



Year 1 and Year 2	Autumn	Spring	Summer
<p>For RSHE we follow the MAT curriculum overview which is separated into the following key areas:</p> <ul style="list-style-type: none"> • Relationships • My body and my Health • Life Cycles <p>This MAT curriculum overview is based upon the statutory document produced by the Department for Education - Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers</p>	Year 1		
	<p>Relationships</p> <ul style="list-style-type: none"> • What do I like about my friend? • What does my friend like about me? · What can I do to make others feel happy? · • Why shouldn't I tease other people? <p>Mental Wellbeing</p> <ul style="list-style-type: none"> • How can we keep our mind healthy as well as our bodies? · • Explore why it is ok to have a range of emotions? 	<p>People who Help Me</p> <ul style="list-style-type: none"> • Who can I ask if I need to know something? · • Who can I go to if I am worried about something? <p>Living in our World</p> <ul style="list-style-type: none"> • What harms our local area? (litter, dog mess, speeding etc). <p>Life Cycles</p> <ul style="list-style-type: none"> • How much have I changed since I was a baby? 	<p>Keeping Safe and Looking After Myself 'People who help me' - Job roles</p> <ul style="list-style-type: none"> • How can I keep myself healthy? (exercise, food, sleep). • How can I look after my teeth? • How do we call for emergency help (999) – and when would we call? <p>Who does my body belong to?</p> <ul style="list-style-type: none"> • What do we call the different parts of girls' and boys' bodies? (Repeat from YR)
Year 2			
<p>Feelings and Attitudes</p> <ul style="list-style-type: none"> • What makes me feel good? • What makes me feel bad? • Which changes could be good changes and which changes can worry us? Why? <p>Mental Wellbeing</p> <ul style="list-style-type: none"> • How can we talk about our emotions and why is it important 	<p>People Who help Me</p> <ul style="list-style-type: none"> • Who can I ask if I need to know something? • Who can I go to if I am worried about something <p>Relationships</p> <ul style="list-style-type: none"> • Why are friends important? • What can other people do to make me feel happy? • How have my relationships changed as I have grown up? • Why is my family important to me? 	<p>Keeping Safe and Looking after myself (Private Parts)</p> <ul style="list-style-type: none"> • Which parts of my body are private? • When is it ok to let someone touch me? • How can I say 'no' if I don't want someone to touch me? • Who should I tell if someone wants to touch my private parts? <p>My body and my health (Diseases and Medicines locked away) / Living in</p>	



		<ul style="list-style-type: none">• Why are some parents married and some not?	<p>our World (Spending and Saving Money)</p> <ul style="list-style-type: none">• How can I help stop diseases spreading in school?• Why are medicines locked away and why can't we take other people's medicines?• What do we like to spend our money on and how can we keep it safe?• Why is saving a good idea?
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