

TVED Long Term Curriculum Map

Intent for TVED Relationships Education, Relationships and Sex Education and Health Education (RSE)

At TVED, Relationship Education is learning about the emotional, social and physical aspects of growing up. It will prepare children, building knowledge, vocabulary and confidence, to value who they are and understand how they relate to other people in this ever-changing world.

Outcomes

By the end of KS1 most children will be able to:

- Value and respect one another
- Appreciate themselves and those around them
- Understand how to keep safe and healthy
- Be respectful and kind

By the end of KS2 most children will be able to:

- Value each other and act in a responsible and ethical way
- Have a sense of self so they can become engaged citizens
- Understand how to stay safe individually and with others
- Be confident and independent

	Autumn	Spring	Summer
Year 1	Caring friendships: Importance of friendships Respectful relationships: Manners	Families and people who care for me: Importance of family Mental Wellbeing: Being healthy	Being safe: Personal boundaries Physical Health: Being healthy
	Who are your friends and why? What are good manners?	Why are families important when growing up? What is mental health?	What are appropriate boundaries? Why do I need to exercise and eat healthily?
Year 2	Caring friendships: Characteristics of friends Respectful relationships: Differences	Families and people who care for me: Characteristics of a healthy family Mental Wellbeing: My feelings	Being safe: Secrets Physical Health: Diet
	What are the characteristics of a good friend? How are we all different?	What are the characteristics of a healthy family? How can I express my feelings and why is that important?	When is it right to keep a secret? What is the impact of diet on my health?
Year 3	Caring friendships: Healthy friendships Respectful relationships: Respect	Families and people who care for me: Differences Mental Wellbeing: Myself and others	Being safe: Physical contact Physical Health: Sleep
	How do good friends make you feel? What is respect and why is it important?	How are families different? How can I look after my own and others wellbeing?	What is appropriate physical contact? How can a lack of sleep impact on my health?
Year 4	Caring friendships: Resolving conflict Respectful relationships: Respecting myself	Families and people who care for me: Security Mental Wellbeing: Hobbies and interests	Being safe: Strangers Physical Health: Illness
	What do I do when a friend falls out with me? How do I respect myself?	How does my family make me feel safe and secure? Why are my hobbies important for my wellbeing?	How do you know which adults to trust? What can I do if I feel unwell?
Year 5	Caring friendships: Building trust Respectful relationships: Bullying and stereotypes	Families and people who care for me: Commitment Mental Wellbeing: Being isolated	Being safe: Being unsafe Changing me: Puberty and personal hygiene Physical Health: Keeping clean
	What is a trustworthy friend? What are stereotypes and how may they lead to bullying?	How do individuals show their commitment to each other? How does loneliness and bullying affect wellbeing?	What is risk taking behaviour? How does my body change as I get older? Why is it important to keep clean?
Year 6	Caring friendships: Judgement calls Respectful relationships: Mutual respect	Families and people who care for me: Respect Mental Wellbeing: Seeking support	Being safe: Getting help Changing me: Puberty Physical Health: Drugs, alcohol and tobacco
	When is a friend not a friend? How do we show mutual respect in society?	Are my family always right? How do I seek support if I am worried about my own or someone else's wellbeing?	How can I get help if I do not feel safe? Why are my emotions changing? What are the dangers of different substances?
Additional Content	*Basic first aid *Age appropriate self-care *Online Relationships and Internet Safety and Harms		