



RHE Knowledge Content Snapshot Overview

Purpose of Study

Relationships, Health and Education supports children to develop the knowledge, skills and attributes needed to keep themselves healthy and safe.

Areas of Study

- Health and Wellbeing
- Relationships
- Living in the Wider World

Key Stage 1

Relationships

- How to build positive and respectful relationships.
- The importance of family, friendships and caring for others.
- How to recognise and respond to bullying.
- How to seek help if they are worried or unsafe.

Health and Wellbeing

- How to maintain personal hygiene.
- The importance of physical activity, healthy eating and sleep.
- How to recognise and talk about feelings and emotions.
- How to keep themselves safe at home, in school and online.

Living in the Wider World

- Their responsibilities within school and the wider community.
- The importance of rules and fairness.



- Respect for others and understanding differences.

Key Stage 2

Relationships

- How positive relationships contribute to wellbeing.
- The characteristics of healthy friendships.
- Respectful relationships and personal boundaries.
- Families, caring relationships and diversity.
- How to recognise and report abuse, bullying or discrimination.

Health and Wellbeing

- Physical and emotional changes during puberty.
- Mental health and emotional wellbeing.
- Healthy lifestyles and making informed choices.
- The safe use of medicines.
- Managing risk and keeping safe online.

Living in the Wider World

- Rights, responsibilities and citizenship.
- Diversity, equality and inclusion.
- Economic wellbeing and careers awareness.
- Understanding communities and contributing positively to society.
- Digital citizenship and responsible online behaviour.

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Self-identity	Identifying talents	Challenges	Exercising bodies	Family life	Bodies



Ages 3-5	Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Being special Families Where we live Making friends Standing up for yourself	Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Physical activity Healthy food Sleep Keeping clean Safety	Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition



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Ages 6-7	- Hopes and fears for the year - Rights and responsibilities - Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings	- Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Celebrating difference and remaining friends	- Achieving realistic goals - Staying healthy to achieve goals - Perseverance and strengths - Learning with others - Group co-operation - Contributing to and sharing success	- Motivation - Healthier choices - Healthy eating and nutrition - Safety in the home - Safety out and about - Medicines	- Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships	- Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition
Ages 7-8	- Setting personal goals - Self-identity and worth - Positivity in challenges - Rules, rights and responsibilities - Rewards and consequences - Responsible choices - Seeing things from others' perspectives	- Families and their differences - Family conflict and how to manage it (child-centred) - Witnessing bullying and how to solve it - Recognising how words can be hurtful - Giving and receiving compliments	- Difficult challenges and achieving success - Dreams and ambitions - Motivation and enthusiasm - Recognising and trying to overcome obstacles - Evaluating learning - Processes - Contributing to the community - Managing feelings - Simple budgeting	- Exercise - Food labelling and healthy swaps - Attitudes towards drugs - Keeping safe online and off line - Respect for myself and others - Healthy and safe choices outdoors - Water safety - Asking for help	- Family roles and responsibilities - Friendship and negotiation - Keeping safe online and who to go to for help - Media influence - Being a global citizen - How my choices affect others - Awareness of other children's different lives - Expressing appreciation for family and friends	- How babies grow - Outside body changes - Inside body changes - Personal hygiene - Family stereotypes - Challenging my ideas - Preparing for transition



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Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition/ self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys <i>Conception (including IVF)</i> Growing responsibility Coping with change Preparing for transition



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Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings <i>Conception to birth</i> Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition