

LifeFull Schools RSHE Curriculum Map 2025-26

Nursery Autumn	Nursery Spring	Nursery Summer
Me and My Relationships: Children explore how they are all unique, share their likes and dislikes and discuss what makes us special. Children respond to praise and begin to understand a range of emotions. Children know and can identify special people in their life naming those who care for them and keep them safe. Valuing difference: Children begin to understand that there are similarities and differences amongst their friends. Children begin to recognise their own interests and those of their friends. Children begin to learn that families are different and that we celebrate all types of families. Children explore ways to show kindness.	Keeping Myself Safe: Children can name people at home/ school who care for them. Children learn to recognise a 'funny tummy feeling' when something feels wrong or unsafe and can communicate this to adults. Children begin to communicate what makes them feel safe. Adults support children to identify potential dangers inside and outside and teach them how to prevent themselves from getting hurt. Children learn who can give medicine to children and why. Children talk about how healthy food and keeping clean can help our bodies. Rights and Responsibilities: Children begin to talk about how they can look after themselves and their friends including making healthy food choices. Children explore how to care for and show responsibility for their home and learning environments. Children learn about what is special within the natural world and begin to name some ways in which they can help to look after living things in the natural environment.	Being My Best: Children learn to name what their bodies need for energy and describe how they feel when they don't have enough food, water, exercise or sleep. Children explore how to make healthy choices independently in their home or education setting. Children explain how people might feel if they find something difficult. Suggest ways to encourage others to keep going/persevere. Children have a go at challenging themselves and develop skills in planning, reviewing and applying a trial and error approach while engaged in their play. Children are willing to explore unfamiliar/new activities and learn to communicate with others by sharing and listening to each other's ideas. Growing and Changing: Children describe seasonal changes and learn key vocabulary relating to natural changes; including describing the life cycle of an animal. Children learn about how babies change as they grow, what babies need and how this changes with time. They share their own experiences and listen to those of others. Children learn about the similarities and differences between males and females. Children think differently and more openly about what a family may look like.
Reception Autumn	Reception Spring	Reception Summer
Me and My relationships: Children talk about similarities and differences.	Keeping Myself Safe:	Being My Best:

Children describe different feelings and emotions. Children explore how we feel at certain times or events and with support, learn to identify ways to self-regulate Valuing Difference: Children describe their own positive attributes and what makes them special. Children listen to and respect the ideas of others. Children talk about their family, customs and traditions as well as listen to others talk about their experiences. Children are able to compare their own experiences with those of others. Children can make suggestions of ways in which we can be kind towards others.	Children name things that keep their bodies safe, clean and protected. Children think about how to recognise things that might not be safe. They can name the adults who they know they can ask for help- in order to keep them safe. Children recognise the feelings they have when they are unsafe. Children talk about keeping themselves safe, safe touches and consent. Rights and Responsibilities: Children talk about why friends are important and how they help us. They Identify ways to care for a friend in need and how to help others in their community. Children think about what makes the world special and beautiful. Children name ways they can help take care of the environment. They talk about what can happen to living things if the world is not cared for. Children identify the uses of money and explore the question 'Why do we save money?'	Children share an experience where they haven't achieved their goal. They develop their confidence and resilience towards having a growth mindset. Children can name a strategy to overcome a hurdle and recognise that some skills take time to learn. Children can name and choose healthy food and drinks. They can explain that there are some foods we eat in moderation. Children are Introduced to food groups. Children begin to identify what else our body needs apart from healthy food - exercise and a good night's sleep Growing and Changing: Children use the language of and describe different life stages. They are given the opportunity to talk about their own experiences of growing up. Children explain that a baby is made by a woman and a man and grows inside a mother's tummy. They understand that every family is different and that all families are special and important. Children begin to name parts of the body using the correct vocabulary. They can explain which parts of their body are kept private and safe and why. Children explore how to tell or ask an adult for help if they feel unsafe.
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KS1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1: Me and My Relationships Children recognise that they belong to various groups and communities	Y1: Valuing Difference Children explain the difference between unkindness, teasing and bullying. They are able to	Y1: Keeping Myself Safe Children explore how their bodies feel when they are worried or anxious.	Y1: Rights and Responsibilities Children investigate the responsibilities of looking after something.	Y1: Being My Best Children recognise that learning a new skill requires practice and the opportunity to fail safely;	Y1: Growing and Changing Children explain the difference between a secret and a nice surprise.

