



Knelston RSE Curriculum Map



The strands of learning from the code:

- **Relationships and identity:** helping learners develop the skills they need to develop healthy, safe and fulfilling relationships with others and helping them to make sense of their thoughts and feelings.
- **Sexual health and well-being:** helping learners to draw on factual sources regarding their sexual and reproductive health and well-being, allowing them to make informed decisions throughout their lives.
- **Empowerment, safety and respect:** helping to protect learners from all forms of discrimination, violence, abuse and neglect and enabling them to recognise unsafe or harmful relationships and situations, supporting them to recognise when, how and where to seek support and advice.

Links to Health and Well-being

What Matters

- **WM1-** Developing Physical Health and Well-Being has Lifelong Benefits.
 - A – Movement – sport
 - B – Diet
 - C – Physical and emotional changes
 - D – Things that affect physical health and well-being.
- **WM2-** How we process and respond to our experiences affects our mental health and well-being.
 - A – Understanding thoughts and feelings
 - B – Notice and communicate feelings
 - C – Reflect on past experiences
 - D – Aware of other's feelings.
- **WM3-** Our decision-making impacts on the quality of our lives and lives of others.
 - A – Make decisions based on what I know.
 - B – My decisions affect me and others
 - C – Some decisions need to be made collectively
 - D – Identify and assess risks.
- **WM4-** How we engage with social influences shapes who we are and affects our well-being.
 - A – Follow rules – impact of rules
 - B – Interact in different groups and situations.
 - C – My values and attitudes are shaped by others.
- **WM5-** Healthy relationships are fundamental to our well-being.
 - A – Different types of relationships and relationships change.
 - B - Communicates needs and feelings and notices the needs of others.
 - C – Make relationships and manage conflicts.
 - D – Recognizes safety in a relationship and seeks support
 - E - Rights

Early Years			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Sexual health & well-being	Have an awareness of what germs are. Have an awareness of why, when and how they need to wash their hands.	WM1 D	Hand washing (SBS Phase 1 lesson 1)
Relationships & Identity	I can make decisions based on what I like and dislike.	WM3 A B	No Outsiders: You Choose
Relationships & Identity	I can show care and respect for others.	WM 5 B	No Outsiders: Red Rockets and Rainbow Jelly
Relationships & Identity	I have developed an awareness that my decisions can affect me and others.	WM3 A B	No Outsiders: Hello Hello

Relationships & Identity	I can identify who looks after me and who my family and friends are. All families are different	WM 5 A B C D E	No Outsiders: The Family Book
Relationships & Identity	I can identify who looks after me and who my family and friends are. All families are different	WM 5 A B C D E	No Outsiders: Mommy, Mama and Me
Relationships & Identity	I have an awareness of the feelings of others. I can get along with others with and without support.	WM5 B C	No Outsiders: Blue Chameleon

Year 1			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Sexual health & well-being	State why we need our teeth. Lear effective tooth brushing technique Recall	WM1 D	Oral health (SBS Phase 1 lesson 2)

	the ingredient in toothpaste that protects our teeth. Identify who helps to look after our teeth. Select foods that are healthy choices.		
Relationships & Identity	Understand that they have the right to refuse consent. Consider situations where consent is needed and not needed. Develop and build self-confidence. Explore different types of communication and relationships	WM 5 B D E	Consent Ben – wants needs and rights (SBS Phase 1 lesson 3)
Relationships & Identity	I can show care and respect for others	WM4 B C	No Outsiders: Elmer
Relationships & Identity	I can recognise and follow rules and norms in the groups and situations in which I take part	WM4 B C	No Outsiders: Going to the Volcano

Relationships & Identity	I can get along with others with and without support	WM5 B C	No Outsiders: Want to Play Trucks?
Relationships & Identity	I can recognise that there are different types of relationships beyond my family and friends	WM5 A B C	No Outsiders: Hair, it's a family affair
Relationships & Identity	I can get along with others with and without support. Develop empathy through kindness	WM5 B C	No Outsiders: My world, your world
Relationships & Identity	Awareness that there are different types of families and relationships.	WM2 A B C D	No Outsiders: Errol's Garden

Year 2			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
	Awareness of human life cycle	WM1 C D WM2 C D	Myself as a baby (SBS Phase 1 lesson 4)

Sexual health & well-being Relationships & Identity	Recognise and express feelings Understand others feelings and beliefs Recognise cultural similarities and differences		
Sexual health & well-being Relationships & Identity Empowerment safety & respect	Understand and learn the PANTS rules. Name body parts and know which parts should be private. Know the difference between appropriate and inappropriate touch. Understand that they have the right to say “no” to unwanted touch. Start thinking about who they trust and who they can ask for help	WM1 C D WM5 A B C D E	Appropriate and inappropriate touch (SBS Phase 1 lesson 5)
Relationships & Identity	I welcome different people I can recognise and follow the rules and norms of different groups and	WM4 A B C	No Outsiders: Can I join your club?

