



RSHE Curriculum Road Map

Autumn 1: Be Good to yourself
Autumn 2: People who cared/made a difference
 RSHE –Who we are matters and what we do matters

Spring 1 & 2: The Great Fire of London
 RSHE – Personal relationships keeping safe.

Summer 1: How the Seaside
Summer 2: Round and Round
 RSHE-Who is my neighbour – Diversity, Equality, Community

Autumn 1: Amazing me
Autumn 2: People who changed the way we live today
 RSHE -Who we are matters and what we do matters Physical Health & Fitness, Healthy eating,

Spring 1 & 2-Back in the 1880s
 RSHE – Me, my body, my health, Emotional Wellbeing

Summer 1: Wonderful weather
Summer 2: Treasure or world
 RSHE-Diversity, Equality, Community The Cycle of Life

Y1

Y2

Autumn 1: Free at last
Autumn 2: The Rotten Romans
 RSHE – Proud to be me Positive Friendships, Cyber Safe Me, my body, my health Physical & Mental Health & Fitness, Healthy eating

Spring 1 & 2-Stone age to Iron age
 RSHE – Me, my health, my body Changing adolescent body Emotional Wellbeing

Summer 1: Tornados, Tsunamis and Torrential Rain.
Summer 2: What is the problem with Earth?
 RSHE –Supporting Others Living In the Wider Community harmful substances

Spring 1 & 2-Stone age to Iron age
 RSHE – personal relationships and keeping safe

Autumn 1: Aspiring to inspire
Autumn 2: The Mayans
 RSHE – Being Unique Life Cycle Making the right choice Physical Health & Fitness, Healthy eating

Y4

Y3

Summer 1: Tornados, Tsunamis and Torrential Rain.
Summer 2: What is the problem with Earth?
 RSHE –Helping others Living in the wider world harmful substances

Autumn 1: My community and me
Autumn 2: The Invaders
 RSHE –What is faith Respect & Honesty Me, my body, my health Physical Health & Fitness, Healthy eating, Changing adolescent body

Spring 1 & 2-Acient Egyptians
 #RSHE – personal relationships and keeping safe

Summer 1 & Summer 2: From Earth to the stars
 RSHE – Created to live in a community (Living in the wider world)

Autumn 1 & 2- WW2
 RSHE –Trust & Courage Me Physical Health & Fitness, Healthy eating, drugs, alcohol & tobacco, Changing adolescent body

Spring 1 & 2- To boldly go! The Indus Valley to – surviving the Antarctic?
 RSHE - emotional wellbeing Making good choices Keeping Safe Basic First Aid

Summer 1: White cloud- a great leader
Summer 2: How do we help the world we live in?
 RSHE –Being a positive force in the community (Living in the wider world)

Y5

Y6