Bathwick St Mary RSHE Content by Year Group

Year	By the end of the year, children should be able to…
EYFS	*Health and Wellbeing:* • Know about the importance of exercise. • Explore what it means to be a safe pedestrian • Understand the importance of healthy food choices and what a balanced diet is. *Families and Relationships:* • Identify people who are special to use and it means to be a valued person. • Learn the importance of sharing with others. • See themselves as valuable individuals. • Explore diversity and discuss similarities and differences.
Year 1	*Health and Wellbeing:* • Describe how they feel using appropriate vocabulary. • Describe their bedtime routine and why sleep is important. • Understand that germs can be spread via our hands and to how to wash their hands properly. • Know the three things they need to do when out in the sun to keep safe. • Know people can be allergic to certain things and how to help with an allergic reaction. *Families and Relationships:* • Understand that families can include a range of people. • Understand who their friends are and how actions can affect people. • Describe what people might look like if they are feeling: angry, scared, upset or worried. • Explain what a stereotype is. *Safety and the Changing Body:* • Understand that some types of physical contact are never acceptable.
Year 2	*Health and Wellbeing:* • Describe how they would feel in a particular situation and that not everyone feels the same. • Explain what a growth mindset is. • Know what a healthy diet is and to know some consequences that may arise from poor diet. • Understand what helps to keep teeth healthy. *Families and Relationships:* • Understand that different families may be made up of different people. • Consider what friends may be thinking and feeling in different situations. • Know issues that may occur in friendships and when they need adult support with resolution. • Understand that expectations of manners may change according to the situation. • Know that remembering people who were important to them but are no longer here can cause a mixture of emotions. • Explain what gender stereotypes are in relation to careers. *Safety and the Changing Body:* • Know the name of parts of the body, including those of the private parts for their gender. • Explain the PANTS rule.
Year 3	*Health and Wellbeing:* • Understand the importance of combining energetic activities with high-energy foods. • Identify their own strengths and that they can help other people. • Describe how they would break a problem down into small, achievable goals. • Understand the benefits of healthy eating and dental health. *Families and Relationships:* • Understand that families are all different. • Understand that problems occur in friendships and that violence is never right. • Understand what bullying is and what to do if it happens. • Understand how toys can reinforce gender stereotypes.

Bathwick St Mary RSHE Content by Year Group

Year 4	*Health and Wellbeing:* • Identify and share key facts about dental health. • Describe how they feel when they make a mistake and know what can be learned from it. • Describe what makes them happy, suggesting how they could work towards this as a goal. • Understand the range of emotions we can experience. • Understand what mental health is and that sometimes people might need help. *Families and Relationships:* • Understand that manners vary in different situations. • Understand boundaries in friendships, including physical boundaries and expectations. • Understand the impact of bullying and the role bystanders can take. • Understand that stereotypes about disabilities are usually untrue. • Know what bereavement is and how to support someone who has experienced a bereavement. *Safety and the Changing Body:* • Understand the changes they have already gone through and aware of some changes to come.
Year 5	*Health and Wellbeing:* • Describe how they can get a good night's sleep and explain why this is important. • Describe a strategy to help manage feelings of failure and to help them to persevere. • Describe a range of feelings and suggest two ways of dealing with a difficult situation. • Recognise the food groups, understand what calories are and acknowledge that having a variety of food is important for having a balanced and healthy diet. • Understand how to keep safe in the sun and some of the risks, now and in the future. *Families and Relationships:* • Recognise that friendships have ups and downs and this is normal. • Understand what marriage is and know that it is a choice people make. • Know that we all have a range of attributes that make us who we are and be proud of these. • Understand that sometimes families can make children feel unhappy or unsafe. • Understand why someone might bully others. • Understand that attitudes and laws around gender equality have changed over time. • Understand that stereotypes exist and these can lead to discrimination. *Safety and the Changing Body:* • Accurately name all the relevant parts of the body. • List the range of changes they will go through during puberty.
Year 6	*Health and Wellbeing:* • Describe how they take care of their physical wellbeing. • Understand that technology can have an impact on physical and mental health. • Describe what resilience is, why it is important and some useful resilience strategies. • Understand how vaccination works and why it is important to individuals. • Understand that changes in their body could indicate illness and know what to do if they notice them. *Families and Relationships:* • Understand what respect is and how they should be respected. • Understand a range of stereotypes and share this information effectively. • Create a resolution guide that includes strategies to manage conflicts. • Understand the term grief and describe some of the associated emotions. *Safety and the Changing Body:* • Understand of changes that take place during puberty. • Understand the menstrual cycle and that a male and a female are needed to conceive a baby. • Understand that a baby changes in the womb and some of the baby's requirements during the first months of life.

Bathwick St Mary RSHE Content by Year Group

How is the curriculum delivered at Bathwick:

At Bathwick, we follow the Kapow condensed curriculum for PSHE. These lessons include all statutory and non-statutory RSHE content.

Lessons are taught by the class teacher, often taking the format of circle time discussions. Where appropriate, external agencies are involved in the delivery of lessons, such as the school nurse.