming and SMARRT internet safety rules.	Self- and body image; Influence of online and media on body image; Puberty for girls, Puberty for boys; Conception (including IVF); Growing responsibility and Coping with change; Preparing for transition.
Year 6	Identifying goals for the year; Global citizenship; Children's universal rights; Feeling welcome and valued; Choices, consequences and reward; Group	Perceptions of normality; Understanding disability; Power struggles; Understanding bullying; Inclusion/exclusion; Differences	Personal learning goals, in and out of school, Success criteria: Emotions in success; Making a difference in the world; Motivation;	Taking personal responsibility; How substances affect the body; Exploitation including 'county lines' and gang culture; Emotional and mental health and Managing stress.	Mental health, Identifying mental health worries and sources of support; Love and loss, Managing feelings; Power and control, Assertiveness; Technology safety	Self-image, Body image, Puberty and feelings; Conception to birth; Reflections about Physical attraction; Respect and consent;

	dynamics; Democracy, having a voice; Anti-social behaviour and Role-modelling.	as conflict; difference as celebration and Empathy.	Recognising achievements and Compliments.		and Taking responsibility with technology use.	Boyfriends/girlfriends; Sexting and Transition.
KS3 & KS4 students study the SMSC & RSHE curriculum once a fortnight, with a half-term on each topic area. There is also have an RSHE Assembly & Form Time Focus each half-term. Throughout the year we continually focus on three areas of development: Health and Wellbeing; Relationships and Living in the Wider World.						
Year 7	SMSC Lesson Focus: Racism, Identity, Tolerance, Prejudice & Equality. RSHE Focus: Respect and Empathy.	SMSC Lesson Focus: E-safety, social media and Cyberbullying RSHE Focus: Internet Safety and Harm; Being Safe.	SMSC Lesson Focus: Gender Equality and Stereotypes. RSHE Focus: Equality, Gender and LGBTQ+	SMSC Lesson Focus: Respectful Relationships. RSHE Focus: Consent Part 1.	SMSC Lesson Focus: Mind to be kind, Anti bullying and Kindness on a Global scale. RSHE Focus: Mental Wellbeing & Caring Friendships.	SMSC Lesson Focus: Speaking your Mind and Your Voice Matters. RSHE Focus: Mental Wellbeing.
Year 8	SMSC Lesson Focus: Respect and Equality. RSHE Focus: Exploitation; Mental Wellbeing.	SMSC Lesson Focus: Relationships; Domestic Violence, Respect. RSHE Focus: Consent; Sexual Violence, Sexual Harassment.	SMSC Lesson Focus: Economic Wellbeing. RSHE Focus: Media; Mental Wellbeing.	SMSC Lesson Focus: Overcoming Challenges. RSHE Focus: Wellbeing; resilience, conflict resolution.	SMSC Lesson Focus: Supporting those in need. RSHE Focus: Exploitation; Empathy; Caring for others.	SMSC Lesson Focus: Staying Safe and Healthy. RSHE Focus: Mental Wellbeing, Changing Adolescent bodies; healthy active lifestyles.
Year 9	SMSC Lesson Focus: Equality and Difference. RSHE Focus: Gender & Identity, LGBTQ+	SMSC Lesson Focus: Raising Awareness; Disability; Human Rights; Radicalisation. RSHE Focus: Equality, Exploitation.	SMSC Lesson Focus: Body Image, Sex and the Law; Contraception. RSHE Focus: Consent, Pregnancy, Sexual Violence, Sexual Harassment.	SMSC Lesson Focus: Exploitation & County Lines. RSHE Focus: Exploitation; Identity.	SMSC Lesson Focus: Prison & The Law; RSHE Focus: Being Safe, Exploitation.	SMSC Lesson Focus: Careers, Writing a CV and Interviews. RSHE Focus: Social, physical and Mental Wellbeing.
Year 10	SMSC Lesson Focus: Financial Decision Making and Budgeting. RSHE Focus: Online Safety.	SMSC Lesson Focus: Mental Health and Emotional Wellbeing. RSHE Focus: Health; Wellbeing.	SMSC Lesson Focus: Healthy Relationships and Gender Stereotypes. RSHE Focus: Sexual Harassment; Sex and The Law.	SMSC Lesson Focus: Exploring Influences. RSHE Focus: Alcohol, Drugs, Tobacco.	SMSC Lesson Focus: RE: Arguments for the Existence of God and Euthanasia. RSHE Focus: Consent.	SMSC Lesson Focus: Contraception, Sex and The Law part 2. RSHE Focus: Contraception; STIs.
Year 11	SMSC Lesson Focus: Building for the Future. RSHE Focus: Equality & Diversity; Mental Wellbeing.	SMSC Lesson Focus: Managing Relationships. RSHE Focus: Intimate Sexual Relationships. Consent.	SMSC Lesson Focus: Ethics, human conduct and society. RSHE Focus: Being Safe.	SMSC Lesson Focus: Families, partnerships & marriage. RSHE Focus: Consent part 2. Sexual Harassment.	SMSC Lesson Focus: Writing a CV preparing for exams & interviews. RSHE Focus: Social, physical and Mental Wellbeing.	SMSC Lesson Focus: Revision techniques and preparing for exams. RSHE Focus: Mental Wellbeing

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