

# Relationships & Health Education – Primary

|                                      |                                  |
|--------------------------------------|----------------------------------|
| Name of school                       | Middlestone Moor Primary Academy |
| Staff member(s) responsible          | Mrs Jenna Murray                 |
| Date of latest parental consultation | 16 <sup>th</sup> July 2024       |
| Date of latest student voice         | 17 <sup>th</sup> December 2024   |

Teachers who will be delivering relationships, sex and health education are outlined below:

| Name            | Job Title     |
|-----------------|---------------|
| Mrs J Soulsby   | Class Teacher |
| Mrs R Suluga    | Class Teacher |
| Mrs C Porthouse | Class Teacher |
| Mrs J Murray    | Class Teacher |
| Mrs D Howe      | Class Teacher |
| Mrs S Jackson   | Class Teacher |
| Mrs S Barron    | Class Teacher |
| Mrs L Bowden    | Class Teacher |
| Mrs J Thomas    | Class Teacher |
| Mrs A Baker     | HLTA          |
| Mrs T Sains     | HLTA          |

**Relationship education content per year group:**

| EYFS                                                                                                                                                                                                                                                                             | Reception |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|                                                                                                                                                                                                                                                                                  |           |
| <b>Year 1 and Year 2 Cycle A</b><br><br>What is the same and different about us?<br>Ourselves and others; similarities and differences; individuality; our bodies<br><br>Who is special to us?<br>Ourselves and others; people who care for us; groups we belong to; families    |           |
| <b>Year 1 and Year 2 Cycle B</b><br><br>What makes a good friend?<br>Friendship; feeling lonely; managing arguments<br><br>What is bullying?<br>Behaviour; bullying; words and actions; respect for others                                                                       |           |
| <b>Year 3 and Year 4 Cycle A</b><br><br>How can we be a good friend?<br>Friendship; making positive friendships, managing loneliness, dealing with arguments<br><br>What are families like?<br>Families; family life; caring for each other                                      |           |
| <b>Year 3 and Year 4 Cycle B</b><br><br>How do we treat each other with respect?<br>Respect for self and others; courteous behaviour; safety; human rights<br><br>What strengths, skills and interests do we have?<br>Skills, interests, strengths, similarities and differences |           |
| <b>Year 5 and Year 6 Cycle A</b><br><br>How can friends communicate safely?<br>Friendships; relationships; becoming independent; online safety                                                                                                                                   |           |
| <b>Year 5 and Year 6 Cycle B</b><br><br>How do friendships change as we grow?<br>What will change as we become more independent?<br>Different relationships, changing and growing, adulthood, independence, moving to secondary school                                           |           |

### **Health education content per year group:**

| EYFS                                                                                                           | Reception |
|----------------------------------------------------------------------------------------------------------------|-----------|
| <b>Year 1 and Year 2 Cycle A</b>                                                                               |           |
| Who helps to keep us safe?<br>Keeping safe; people who help us                                                 |           |
| What helps us stay healthy?<br>Being healthy; hygiene; medicines; people who help us with health               |           |
| What are feelings and emotions?<br>How to identify emotions; people how help us with emotions                  |           |
| <b>Year 1 and Year 2 Cycle B</b>                                                                               |           |
| What helps us stay safe?<br>Keeping safe; recognising risk; rules                                              |           |
| What helps us grow and stay healthy?<br>Being healthy: eating, drinking, playing and sleeping                  |           |
| How do we recognise our feelings?<br>Feelings; mood; times of change; loss and bereavement; growing up         |           |
| <b>Year 3 and Year 4 Cycle A</b>                                                                               |           |
| What keeps us safe?<br>Keeping safe; at home and school; our bodies; hygiene; medicines and household products |           |
| Why should we eat well and look after our teeth?<br>Being healthy: eating well, dental care                    |           |
| Why should we keep active and sleep well?<br>Being healthy: keeping active, taking rest                        |           |
| How will we grow and change? <b>(Year 4 only)</b><br>Growing and changing; puberty                             |           |
| <b>Year 3 and 4 Cycle B</b>                                                                                    |           |
| How can we manage risk in different places?<br>Keeping safe; out and about; recognising and managing risk      |           |

How will we grow and change? **(Year 4 only)**

Growing and changing; puberty

How can we manage our feelings?

Feelings and emotions; expression of feelings; behaviour

### **Year 5 and Year 6 Cycle A**

How can we help in an accident or emergency?

Basic first aid, accidents, dealing with emergencies

How can drugs common to everyday life affect health?

Drugs, alcohol and tobacco; healthy habits

How can we keep our mind healthy?

Understanding emotions; being aware of mental health

What makes up a person's identity?

Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes

### **Year 5 and Year 6 Cycle B**

How can we keep healthy as we grow?

Looking after ourselves; growing up; becoming independent; taking more responsibility

## **Sex Education content per year group:**

### **Year 6**

What will change as we become more independent?

Different relationships, changing and growing, adulthood about the reproductive organs and process - how babies are conceived and born and how they need to be cared for that there are ways to prevent a baby being made.

### **Right to withdraw**

Parents of children in Year 6 will be given the right to withdraw their child/children from sex education. They will be informed about the lesson, and they will be provided with the opportunity to opt in or out.

Please see below a useful document produced by the government, which provides answers to frequently asked questions:

**<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>**

[Relationships and sex education \(RSE\) and health education - GOV.UK](https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs)  
[www.gov.uk](https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs)