

SRE curriculum map

YEAR GROUP TOPIC/THEME DETAILS RESOURCES

Reception Healthy Me – We will be exploring the effect exercise has on our bodies, why we need to eat healthily, keep clean and stay safe.

Relationships – We will be learning about how to be a good friend, exploring friendships and breaking friendships and dealing with bullying.

Changing Me – We will be exploring our bodies, growing up and changes.

Year 1 Healthy Me – We will be thinking about how we can make healthier lifestyle changes, road safety and medicine/safety with household items. Relationships – We will be thinking about what it means to belong to a family, people who help us, qualities as a friend and how to be a good friend to ourselves. Changing Me – We will be learning about the lifecycles of animals and humans, changes since being a baby, linking growing and learning and coping with change.

Year 2 Healthy Me – We will be learning how to make healthier choices, why good nutrition is important and different methods for relaxation.

Relationships – We will be exploring different types of families, what are physical contact boundaries, building up trust and how we can express appreciation for special relationships. Changing Me – We will be looking at lifecycles in nature, what happens when we grow from young to old and how to be independent and assertive,

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Year 3 Healthy Me – We will be exploring food labelling and how to make healthy swaps, keeping safe – why it's important on and off line, respect for myself and others and attitudes towards drugs. Relationships – We will be learning about family roles and responsibilities, being a global citizen, staying safe online and who to go to for help, knowing that my choices can affect others and being aware of how other children have different lives. Changing Me – We will be thinking about family stereotypes and how are bodies change.

Year 4 Healthy Me – We will be exploring healthier friendships, smoking, alcohol, assertiveness, peer pressure and celebrating inner strength. Relationships – We will be learning about love and loss, jealousy, memories of loved ones, girlfriends and boyfriends and how to show our appreciation to people and animals. Changing Me – We will be identify what makes us unique, explore puberty for boys and girls (outside the body) and how to accept change.

Year 5 Healthy Me – We will be learning about smoking and vaping, alcohol and anti-social behaviour, body image, relationships with food, how to make healthy choices and motivation and behaviour. Relationships – We will be exploring self-recognition and self worth, how to build self-esteem, safer online communities, online gaming and gambling, the dangers of online grooming and SMARRT internet safety rules. Changing Me – We will be looking at self- and body image and the influence social media can have on this, puberty for boys and girls, growing responsibility and coping with change.

Year 6 Healthy Me – We will be looking at how we can take personal responsibility, how substances can affect the body, exploitation and gang culture, emotional and mental health and managing stress. Relationships – We will identify mental health worries and sources of support, exploring love and loss, how to manage our feelings, being assertive, how to be technology safe and taking responsibility for the technology we use. Changing Me – We will be exploring body image, self-image, puberty and our feelings,