

Relationship, Sex Health Education Statutory Coverage

	Statutory Guidance	Year 3					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Relationships Education: Families and people who care for me	That families are important for children growing up because they can give love, security and stability			Lesson 2			
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives					Lesson 1	
	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	Lesson 1, Lesson 2		Lesson 1, Lesson 6		Lesson 1	Lesson 5
	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	Lesson 1, Lesson 2		Lesson 1, Lesson 6			Lesson 5
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Lesson 1		Lesson 1, Lesson 2			Lesson 5
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 1, Lesson 2		Lesson 1, Lesson 5		Lesson 1	Lesson 5
Relationships Education: Caring Friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends	Lesson 2		Lesson 5			
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 3		Lesson 3, Lesson 4			
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded			Lesson 5	Lesson 5, Lesson 6	Lesson 3, Lesson 5, Lesson 6	
	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Lesson 6		Lesson 5, Lesson 6		Lesson 3	
	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	Lesson 1		Lesson 5			Lesson 5
Relationships Education: Respectful Relationships	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 3	Lesson 4, Lesson 5			Lesson 1	
	Practical steps they can take in a range of different contexts to improve or support respectful relationships						
	The conventions of courtesy and manners						
	The importance of self-respect and how this links to their own happiness		Lesson 4, Lesson 5	Lesson 4			
	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority		Lesson 4, Lesson 5	Lesson 4			
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 2	Lesson 5	Lesson 5		Lesson 5, Lesson 6	
	What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 3		Lesson 5		Lesson 4	
The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 3	Lesson 4, Lesson 5	Lesson 5				
Relationships Education: Online Relationships	That people sometimes behave differently online, including by pretending to be someone they are not	Lesson 3	Lesson 4, Lesson 5	Lesson 5			
	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	Lesson 3	Lesson 4, Lesson 5	Lesson 4, Lesson 5			
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Lesson 3	Lesson 4, Lesson 5				
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Lesson 3					
	How information and data is shared and used online						
Relationships Education: Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Lesson 3	Lesson 4, Lesson 5				
	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						Lesson 4
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Lesson 3		Lesson 5		Lesson 6	
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Lesson 3	Lesson 4, Lesson 5				
	How to recognise and report feelings of being unsafe or feeling bad about any adult		Lesson 4, Lesson 5				
	How to ask for advice or help for themselves or others, and to keep trying until they are heard,		Lesson 4, Lesson 5				
	How to report concerns or abuse, and the vocabulary and confidence needed to do so		Lesson 4, Lesson 5				
Where to get advice, for example family, school or other sources		Lesson 4, Lesson 5					

Relationship, Sex Health Education Statutory Coverage

	Statutory Guidance	Year 3					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Health Education: Mental Wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 3		Lesson 5			
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Lesson 3	Lesson 3, Lesson 4, Lesson 5				
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings		Lesson 1, Lesson 2, Lesson 6				
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness						
	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Lesson 3					
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 6	Lesson 1, Lesson 2	Lesson 5			
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	Lesson 2				Lesson 5, Lesson 6	
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Lesson 3	Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 5			
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.		Lesson 1, Lesson 2					
Health Education: Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits						
	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	Lesson 3		Lesson 5			
	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		Lesson 4, Lesson 5				
	Why social media, some computer games and online gaming, for example, are age restricted						
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Lesson 3		Lesson 5			
	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted						
Health Education: Physical Health and Fitness	Where and how to report concerns and get support with issues online.						
	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)						
Health Education: Healthy Eating	How and when to seek support including which adults to speak to in school if they are worried about their health.						
	What constitutes a healthy diet (including understanding calories and other nutritional content)		Lesson 1, Lesson 6				
	The principles of planning and preparing a range of healthy meals		Lesson 1, Lesson 2, Lesson 6				
Health Education: Drugs, Alcohol and Tobacco	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).		Lesson 1, Lesson 6				
	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson 3				
Health Education: Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body		Lesson 1, Lesson 2				
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer						
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn						
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist						
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing						
Health Education: Basic First Aid	The facts and science relating to allergies, immunisation and vaccination.						
	How to make a clear and efficient call to emergency services if necessary						
Health Education: Changing Adolescent Body	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.						
	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 3, Lesson 4
	About menstrual wellbeing including the key facts about the menstrual cycle.						