	situations in which I take part. Everyone is unique		
Relationships & Identity	I have self confidence I can recognise and follow the rules and norms of different groups and situations in which I take part. Everyone is unique	WM4 A B C	No Outsiders: How to be a Lion
Relationships & Identity	I know there are different types of families and know what diversity is I can recognise that there are similarities and differences between people's values and attitudes.	WM4 A B C	No Outsiders: The Great Big Book of Families
Relationships & Identity	What makes a good friend I can get along with others with and without support. Develop empathy through kindness	WM5 A B C D E	No Outsiders: Amazing

Relationships & Identity	Everyone is unique I can reflect on my experiences I can communicate in different ways	WM4 A B C	No Outsiders: What the Jackdaw Saw
Relationships & Identity	Everyone is unique I can recognise that there are similarities and differences between people's values and attitudes. To know I belong	WM4 A B C	No Outsiders: All Are Welcome

Year 3			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Relationships & Identity Empowerment safety & respect	To resist unwanted peer pressure and behaviour. To feel positive about themselves and be confident in their own values. To identify personal qualities.	WM2 A B C D WM3 A B D WM5 A B C D E	What is Good about Me? – Personal Qualities (SBS Phase 2 – Lesson 1)

	To appreciate the strengths and personal qualities of other people. To show care and concern for others and be sensitive towards their feelings		
Relationships & Identity Empowerment safety & respect	To recognise the qualities of individuals, identifying positive things To develop skills to be effective in relationships. To value others' experiences and feelings. To be able to resolve differences by looking at alternatives. To understand that similarities and differences between people contribute to friendships Form personal opinions and make informed decisions.	WM5 A B C D E	Friendship – Qualities and Making and Breaking Friends (SBS Phase 2 – Lesson 2)
Sexual health & well-being	To take increasing responsibility for keeping the mind and body safe and healthy.	WM1 D WM3 A D	Friendship – Qualities and Making and

	To form personal opinions and make informed decisions. To develop practical skills necessary for everyday life.		Breaking Friends (SBS Phase 2 – Lesson 2)
Relationships & Identity	To understand what discrimination means I can recognise that my decisions can impact on me and others, both now and in the future	WM3 A B C D	No Outsiders: This is Our House
Relationships & Identity	I can communicate my needs and feelings in my relationships, and notice the needs and feelings of others. To understand what a bystander is	WM5 A B C D E	No Outsiders: We're All Wonders
Relationships & Identity	I can communicate my needs and feelings in my relationships, and notice the needs and feelings of others. To be welcoming How demonstrating empathy, kindness and compassion are key	WM5 A B C D E	No Outsiders: Beegu

	characteristics of a positive relationship.		
Relationships & Identity	Developing empathy, kindness and compassion To recognise a stereotype	WM5 A B C D E	No Outsiders: The Truth About Old People
Relationships & Identity	I can change how I interact and behave in different situations with support. How demonstrating empathy, kindness and compassion are key characteristics of a positive relationship To help an outsider	WM4 A B C	No Outsiders: The Hueys in the New Jumper
Relationships & Identity	I can recognise that there are different types of relationships beyond my family and friends. An understanding of the characteristics and value/benefits/challenges of living in a diverse society.	WM5 A B C D E	No Outsiders: Planet Omar: Accidental Trouble Magnet

Year 4			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Relationships & Identity Empowerment safety & respect	To value friends and family as a source of mutual support. To explore different types of families. To understand that all families are different. To know who to go to for help and support.	WM5 A B C D E	My Family – Roles and Stereotypes (SBS Phase 2 – Lesson 4)
Relationships & Identity Sexual health & well-being Empowerment safety & respect	Understand that there are a range of emotions involved in different relationships Understand the concept of promise or commitment Understand the concept of personal choice and value Appreciate that different peoples' values will affect the choices they make Express their ideas about emotions and ways in which emotions can be expressed	WM1 CD WM2 A B D WM5 A B C D E	What is Love? – Promises and Commitment (SBS Phase 2 – Lesson 5)

Sexual health & well-being	Explain some of the physical and emotional changes that take place during pregnancy Identify physical and emotional needs of a baby before and after birth Understand the commitment and care that a baby requires Identify there are different types of family structures and roles within a family	WM1 C D	A New Baby (SBS Phase 2 – Lesson 6)
Relationships & Identity	To help someone accept difference I can make and maintain relationships that matter to me, identifying conflict and taking steps to resolve it	WM3 ABC WM5 A B C D E	No Outsiders: Along Came a Different
Relationships & Identity	To choose when to be assertive. An understanding of the characteristics and value/ benefits/challenges of living in a diverse society	WM3 ABC WM5 A B C D E	No Outsiders: Dogs Don't Do Ballet

