

Grange Park Learning Quest

2023-2024 Relationships and Health Education long term subject map

	Spring 2 Celebrating difference (teaches elements of Relationships education)	Summer 1 Relationships	Summer 2 Changing Me
EYFS	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
	Spring 2 Celebrating difference	Summer 1 Relationships	Summer 1 Changing Me
Year 1	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone	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 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 Transitions
	Spring 2 Celebrating difference	Summer 1 Relationships	Summer 1 Changing Me
Year 2	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation 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 Preparing for transition
	Spring 2 Celebrating difference	Summer 1 Relationships	Summer 1 Changing Me
Year 3	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 Giving and receiving compliments	Family roles and responsibilities Friendships 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 Expressing appreciation for family and friends	Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow. Start to recognise stereotypical ideas I might have about parenting and family roles. Identify what I am looking forward to when I move to my next class. How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition

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	Spring 2 Celebrating difference	Summer 1 Relationships	Summer 1 Changing Me
Year 4	<p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>	<p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p>	<p>Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. Identify how boys' and girls' bodies change on the outside during this growing up process.</p> <p>Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>Understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p> <p>Correctly label the internal and external parts of male and female bodies that are necessary for making a baby. Key vocabulary: sperm, egg, ovum, penis, testicles, vagina/vulva, womb/uterus, ovaries, fertilise, conception.</p> <p>Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>Know how the circle of change works and apply it to changes I want to make in my life.</p> <p>Preparing for transition</p>
Year 5	<p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p> <p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMARRT internet safety rules</p>	<p>Identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>Be aware of my own self-image and how my body image fits into that.</p> <p>Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>Describe how boys' and girls' bodies change during puberty.</p> <p>Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</p> <p>Identify what I am looking forward to when I move to my next class.</p> <p>Preparing for transition</p>
Year 6	<p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict, difference as celebration</p> <p>Empathy</p>	<p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. (include age of consent)</p> <p>Show awareness of my own self-image and how my body image fits into that.</p> <p>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p> <p>Be aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>Transition</p>