Relationship, Sex Health Education Statutory Coverage

	Statutory Guidance	Year 4					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Relationships Education: Families and people who care for me	That families are important for children growing up because they can give love, security and stability	Lesson 1, Lesson 2					
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Lesson 4, Lesson 5	Lesson 1, Lesson 2, Lesson 5				
	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	Lesson 4, Lesson 6	Lesson 1			Lesson 1	
	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up						Lesson 1, Lesson 2
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong						Lesson 1, Lesson 2
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 4, Lesson 5, Lesson 6	Lesson 5				Lesson 1, Lesson 2
Relationships Education: Caring Friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends	Lesson 4	Lesson 2, Lesson 5				
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 4	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 2, Lesson 3		Lesson 2	
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Lesson 4, Lesson 5	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 1, Lesson 2	Lesson 5	Lesson 2, Lesson 4	
	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Lesson 4, Lesson 5, Lesson 6	Lesson 5, Lesson 6	Lesson 3, Lesson 5, Lesson 6	Lesson 6	Lesson 3	
	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						
Relationships Education: Respectful Relationships	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 4	Lesson 3, Lesson 4, Lesson 5	Lesson 3			
	Practical steps they can take in a range of different contexts to improve or support respectful relationships						
	The conventions of courtesy and manners						
	The importance of self-respect and how this links to their own happiness		Lesson 3, Lesson 4	Lesson 3			
	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority		Lesson 3, Lesson 4	Lesson 3			
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 4, Lesson 6	Lesson 2, Lesson 5, Lesson 6	Lesson 2		Lesson 4	
	What a stereotype is, and how stereotypes can be unfair, negative or destructive		Lesson 2	Lesson 2			
The importance of permission-seeking and giving in relationships with friends, peers and adults		Lesson 2, Lesson 6	Lesson 2, Lesson 3			Lesson 2, Lesson 3	
Relationships Education: Online Relationships	That people sometimes behave differently online, including by pretending to be someone they are not						
	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous		Lesson 3, Lesson 4	Lesson 3, Lesson 4			
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them						
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met						
	How information and data is shared and used online						
Relationships Education: Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)		Lesson 2, Lesson 6	Lesson 2, Lesson 3			
	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						Lesson 1
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Lesson 4, Lesson 6	Lesson 2, Lesson 5, Lesson 6	Lesson 2		Lesson 5	
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know						
	How to recognise and report feelings of being unsafe or feeling bad about any adult		Lesson 5				
	How to ask for advice or help for themselves or others, and to keep trying until they are heard,		Lesson 5				
	How to report concerns or abuse, and the vocabulary and confidence needed to do so		Lesson 5				
Where to get advice, for example family, school or other sources		Lesson 5					

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	Statutory Guidance	Year 4					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Health Education: Mental Wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health						
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations						
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings						
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 3, Lesson 4				
	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness						
	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests						
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 4, Lesson 5	Lesson 1, Lesson 2, Lesson 4, Lesson 5	Lesson 1, Lesson 2			
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	Lesson 4, Lesson 6	Lesson 2, Lesson 6			Lesson 4	
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)		Lesson 2, Lesson 3, Lesson 4, Lesson 5	Lesson 2			
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.							
Health Education: Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits						
	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				Lesson 3		
	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		Lesson 3, Lesson 4	Lesson 4			
	Why social media, some computer games and online gaming, for example, are age restricted						
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health		Lesson 2, Lesson 5	Lesson 2			
	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted						
Health Education: Physical Health and Fitness	Where and how to report concerns and get support with issues online.						
	The characteristics and mental and physical benefits of an active lifestyle				Lesson 2		
	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				Lesson 2		
	The risks associated with an inactive lifestyle (including obesity)				Lesson 2		
How and when to seek support including which adults to speak to in school if they are worried about their health.							
Health Education: Healthy Eating	What constitutes a healthy diet (including understanding calories and other nutritional content)						
	The principles of planning and preparing a range of healthy meals						
Health Education: Drugs, Alcohol and Tobacco	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).				Lesson 6		Lesson 5
	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson 3, Lesson 4				
Health Education: Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body						
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer						
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn						
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist						
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing						
Health Education: Basic First Aid	The facts and science relating to allergies, immunisation and vaccination.						
	How to make a clear and efficient call to emergency services if necessary						
Health Education: Changing Adolescent Body	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.						
	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 2, Lesson 3
	About menstrual wellbeing including the key facts about the menstrual cycle.						

