

This overview summarises the different approaches used across the school. Reception provision is embedded within the EYFS curriculum, particularly PSED. Years 1 and 2 use Oak National Academy as the main RSHE curriculum resource.

Year	Oak National Academy unit	Lessons
Year 1	Emotions: How do I feel today?	4
Year 1	Communities: Who am I? Who are you?	4
Year 1	Healthy relationships: Who's in my family?	3
Year 1	Healthy relationships: What makes a good friend?	4
Year 1	Power in relationships: When do I feel safe?	4
Year 1	Media influence: How do I decide what to do online?	5
Year 1	Our online lives: What should I do if I feel unsafe online?	4
Year 1	Physical health: How can I look after my body?	4
Year 1	Staying safe and healthy: How can I look after my body?	4
Year 2	Emotions: What helps me to be happy?	4
Year 2	Communities: Who is in my community?	6
Year 2	Healthy relationships: What does a family look like?	3
Year 2	Power in relationships: Should I keep secrets?	3
Year 2	Media influence: Is everything I see online true?	5
Year 2	Our online lives: Who should I talk to online?	4
Year 2	Physical health: How do I eat a balanced diet?	4
Year 2	Risky substances: How do I stay safe at home?	2
Year 2	Staying safe and healthy: How can I take responsibility for my health?	2
Year 2	Healthy relationships: How can we stop bullying?	4