

# Hollingwood Primary School/National Curriculum

## Relationships and Wellbeing Education timeline

		Primary School						Secondary School
		Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Body & Wellbeing	Relationships	<p>Me and my body. Keeping clean. Naming body parts. Valuing my body.</p> <p>Appropriate touch/trust.</p> <p>Safe use of medicines and people involved with medicines. Dangers of needles. Process of growing from young to old. Keeping clean and maintaining personal hygiene.</p> <p>Understanding that all drugs can be harmful if misused. Introducing legal drugs – effects and risks. How my body works and caring for myself. Valuing myself.</p> <p>Prescribed and over the counter medicines. Introducing alcohol and tobacco – effects and risks. Bacteria and viruses – keeping clean.</p> <p>Introducing common illegal drugs – effects and risks. Attitudes and beliefs about different drugs.</p> <p>Use and misuse of legal and illegal drugs. Coping with peer pressure. Techniques to resist pressure to do wrong. How to ask for help. Preparing for puberty and change – moods emotions and changes and how to cope with them and feelings. Body changes during puberty.</p>	<p>Good and bad secrets. Friends and feelings. Family &amp; Friends. Caring for my family.</p> <p>Safe people. Stranger danger. Family and friends should care for each other. How I would like to be treated and how I treat others. To listen and play/work co-operatively.</p> <p>Looking after people and places. Respecting people's differences and similarities. Differences between boys and girls.</p> <p>Falling out – loyalty and trust. Understanding friendship. Respecting other people and understanding their points of view.</p> <p>Appropriate touch. Mutual respect, honesty, trust and loyalty. Valuing diversity. How I would like to be treated and how I should treat others, including animals.</p> <p>Different types of relationships including marriage and those between friends and families. Skills to be effective in relationships. Respecting differences. How babies begin and role of parents.</p> <p>Resolving differences, making decisions and choices. Thinking about actions that effect yourself and others. Caring about feelings and other's points of view. Understanding and dealing with unacceptable behaviours – racism, aggression, bullying, teasing – consequences.</p>	<p>As your child continues to Secondary School they will broadly follow the National Curriculum with individual schools policies being taken into account. Secondary schools should be able to give full details of SRE work undertaken in each year group.</p>				