Relationship, Sex Health Education Statutory Coverage

	Statutory Guidance	Year 5					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Relationships Education: Families and people who care for me	That families are important for children growing up because they can give love, security and stability			Lesson 3			
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives						
	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care						
	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up			Lesson 3			
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong						
Relationships Education: Caring Friendships	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed			Lesson 3, Lesson 4			
	How important friendships are in making us feel happy and secure, and how people choose and make friends			Lesson 3, Lesson 4			
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 2, Lesson 6					
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6		Lesson 6		Lesson 2, Lesson 3, Lesson 5, Lesson 6	
	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Lesson 2, Lesson 3	Lesson 4	Lesson 1	Lesson 4	Lesson 1	
Relationships Education: Respectful Relationships	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		Lesson 4	Lesson 1			
	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 2	Lesson 3	Lesson 2, Lesson 3, Lesson 4			
	Practical steps they can take in a range of different contexts to improve or support respectful relationships						
	The conventions of courtesy and manners						
	The importance of self-respect and how this links to their own happiness	Lesson 2	Lesson 3	Lesson 2			
	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Lesson 2	Lesson 3	Lesson 2			
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6						
Relationships Education: Online Relationships	The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					Lesson 1
	That people sometimes behave differently online, including by pretending to be someone they are not	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6		Lesson 2, Lesson 3			
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6		Lesson 3			
Relationships Education: Being Safe	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How information and data is shared and used online						
	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	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						
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Lesson 2, Lesson 3	Lesson 4				
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How to recognise and report feelings of being unsafe or feeling bad about any adult			Lesson 3			
How to ask for advice or help for themselves or others, and to keep trying until they are heard,			Lesson 3				
How to report concerns or abuse, and the vocabulary and confidence needed to do so			Lesson 3				
Where to get advice, for example family, school or other sources			Lesson 3				

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	Statutory Guidance	Year 5					
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Health Education: Mental Wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings		Lesson 6				
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 1, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests						
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 1	Lesson 6			
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing						
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 1, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.							
Health Education: Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits						
	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	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	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	Lesson 2		Lesson 3			
	Why social media, some computer games and online gaming, for example, are age restricted						
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted						
Health Education: Physical Health and Fitness	Where and how to report concerns and get support with issues online.						
	The characteristics and mental and physical benefits of an active lifestyle	Lesson 1					
	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	Lesson 1					
	The risks associated with an inactive lifestyle (including obesity)	Lesson 1	Lesson 6				
Health Education: Healthy Eating	How and when to seek support including which adults to speak to in school if they are worried about their health.	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	What constitutes a healthy diet (including understanding calories and other nutritional content)		Lesson 5, Lesson 6				Lesson 1
	The principles of planning and preparing a range of healthy meals		Lesson 5, Lesson 6				Lesson 1
Health Education: Drugs, Alcohol and Tobacco	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).	Lesson 1	Lesson 5, Lesson 6				Lesson 1
	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson 1, Lesson 2				
Health Education: Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body		Lesson 6				Lesson 1
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer						
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist						
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing		Lesson 3				
	The facts and science relating to allergies, immunisation and vaccination.		Lesson 4, Lesson 5				
Health Education: Basic First Aid	How to make a clear and efficient call to emergency services if necessary		Lesson 3				
	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.		Lesson 3				
Health Education: Changing Adolescent Body	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 2, Lesson 3, Lesson 4
	About menstrual wellbeing including the key facts about the menstrual cycle.						Lesson 2, Lesson 4

Relationship, Sex Health Education Statutory Coverage

Statutory Guidance		Year 6					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Relationships Education: Families and people who care for me	That families are important for children growing up because they can give love, security and stability						
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Lesson 4					Lesson 4
	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care		Lesson 3, Lesson 4				Lesson 4
	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up						Lesson 3, Lesson 4
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong						
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 4					Lesson 3, Lesson 4	
Relationships Education: Caring Friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends	Lesson 4					
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 5, Lesson 6	Lesson 3, Lesson 4	Lesson 3, Lesson 4			
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Lesson 4, Lesson 5, Lesson 6		Lesson 5, Lesson 6	Lesson 4	Lesson 4, Lesson 5, Lesson 6	Lesson 4, Lesson 5
	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right			Lesson 6	Lesson 5, Lesson 6		Lesson 5
	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			Lesson 2			
Relationships Education: Respectful Relationships	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 1, Lesson 2, Lesson 3	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3			Lesson 2, Lesson 3
	Practical steps they can take in a range of different contexts to improve or support respectful relationships						
	The conventions of courtesy and manners						
	The importance of self-respect and how this links to their own happiness	Lesson 4	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3, Lesson 4			
	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Lesson 4	Lesson 1, Lesson 2, Lesson 3, Lesson 4	Lesson 3, Lesson 4			
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 4, Lesson 5, Lesson 6	Lesson 6	Lesson 2			Lesson 4, Lesson 5
	What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 5, Lesson 6		Lesson 3			
The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 4, Lesson 5, Lesson 6						
Relationships Education: Online Relationships	That people sometimes behave differently online, including by pretending to be someone they are not	Lesson 5, Lesson 6					
	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	Lesson 4, Lesson 5, Lesson 6	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3, Lesson 4			Lesson 2
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Lesson 5, Lesson 6					
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Lesson 5, Lesson 6					
	How information and data is shared and used online						
Relationships Education: Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Lesson 5, Lesson 6					
	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	Lesson 1, Lesson 2	Lesson 1, Lesson 6				Lesson 1, Lesson 5
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Lesson 5, Lesson 6	Lesson 3, Lesson 4	Lesson 3		Lesson 4	
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Lesson 5, Lesson 6					
	How to recognise and report feelings of being unsafe or feeling bad about any adult	Lesson 5, Lesson 6					
	How to ask for advice or help for themselves or others, and to keep trying until they are heard,	Lesson 5, Lesson 6					
	How to report concerns or abuse, and the vocabulary and confidence needed to do so	Lesson 5, Lesson 6					
Where to get advice, for example family, school or other sources	Lesson 5, Lesson 6						

Relationship, Sex Health Education Statutory Coverage

	Statutory Guidance	Year 6					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Health Education: Mental Wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 5, Lesson 6					
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Lesson 1, Lesson 2, Lesson 4, Lesson 5, Lesson 6	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 3			
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings		Lesson 1, Lesson 5, Lesson 6				
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Lesson 1, Lesson 2	Lesson 1, Lesson 2, Lesson 5, Lesson 6				
	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	Lesson 5, Lesson 6					
	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Lesson 5, Lesson 6					
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 4	Lesson 1, Lesson 2	Lesson 5	Lesson 4	Lesson 4, Lesson 5, Lesson 6	Lesson 4, Lesson 5
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	Lesson 4		Lesson 2			Lesson 4, Lesson 5
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.							
Health Education: Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits						
	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	Lesson 5, Lesson 6		Lesson 3, Lesson 4			
	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	Lesson 4	Lesson 5, Lesson 6	Lesson 4			
	Why social media, some computer games and online gaming, for example, are age restricted						
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health						
	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted						
Health Education: Physical Health and Fitness	Where and how to report concerns and get support with issues online.						
	The characteristics and mental and physical benefits of an active lifestyle	Lesson 1, Lesson 2	Lesson 1, Lesson 5, Lesson 6	Lesson 1			Lesson 1
	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	Lesson 1, Lesson 2	Lesson 1, Lesson 5, Lesson 6	Lesson 1			Lesson 1
	The risks associated with an inactive lifestyle (including obesity)	Lesson 1, Lesson 2	Lesson 1, Lesson 5, Lesson 6	Lesson 1			Lesson 1
Health Education: Healthy Eating	How and when to seek support including which adults to speak to in school if they are worried about their health.						Lesson 1
	What constitutes a healthy diet (including understanding calories and other nutritional content)		Lesson 1, Lesson 5, Lesson 6				Lesson 1, Lesson 5, Lesson 6
	The principles of planning and preparing a range of healthy meals		Lesson 1, Lesson 5, Lesson 6				Lesson 1, Lesson 5, Lesson 6
Health Education: Drugs, Alcohol and Tobacco	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).		Lesson 1, Lesson 2, Lesson 5, Lesson 6				Lesson 1, Lesson 5, Lesson 6
	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson 2				
Health Education: Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body		Lesson 1				Lesson 1, Lesson 5, Lesson 6
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer						
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Lesson 1, Lesson 2, Lesson 4	Lesson 2				Lesson 1
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist						Lesson 2
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing		Lesson 1				Lesson 2, Lesson 3, Lesson 4
Health Education: Basic First Aid	The facts and science relating to allergies, immunisation and vaccination.		Lesson 1	Lesson 1			
	How to make a clear and efficient call to emergency services if necessary						
Health Education: Changing Adolescent Body	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.						
	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 2, Lesson 3
	About menstrual wellbeing including the key facts about the menstrual cycle.						