Relationships & Identity	To be proud of who I am An understanding of the characteristics and value/ benefits/challenges of living in a diverse society	WM3 ABC WM5 A B C D E	No Outsiders: Red: A Crayon's Story
Relationships & Identity	To find common ground An understanding of the characteristics and value/ benefits/challenges of living in a diverse society	WM3 ABC WM5 A B C D E	No Outsiders: Aalfred & Aalbert
Relationships & Identity	I can see the benefit of communicating about feelings as one of a range of strategies which can help promote positive mental health and emotional well-being.	WM3 ABC WM5 A B C D E	No Outsiders: When Sadness Comes to Call
Relationships & Identity	To show acceptance An understanding of the characteristics and value/ benefits/challenges of living in a diverse society	WM3 ABC WM5 A B C D E	No Outsiders: Julian is a Mermaid

Year 5			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Sexual health & well-being	Listen, reflect, discuss and ask questions Discuss different aspects of growing up and name some changes Show sensitivity to others?	WM1 C D MW5 D E	What is Puberty? (SBS Phase 2 – Lesson 7)
Sexual health & well-being Empowerment safety & respect	Understand the terms menstruation ejaculation wet dreams Understand the changes inside the body, outside and emotional changes Share their own personal opinions/ask questions/listen to others Make decisions based upon the content of the lesson	WM1C D MW5 D E	Puberty and Conception - School Nurse Delivery (SBS Phase 2 – Lesson 8)
Sexual health & well-being	To begin to understand the emotional changes associated with puberty.	WM1 CD WM2 A B D WM5 D E	Emotional Changes during Puberty (SBS Phase 2 – Lesson 9)

Empowerment safety & respect	To understand that puberty is an important part of growing up. To show acceptance of change and difference and show sensitivity to others.		
Relationships & Identity	To consider consequences I can make considered decisions, taking into account available information, including past experiences.	WM3 A B C D	No Outsiders: Kenny Lives with Erica & Martina
Relationships & Identity	To justify my actions I can recognise that some decisions I make will have a long- term impact on my life and the lives of others.	WM3 A B C D	No Outsiders: Rose Blanche
Relationships & Identity	To consider responses to racist behaviour I have developed an understanding that my values, attitudes and identity are shaped by different groups and influences.	WM4 A B C	No Outsiders: Mixed

Relationships & Identity	To recognize when someone needs help I can empathise with others	WM2 A B C D	No Outsiders: How to Heal a Broken Wing
Relationships & Identity	To explore a friendship I can make and maintain relationships that matter to me, identifying conflict and taking steps to resolve it.	WM5 A B C D E	No Outsiders: The Girls
Relationships & Identity	To exchange dialogue and express an opinion I can communicate my needs and feelings, and respond to those of others.	WM5 A B C D E	No Outsiders: And Tango Makes Three

Year 6			
RSE Strand	Learning intention	Links to H&WB	Lesson ideas
Relationships & Identity Sexual health & well-being	Understand the terms reproductive organs Understand the changes inside the body, outside and emotional changes	WM1 CD WM2 A B D WM3 A B WM5 D E	Puberty & Conception Recap (SBS Phase 2 - Lesson 10)

	Understand the needs of a baby Follow the stages of conception Work with others to come up with ideas Make decisions based upon the content of the lesson		
Relationships & Identity Sexual health & well-being	Use key vocabulary appropriately and in context Show an understanding of the key concepts and stages	WM1 C D	Conception to Birth (SBS Phase 2 - Lesson 11)
Relationships & Identity Sexual health & well-being Empowerment safety & respect	Understand their thoughts and feelings and know how to keep safe Recognise the difference between a healthy and unhealthy relationship	WM1 D WM2 A B C D WM3 A B C D WM5 A B C D E	Secrets (SBS Phase 2 - Lesson 12)
Relationships & Identity	To consider responses to immigration I can communicate my needs and feelings, and respond to those of others	WM5 A B C D E	No Outsiders: King of the Sky

Relationships & Identity	To consider language and freedom of speech I can understand how and why experiences affect me and others.	WM2 A B C D	No Outsiders: The Only Way is Badger
Relationships & Identity	To overcome fears about difference I can understand how and why experiences affect me and others.	WM2 A B C D	No Outsiders: Leaf
Relationships & Identity	To consider causes of racism I can understand how and why experiences affect me and others	WM2 A B C D	No Outsiders: The Island
Relationships & Identity	To show acceptance I can understand how and why experiences affect me and others.	WM2 A B C D	No Outsiders: Introducing Teddy
Relationships & Identity	To consider democracy I can make considered decisions, taking into account available information, including past experiences	WM3 A B C D	No Outsiders: A Day in the Life of Marlon Bundo