

RSHE Crucial Knowledge



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
(DfE refs.)		Module 1 Units 1 & 2 - Me, My Body, My Health	Module 1 Units 3 & 4 - Emotional Wellbeing & Life Cycles	Module 2 Units 1, 2 & 3 - Personal Relationships & Life Online	Module 2 Unit 4 – Keeping Safe	Module 3 Units 1 & 2 – Living in the Wider World
EYFS		<ul style="list-style-type: none"> - Name the parts of the body - Identify ways we can look after our body (sleep, diet, exercise) - Identify how they are same and different from others - Say why they are special 	<ul style="list-style-type: none"> - Name feelings appropriately - Understand making changes can change how they feel - Describe how they have changed and the changes to come as they grow up 	<ul style="list-style-type: none"> - Identify trusted adults - Say what makes a good friend - Know bullying is wrong - Identify inappropriate behaviours - Know the internet connects us with other people and can help us - Say how to use the internet safely - Know to tell a trusted adult if something makes them feel unsafe online and ask for help 	<ul style="list-style-type: none"> - Recognise safe and unsafe situations indoors and outdoors - Know to ask for help from a trusted adult if they feel unsafe - Know private parts are private - Identify the different jobs people do to help us - Understand that medicines are drugs, and should only be taken when a parent or doctor gives them to us 	<ul style="list-style-type: none"> - Name the various communities they belong to - Identify what they do to help / care for the community they belong to - Identify some jobs that people do - Recognise money and know it helps us to buy things

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KS1	<ul style="list-style-type: none"> - Know that discrimination is being unkind to someone because of something about them that they cannot change - Know discrimination can be linked to skin colour, gender, religion, disability or age - Understand we should tell a trusted adult if we see discrimination - Understand the difference between non-racist and anti-racist - Know what a stereotype is 	<ul style="list-style-type: none"> - Name the parts of the body using the correct names for genitalia - Identify how boys and girls are both similar and different - Identify ways we can look after our body (sleep, diet, exercise, dental hygiene, personal hygiene, rest, recreation) 	<ul style="list-style-type: none"> - Use a range of words to describe feelings - Understand that feelings and actions are two different things and that they have choice over their actions - Know choices have consequences - Know ways of managing their feelings - Know that change is part of life - Identify the stages of change from birth to death 	<ul style="list-style-type: none"> - Identify the special people in their lives - Understand what makes behaviour unkind and how this impacts others - Understand the importance of saying sorry - Say why bullying is wrong - Know how what they see online affects their feelings in real life - Know things that keep us safe outside, inside and online 	<ul style="list-style-type: none"> - Recognise what makes a situation unsafe - Know the difference between good and bad secrets - Know the PANTS rule - Know medicines are drugs - Know not all medicines are good for us - Know alcohol and tobacco are harmful substances - Know, in an emergency, they should call 999 and ask for ambulance, police, coastguard and/or fire brigade 	<ul style="list-style-type: none"> - Say what a community is - Identify the communities they belong to - Say what they do to help / care for the community they belong to - Identify the gifts and talents needed to do some jobs - Know all jobs are open to boys and girls - Know money is valuable and is used as an exchange for needs and wants. - Know we can choose to spend and save money

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LKS2	<ul style="list-style-type: none"> - Know discrimination is being unkind to someone because of a trait - Understand the difference between assumption, stereotypes, prejudice, discrimination and hate - Give some examples of what we should do if we encounter assumptions, stereotypes, prejudice, discrimination and hate - Understand what systemic racism is - Recognise that stereotypes may cause us to have conscious or unconscious biases 	<ul style="list-style-type: none"> - Say how people are similar and different as they grow - Recognise how people are similar and different in their choices - Explain ways we can look after and respect our body through sleep, diet, exercise, dental hygiene, personal hygiene, rest, recreation - Understand what the term puberty means (just Y4) - Describe some of the specific physical and emotional changes that will take place for boys and girls (just Y4) 	<ul style="list-style-type: none"> - Know hormones can affect how we feel - Recognise feelings are not always a good guide for action - Identify some ways to help our emotional well-being (art, music, friends) - Understand images in the media do not always reflect reality - Know some behaviour is wrong, unacceptable, unhealthy and/or risky - Know how a baby grows in the womb - Understand what death is - Identify different changes and emotions associated with change 	<ul style="list-style-type: none"> - Know there are different types of relationships (acquaintances, friends, relatives and family) - Know what bullying is and how to respond to it - Know the difference between physical and emotional abuse and how to respond to it - Know how to use technology safely - Know what is good and not good to share online - Know how to report and get help if they encountered something inappropriate or that makes them feel unsafe online - Understanding of the importance of being open with trusted people 	<ul style="list-style-type: none"> - Describe what is appropriate and inappropriate physical contact - Know the effects that drugs, alcohol and tobacco can have on the body - Know it is important to stay calm and act quickly in an emergency - Know some rules and laws are based on our rights - Know rights protect us and ensure everyone is treated equally 	<ul style="list-style-type: none"> - Recognise actions which make them feel loved or cared for - Explain some of the factors that influence people's choice of work (own interests, skills and gifts) - Explain the impact on us and others of how we choose to spend, save and give money - Know budgeting helps to keep track of spending and saving

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UKS2	<ul style="list-style-type: none"> - Know discrimination is being unkind to someone because of a characteristic - Understand it is illegal to discriminate because of protected characteristics - Explain the impact of systemic racism - Explain how we can challenge biases and avoid stereotyping 	<ul style="list-style-type: none"> - Understand how good choices have a positive impact on their health: rest and sleep, exercise, diet, personal hygiene, avoiding the overuse of electronic entertainment, etc. - Identify body changes in puberty for boys and girls 	<ul style="list-style-type: none"> - Understand that images in the media do not always reflect reality and the impact this can have on how we feel and act. - Recognise that some behaviour is wrong, unacceptable, unhealthy or risky. - Understand that there are harmless and harmful videos and images online and how to respond when they are harmful - Describe how a baby grows and develops in the womb - Know basic facts about sexual intercourse between a man and a woman (just Y6) - Understand some facts about periods and the menstrual cycle, including period hygiene 	<ul style="list-style-type: none"> - Understand what death is and feelings associated with grief - Know emotions and feelings connected with change - Know gratitude and positivity help build resilience - Identify different types of pressures - Describe strategies to resist pressure - Understand what consent and bodily autonomy means - Understand how we think can affect our feelings and our actions - Understand prejudice and discrimination and relate to protected characteristics and how to challenge them. - Know strategies to stay safe online - Know what cyber bullying means 	<ul style="list-style-type: none"> - Understanding of what rights are, and how the rights of children are legally protected - Know the different types of abuse and the importance of speaking to a trusted adult - Understand good choices about substances that will have a positive impact on their health. - Recognise situations they may come under pressure and they are entitled to say 'no' - Can perform the DR ABC primary survey 	<ul style="list-style-type: none"> - Can apply the principles of Catholic Social Teaching to current issues - Begin to know the process of getting a job - Understand how stereotyping can affect work aspirations and learn to challenge such attitudes. - Know there are a wide variety of payment options - Understand that tracking our money and budgeting is part of good money management