such as their family and explore various people who make up their communities (e.g. priest, people who live on your road, people who speak the same and different languages as you). Children recognise feelings and emotions and explore how our feelings make us behave. Children also explore managing strategies for 'not so good feelings'. Children recognise that people's feelings and bodies can be hurt (physically and emotionally). Y2: Me and My Relationships Children recognise a growing range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and understand it is normal to feel these. Children explore that people can react in different ways to the same emotion. Children investigate ways they can help or respond	recognise and explain what is fair and unfair, kind and unkind. Children identify the differences and similarities between people of varying cultures and ethnicities; empathise with those who are different from them and begin to appreciate the positive aspects of these differences. Y2: Valuing Difference Children explore ways of including someone who is feeling left out. Children develop an appreciation of the things that make us who we are (e.g. age, religion, culture, ethnicity, gender etc.) Children begin to explore how their actions can affect the way others feel.	Children recognise the range of feelings that are associated with loss. Y2: Keeping Myself Safe Children can identify safe and unsafe situations. They can also identify steps to make a situation safer for themselves and others. Children also explore who they would turn to for help, if needed. Children begin to explore the concept of personal body space and know we can choose not to be touched, even by people that we like.	Children understand where money comes from and can list things that money is spent on in the home. Children explore why first aid is important and learn what to do if someone is having an asthma attack. Children recognise the importance of regular hygiene routines and why they are important. Y2: Rights and Responsibilities Children begin to investigate the value of money, and begin to appreciate that more money does not always mean better.	'we learn by making mistakes'. Children understand the learning line's used as a simple tool to describe the learning process, including overcoming challenges. Children recognise how a person's behaviour (including their own) can affect other people. Y2: Being my Best Children learn the definition of resilience and perseverance. They also explore what these look like in practice and how to build these values within themselves. Children learn how to call the emergency services and investigate some simple actions they could take to help.	They learn to identify situations as being secrets or surprises. Children learn to identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep. Children identify parts of the body that are private. Children learn to describe ways in which private parts can be kept private and places that are private. Yr 2: Growing and Changing Children explore in a sensitive manner that people die and people lose somebody special to them. Children learn that some items are considered personal belongings and need to be treated with respect. Children learn the names of various parts of the male and female body including the genitalia.
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to someone who is feeling a negative emotion. Children learn the definition of bullying. They also explore different types of bullying and what to do if they witness or experience bullying themselves.					Children learn the importance of giving and getting consent before touching another person. Children appreciate what is considered safe and un-safe touching.
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LKS2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3: Me and My Relationships Children explain some of the feelings someone might have when they lose something important to them; understand that these feelings are normal and a way of dealing with the situation. Children learn to identify people who they have a special relationship with and are able to suggest strategies for maintaining a positive relationship with their special people. Children rehearse and demonstrate simple	Y3: Valuing Difference Children recognise that there are many different types of family; understand what is meant by adoption, fostering and same-sex relationships. Children recognise the factors that make people similar to and different from each other. Children learn to recognise that repeated name calling is a form of bullying and suggest strategies for dealing with name calling (including talking to a trusted adult).	Y3: Keeping Myself Safe Children learn the definition of danger and risk and explain the difference between the two. Children learn to demonstrate strategies for dealing with a risky situation. Children explore the fact that medicines can be harmful if not taken correctly. Year 4: Keeping Myself Safe: Children identify what is a danger, risk or hazard.	Y3: Rights and Responsibility Children learn to understand the benefits of volunteering on the individual and others. They develop an understanding of the range of people who help us keep safe in different situations. Children explore the fact that money is earned and that we need to choose how we spend our money. Y4 Rights and Responsibilities: Children explore the differences between rights	Y3: Being My Best Children recognise their own talents and the different types of talents that exist. Through this, they recognise their own achievements and the importance of perseverance. Children investigate diversity and representation within the media. Children explore the impact of underrepresentation as well as examples of positive diversity.	Yr 3: Growing and Changing ● Learn the names of the main parts of the body, including which parts are private (penis, testicles, vulva, vagina, breasts) ● Understand the concept of personal space and safe, appropriate touch. ● Identify trusted adults they can speak to if they are worried or need help. ● Discuss feelings, friendships, and how families may be similar or different.

