



At A Glance

Relationships and Sex Education (RSE) and Health Education Checklist - Primary

Your PSHE programme probably already includes many of the requirements of the new RSE statutory guidance. Designed to cut through the jargon, our quick check list below will provide a speedy audit and allow you to record where you plan to cover all content. That way you can be confident, if asked, that you are meeting all the elements of this new guidance.

The topic information below is for the entirety of both key stage 1 and key stage 2. Your planning should be for progress across these stages.

Topic – please ensure that your PSHE Scheme of Work has considered all the following points	Is it covered in our Scheme?	Where?
Relationships		
What is a relationship?	Y1	Spring 1
Who are the people in my life who can support me?	Y1 Y3	Autumn 1 Autumn 2
Who are my family?	Y1	Spring 1
What types of family can people have? (Include single parent families, step families, foster families, adoptive families, families raised by grandparents and LGBT families.)	Y1 Y3 Y6	Summer 1 Spring 2 Summer 2
How healthy families show love and commitment to each other, especially when times are hard.	Y2 Y4 Y5	Spring 2 Autumn 1 Summer 2
How healthy families protect and care for each other. Introduce the topic of young carers and other types multi-generational care.	Y6	Summer 2
How healthy families are interested in each other and their lives, and spend time together.	Y6	Summer 2
What is marriage?	Y6	Summer 2
How to seek help and support if they feel unsafe or always unhappy in their family.	Y2	Autumn 2
How to keep asking for support from others if they do not feel they are being heard.	Y2	Autumn 2
That children should be confident that they will be believed if they feel unsafe.	Y2	Autumn 2
Friendship and Cooperation with Others		
What is friendship? What are the qualities of a good friend? Is it different in real life to online?	Y1 Y4 Y5	Spring 1 Autumn 1 Summer 2

How friends share experiences with us, support us with our problems and how friendships are based on mutual respect.	Y1 Y4 Y5	Spring 1 Autumn 1 Summer 2
How healthy friendships are welcoming to others and don't exclude us from other activities and people.	Y4 Y5	Autumn 1 Summer 2
Why some friendships have ups and downs but all can be restored and repaired	Y1 Y5	Spring 1 Summer 2
Why friends should never be violent with each other		
Why friends sometimes have to tell other adults things despite someone saying it is a secret, if they know it is unsafe	Y2 Y3 Y5	Autumn 2 Summer 2 Spring 2
How to seek help if a friendship is making you feel unhappy or you do not trust someone.	Y2 Y5	Autumn 2 Summer 2
Why should we treat others with kindness, consideration and respect?	F2-Y6 Y3 Y3 Y6	Target Cards Autumn 1 Summer 1 Autumn 2
Why is it important to take turns and share books, toys and equipment?	F2	Target Cards
Why it is important to be truthful and honest?	F2-Y6	Target Cards
Why it is important to ask permission before we touch other people or their belongings?	Y3	Summer 2
Physical Safety, Consent and Boundaries		
Why is it important to respect other people's personal space and boundaries?	Y4	Autumn 1
What is appropriate physical contact with the different people in my life?	Y3	Summer 2
What is inappropriate or unsafe physical contact?	Y5	Summer 1
What is privacy? What parts of my body are private?	Y2	Autumn 2
How to seek help and support if another person, child, or adult does not respect my privacy.	Y2	Autumn 2
Respect for Yourself and Others		
Why it is important to develop self-respect	Y1 Y3	Summer 1 Autumn 2
Why it is important to respect others including those who are different from you because of gender, race, belief, ability etc	Y3 Y4 Y6	Summer 1 Autumn 2 Autumn 1
What is bullying? What are the different types of bullying?	Oct Y4 Y5	Anti-Bullying Week Autumn 2 Autumn 2
How to seek help if you or someone else is being bullied.	Oct Y4 Y5	Anti-Bullying Week Autumn 2 Autumn 2
Why you should not be a bystander to bullying	Oct Y4	Anti-Bullying Week Autumn 2
What a stereotype is and how it can lead to prejudice and discrimination	Y1 Y6	Summer 1 Autumn 1
Why in wider society it is important to show respect to others including those in positions of authority	Y3	Summer 1
Online Safety	*Computing Curriculum	

How to keep safe online by protecting your privacy.	PSHE - Y3	Summer 2
Why it is important to ration time spent online and the risks of spending too much time online		
How information can be shared and stored online.		
How some people behave differently or pretend to be others online.		
How to recognise risks online and develop rules and principles to keep themselves safe	PSHE - Y5 PSHE - Y6	Spring 2 Autumn 2
To understand how search engines work. How they can be used to target advertisements or misinformation.		
How to report and block inappropriate content online	PSHE - Y5	Spring 2
The risks associated with online bullying and trolling.	PSHE - Y6	Summer 1
How to critically analyse online relationships and information.	PSHE - Y5	Spring 2
Why social media and online gaming have age restrictions	PSHE - Y6	Summer 1
Physical Wellbeing	*Science Curriculum	
The importance of physical and mental wellbeing and that there is no difference between the two when it comes to looking after yourself.	PSHE - Y3	Autumn 2
The importance of regular exercise and the benefits of spending time outdoors	PSHE - Y6	Summer 1
How to build activity into every day.	PSHE - Y6	Summer 1
The importance of a healthy balanced diet.	PSHE - Y6	Summer 1
How to plan a healthy meal.	PSHE - Y6	Summer 1
The risks of obesity and an unhealthy diet.	PSHE - Y6	Summer 1
The importance of regular and appropriate levels of sleep.		
The importance of taking care in the sun, and how to protect yourself against skin cancer.		
Basic personal hygiene e.g. regular washing and dental care.		
How germs spread and the importance of handwashing.	PSHE - Y3	Spring 1
Basic First Aid e.g. how to seek help if someone is ill.	PSHE - Y4	Spring 2
How to recognise the signs of physical ill health e.g. unexplained weight loss etc.	PSHE - Y6	Summer 1
Mental Wellbeing		
What emotions are and how to recognise different emotions in themselves	Y1 Y3	Autumn 2 Autumn 2
Why it is good to talk to someone if you are feeling difficult emotions?	Y3	Autumn 2
Strategies for dealing with difficult emotions.	Y1 Y3	Autumn 2 Autumn 2
The importance of having a variety of interests and hobbies and how they can get involved with them in their communities.	Y1	Autumn 2
The importance of asking for support if they feel lonely or isolated.	F2-Y6	Protective Hands
Who to speak to if they are worried about their own, or someone else's mental health	Y1	Autumn 2
Drugs, Alcohol and Tobacco		
Basic facts about illegal drugs, alcohol, tobacco. *	Y6	Spring 1
Effects of these drugs on users.	Y6	Spring 1
Risk as associated with the use of drugs, alcohol and tobacco.	Y6	Spring 1

- The guidance does not mention vaping. However, we would recommend that if you do not already cover this, and caffeine heavy energy drinks that this should be in your scheme.