

RSE

COMMUNITY
EQUALITY
SUSTAINABILITY



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." - Helen Keller

The RSE Curriculum at Westbridge Academy is designed to highlight the importance of relationships and sex education within our setting. We have thought carefully about how to develop global citizens and what skills our children need to progress to the next stage in our school and beyond. This is evident through a range of different strands. Our RSE curriculum is supported by our Safeguarding and Citizenship curriculum, Zones of Regulation Curriculum and utilisation of Philosophy for Children as well as teaching Online Safety within our Computing curriculum.

The RSE National Curriculum is divided into the following strands

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

At Westbridge, we have designed a curriculum that utilises these topics as a basis for units, but also thought carefully about areas that would benefit the personal development of our pupils such as Mental Wellbeing and Basic First Aid. In this way, we hope our children can become global citizens who fully contribute to their #community as well as fight for #equality and #sustainability in our world.

RSE Rationale and Curriculum Coverage

RSE Overview			
Year Group	Autumn Term	Spring Term	Summer Term
Year 1	Families and People Who Care for Me <ul style="list-style-type: none"> - People who help us - Keeping Safe - Respect and Kindness 	Caring Friendships <ul style="list-style-type: none"> - Making friends - Managing secrets - Keeping safe online 	Keeping Healthy <ul style="list-style-type: none"> - Food and exercise - Hygiene routines and Sun safety - Feelings and how to manage them
Year 2	Caring Friendships <ul style="list-style-type: none"> - Making friends - Managing secrets - Doing the Right Thing - Respect and Kindness - Keeping Safe 	Keeping Healthy <ul style="list-style-type: none"> - Sleep, medicines and teeth - Managing feelings and asking for help - Growing older 	Mental well-being <ul style="list-style-type: none"> - Managing unkindness - Online friendships - Emergencies and alarms - Moving to KS2
Year 3	Respectful Relationships <ul style="list-style-type: none"> - Family - Positive Friendships and Relationships - Respecting Ourselves and Others - Respecting Myself - Online Friendships and Relationships 	Keeping Healthy <ul style="list-style-type: none"> - Oral hygiene and dental care - Personal identity - Mental well-being - Medicines - Helping at home 	
Year 4	Mental well-being <ul style="list-style-type: none"> - Managing unkindness - Respecting ourselves and others - Mental health - Feeling safe and our rights 		Respectful Relationships <ul style="list-style-type: none"> - Family - Positive relationships - Respecting myself and others - Online friendships and relationships
Year 5	Basic First Aid <ul style="list-style-type: none"> - Positive relationships - What is peer pressure - Showing respect to others - Prejudice and discrimination - First aid and consent - First aid basics - CPR 	Relationships <ul style="list-style-type: none"> - Keeping personal information safe - Privacy - Positive relationships - Rules and regulations 	
Year 6	Mental Wellbeing <ul style="list-style-type: none"> - Mental Health - Managing change or loss - Increasing Independence - Responding to emergencies 		Our changing body <ul style="list-style-type: none"> - Peer pressure - Positive relationships - Consent - Trusted adults - Showing respect - Prejudice and discrimination - Puberty and body changes - Sex and relationships