strategies for resolving given conflict situations. Y4 Me and My Relationships: Children explore a range of different emotions including emotions that children might find difficult to express (e.g. embarrassment). Children explore the premise that it is ok to say no / disagree with someone - but it is important that you do so respectfully. Children investigate different forms of peer pressure and the impact they may have.	Y4: Valuing Difference: Children investigate the notion of compromise and explore tactics for when compromise is needed, (e.g voting, taking turns or mixing ideas). Children explore the idea of personal space and situations where individuals may or may not feel comfortable. These include; claustrophobia and bodily contact which is safe but may not be comfortable for everyone. It is also highlighted that there is often close body contact that can make us feel happy /loved. Children explore cultural diversity, including differences that we may not be able to see, (e.g religion and languages spoken). Children explore gender stereotyping and the impact it may have.	They recognise we take risks all the time - but we need to assess if it is a safe risk to take. Children explore the potential risks involved with sharing images online and how best to protect themselves. Children explore the importance of using medicine safely. This includes the effects of taking too much and medical allergies. Children investigate social norms and explore facts around the number of people using drugs such as alcohol and nicotine. Children investigate the concept of online 'influencers' and learn to recognise situation where they might be being 'influenced'.	and responsibilities, fact and opinions. Children are introduced to the concept of taxes and investigates living costs and saving.	Y4: Being My Best: Children investigate the idea of body image and explore ways to create a positive body image. Children explore the importance of living sustainably and how this may be achieved.	Yr 4: Growing and Changing ● Learn about the physical changes that happen as people grow older. ● Be introduced to the early changes that occur during puberty, such as hair growth and changes in skin and body odour. ● Learn about periods (menstruation) and erections in a factual, sensitive, and supportive way and where to get help if you start your periods at school. ● Understand that hormonal changes can affect emotions, sometimes leading to mood swings or romantic feelings.
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UKS2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Y5: Me and My Relationships Children learn definitions of: conflict, resolution, negotiation and compromise. Children also explore what these may look like in real life and how to use negotiation and compromise in their own lives to resolve conflicts. Children explore increasingly in-depth elements of what makes a good friend by examining how friends react to one another. Children explore how they can be assertive to deal with peer pressure. Children investigate how an email or text message can be difficult to infer the message because of a lack of tone of voice and body language. Y6: Me and my Relationships Children explore a range of strategies to solve friendship problems that children around this age frequently encounter.	Y5: Valuing Difference Children develop a more sophisticated understanding of what 'being a good friend' is. Children learn a definition of rejection and exclusion. Children explore what this looks like on a large scale by investigating examples of discrimination and segregation. Children explore and appreciate the benefits of mixed cultural living and diversity in the community. Children learn the definitions of: biological sex, gender identity, gender expression, sexual orientation and explore real life examples. Y6: Valuing Difference Children explore what is meant by bystander behaviour in a bullying situation.	Y5: Keeping Myself Safe Children investigate different types of cyber bullying and explore what to do if they experience cyber bullying. Children develop a more sophisticated understanding of the complexities of decision making and risk taking. Children learn what is meant by 'county lines' and explore the negative outcomes of this practice. Children develop an increasingly sophisticated understanding of what is meant by 'online safety'. Children learn what a drug is and explore examples of legal and illegal drugs. This includes looking at use of alcohol and nicotine as drugs too. Y6: Keeping Myself Safe Children continue to develop an increasingly sophisticated	Y5: Rights and Responsibilities Children examine the difference between fact and opinion, and how newspapers may be written with a bias. Children explore aspects of running a business including loans, profit and budgeting. Children learn the definition of rights, responsibilities and duties and explore they affect these may have on their lives. Y6: Rights and Responsibilities: Children explore biased and unbiased reporting in the media. Learners investigate why people may choose not to tell the truth and often post only the good bits about themselves, online. As a result, children recognise that people's lives are much more balanced in	Y5: Being My Best Children appreciate the variety of skill sets that we hold and how these can impact big decisions in our lives. Children investigate how independence and responsibility are linked, and their increasing importance as they get older and become adults. Y6: Being My Best: Children investigate ways in which they can develop a sense of wellbeing. Children explore the choices we make for the future we want. Learners investigate the fact that it is important at times to take risks - but to evaluate if it is a risk worth taking or not. Alongside this, they investigate how individuals perceive risks differently.	Yr 5: Growing and Changing - Recap the physical and emotional changes experienced during puberty. - Discuss periods (menstruation), erections, and wet dreams sensitively and factually. - Know what masturbation is - Learn more about how to look after their bodies during puberty, including personal hygiene, deodorant use, and sanitary products (period pants) - Explore how puberty can affect emotions, including mood swings and romantic feelings. - Discuss how to stay safe, respect personal boundaries, and identify trusted adults for support. Yr 6: Growing and Changing - Learn in more detail about the physical and
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Children investigate different types of human contact and learn to classify them as appropriate, inappropriate or illegal. Children investigate different (romantic) relationship setups, gain an understanding of the rules and laws around marriage. Forced marriage is also examined. Children continue to develop an increasingly sophisticated understanding of what is meant by 'online safety' and investigate.	Children explore how the protected characteristics are there to prevent discrimination. Children explore various cultural norms and develop a greater appreciation for the importance of respecting and embracing others. Children explore what a gender stereotype is and to challenge these.	understanding of what is meant by 'online safety' and investigate. Children investigate the importance of drugs (medical) as a basic human need and the importance of taking these correctly. Children explore what is meant by drug abuse in variety of formats (e.g illegal, overdose on legal drugs etc.)	real life, with positives and negatives. Children explore environmental sustainability and ethical consumption. Learners investigate democracy in the UK, including an overview of elections and Laws Children investigate the cost of items and why they cost what they do. Along side this, children explore salaries associated with different jobs and the notion of job satisfaction.	emotional changes during puberty. ● Know it's OK that we are all different - puberty happens at different times for each young person. ● Discuss periods (menstruation), erections, and wet dreams sensitively and factually. ● Be introduced to the basic facts of human reproduction, including how a sperm and an egg join to form a baby. ● Learn about gestation and giving birth. ● Understand how puberty and growing up can affect relationships and emotions. ● Learn ways to look after themselves physically and emotionally as they grow. ● Revisit the importance of privacy, personal boundaries, and consent (including online risks and sharing photos and videos).
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