

Curriculum overview- RSHE statutory guidance mapping (Rowan Year A)

Rowan - A	RSHE guidance
Autumn 1	Pupils should be taught: • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • how to ask for advice or help for themselves or others, and to keep trying until they are heard • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources
Autumn 2	Pupils should be taught: • the importance of permission-seeking and giving in relationships with friends, peers and adults • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
Spring 1	To be designed by school
Spring 2	Pupils should be taught: • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • why social media, some computer games and online gaming, for example, are age restricted. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • where and how to report concerns and get support with issues online

Summer 1	Pupils should be taught: • what constitutes a healthy diet (including understanding calories and other nutritional content). • the principles of planning and preparing a range of healthy meals. • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) • the characteristics and mental and physical benefits of an active lifestyle. • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • the risks associated with an inactive lifestyle (including obesity). • how and when to seek support including which adults to speak to in school if they are worried about their health
Summer2	Pupils should be taught • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • about menstrual wellbeing including the key facts about the menstrual cycle • about personal hygiene and germs.

Curriculum overview- End point objective and vocab

Rowan A	End point objective	Vocab
Autumn 1	By the end of Autumn 1 pupils will learn; • To identify what constitutes a risk, a danger and a hazard and what situations may include these. • what a dare is and consider how and why others try to persuade people to do something they feel uncertain about. • what a threat is and what they should do if they feel threatened. • To consider when it can be difficult to be responsible and how they might become more responsible as they get older. • what can help them when they feel under pressure to do something risky and who they can ask for advice and support.	risk, risky, hazard, danger, dare, persuade, influence, pressure, uncertain, worried, threat, threatened, responsible, responsibility, safety, help, advice, support, trusted adults
Autumn 2	By the end of Autumn 2 pupils will learn; • how to keep things private and what sort of things they should keep/want to keep private. • key skills and phrases to support them with protecting and maintaining their privacy as well as understanding the consequences of sharing someone else's private information. • the difference between secrets and surprises, and be able to understand when it might be necessary to break someone's privacy. • To consider how to maintain their own privacy in both virtual and online situations. • to tell the difference between myths, opinions and facts about growing up and changing.	Share, online, keeping safe online, virtual, safe, safety, unsafe, saying 'no', private, privacy, surprises, secrets, protect, myths, facts, fake news, opinions, choices, consequences, impact, actions.
Spring 1	By the end of Spring 1 pupils will learn; • what a dare looks like online and consider whether some dares are ok. • explore how they might feel when asked to do a dare or share something online. • what these feelings mean and understand what is meant by 'gut instinct'. • strategies for saying no when feeling unsure about doing or sharing something online and consider why people might try to persuade them to share something they are uncertain about. • strategies to help them identify if someone is pressuring them. • to consider the impact that sharing something online could have on themselves and others, and know who to go to for help if something is shared about them or if they feel pressured to do something they are uncertain about.	Share, online, keeping safe online, virtual, safe, safety, unsafe, saying 'no', private, privacy, surprises, secrets, protect, myths, facts, fake news, opinions, choices, consequences, impact, actions.

Spring2	By the end of Spring 2 pupils will learn; • learn about different social media platforms, apps and games and what the age limits are. • learn about the importance of age limits and why they are set. • about online identity and profiles and the importance of protecting them. • the difference between truth and untrue or fake news and the steps they can take to check the validity of information online.	age appropriate/recommended age, online profiles, social media, apps, online games, protect, harmful, online reputation, blocking, reporting, fake news, truth, factual, false, untrue, safe, unsafe, sceptical, trusting, question, safe choices, fact, opinion, sharing information
Summer 1	By the end of Summer 1 pupils will learn; • what kind of choices people make on a daily basis and what helps them to make these choices. • To consider who and what influences our choices and how this can make it difficult to make healthy choices. • the positive and negative consequences of choices on health and how to make informed choices. • to consider the risks and impact of an unhealthy, inactive lifestyle and what factors contribute to this. • what it means to live a balanced lifestyle and some of the factors that contribute to this	healthy, unhealthy, active, inactive, balanced lifestyle, balanced diet, choices, influence, impact, risks, physical health, mental health
Summer 2	By the end of Summer 2 pupils will learn; • how their bodies have changed since they were a baby and what has stayed the same. • consider which changes they have a choice over and which changes they don't. • what puberty is and about the physical and changes that happen during puberty. • to consider what feelings and emotions are experienced during puberty and about feelings that might be new or overwhelming. hygiene rules for keeping clean during puberty and why these are important. • what resources they will need to help keep themselves clean and where they can get help and support. Some pupils will learn; • *know what periods are and why they happen. • to consider ways to manage their periods and understand who they can ask for help and support.	body, grow, same, different, puberty, emotional changes, feelings, hormones, physical changes, pubic hair, penis, vagina, breasts, hygiene, cleanliness, advice, help, support *periods, menstruation, blood, vagina, monthly, sanitary towel, tampon