

ST. CHRISTOPHER'S ACADEMY

RSHE Scheme of Work

Relationships, Sex and Health Education
Academic Year 2025/26

EYFS – Year 6

Mapped to 1decision RSHE Resources

Aligned with DfE Statutory Guidance 2025/26

Introduction and Overview

Document Purpose: This scheme of work provides a comprehensive, week-by-week overview of RSHE delivery across EYFS to Year 6. All lessons are explicitly mapped to 1decision resources and clearly indicate statutory (S) and non-statutory (NS) content as per DfE guidance.

Key to Document

Indicator	Meaning	Guidance
S	Statutory Content	Required by DfE RSHE statutory guidance. All pupils must receive this teaching.
NS	Non-Statutory Content	Recommended good practice that supports statutory requirements and pupil wellbeing.

1decision Strand Mapping

Strand	1decision Module	Curriculum Focus
Health and Wellbeing	Healthy Me, Emotional Wellbeing	Physical health, mental wellbeing, healthy lifestyles
Relationships	Relationships, Being Responsible	Positive relationships, families, respect, bullying
Living in the Wider World	Being Responsible, Money Matters	Responsibilities, communities, economic wellbeing
Keeping Safe	Keeping Safe, Puberty	Safety, risk, consent, personal boundaries
Digital Wellbeing	Online Safety, Digital Literacy	Online safety, digital citizenship, media literacy

Early Years Foundation Stage (EYFS)

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	All About Me: My Body	Healthy Me – Body Parts	Correct names for body parts, body ownership, privacy	S
2	Feelings and Faces	Emotional Wellbeing – Recognising Emotions	Identifying emotions in self and others	S
3	Kind Hands, Kind Words	Relationships – Being Kind	Positive interactions, gentle touch, respectful language	S
4	My Special People	Relationships – Family and Friends	Different family structures, people who care for us	S
5	Healthy Choices: Food and Sleep	Healthy Me – Healthy Lifestyles	Basic nutrition, importance of sleep and rest	S
6	Reflection and Celebration	Being Responsible – Celebrating Learning	Review of learning, sharing achievements	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	When I Feel Worried	Emotional Wellbeing – Managing Worries	Recognising worry, seeking help from trusted adults	S
2	Playing Together	Relationships – Friendship Skills	Sharing, turn-taking, cooperative play	S

Introduction and Overview

3	Safety at Home and School	Keeping Safe – Everyday Safety	Recognising hazards, seeking help	S
4	My Body Belongs to Me	Keeping Safe – Body Safety	Private parts, saying no, telling a trusted adult	S
5	Being a Good Friend	Relationships – Friendship Qualities	Qualities of friendship, including others	S
6	Reflection and Assessment	Being Responsible – Self-Assessment	Pupil voice, progress review	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Moving My Body	Healthy Me – Physical Activity	Importance of exercise, active play	S
2	Growing and Changing	Healthy Me – Growth and Development	Life cycles, plants and animals, human growth	NS
3	Looking After My Teeth	Healthy Me – Dental Health	Tooth brushing, healthy drinks for teeth	S
4	People Who Help Us	Being Responsible – Community Helpers	Police, fire, doctors, teachers, trusted adults	NS
5	Saying Goodbye and Hello	Emotional Wellbeing – Transitions	Managing change, preparing for new classes	NS
6	End of Year Celebration	Being Responsible – Celebrating Success	Review of RSHE learning, transition preparation	NS

Year 1

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	My Body: Names and Privacy	Keeping Safe – Body Parts and Privacy	Correct terminology, private parts, body ownership	S
2	Understanding My Feelings	Emotional Wellbeing – Emotion Vocabulary	Range of emotions, emotional literacy	S
3	Families Are Different	Relationships – Family Diversity	Different family structures, all families are special	S
4	What is Bullying?	Relationships – Recognising Bullying	Definition, hurtful behaviour repeated over time	S
5	Healthy Eating Basics	Healthy Me – Nutrition	Food groups, balanced meals, healthy snacks	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Making Friends	Relationships – Friendship Skills	Starting friendships, shared interests, kindness	S
2	When Friendships Go Wrong	Relationships – Managing Conflict	Arguments, making up, seeking help	S
3	Safe and Unsafe Touches	Keeping Safe – Consent and Boundaries	Safe/unsafe touch, trusted adults, telling someone	S
4	Online Safety: Who Can I Trust?	Online Safety – Stranger Danger Online	Not sharing personal information, trusted adults	S

5	Sleep and Rest	Healthy Me – Sleep Hygiene	Importance of sleep, bedtime routines	NS
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Being Active Every Day	Healthy Me – Physical Activity	60 minutes daily activity, different activities	S
2	Hygiene: Keeping Clean	Healthy Me – Personal Hygiene	Handwashing, bathing, clean clothes	S
3	Changes in Nature and Me	Healthy Me – Growth and Change	Life cycles, growing up, getting older	NS
4	People Who Help Keep Us Safe	Keeping Safe – Trusted Adults	Police, doctors, teachers, family	NS
5	Looking Forward to Year 2	Emotional Wellbeing – Transition	Managing change, new expectations	NS
6	Year 1 RSHE Review	Being Responsible – Celebration	Review of learning, achievements	NS

Year 2

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	My Body: Privacy and Respect	Keeping Safe – Body Privacy	Private parts, respecting others' bodies, consent	S
2	Understanding Different Emotions	Emotional Wellbeing – Emotional Range	Complex emotions, emotional triggers	S
3	All Families Are Special	Relationships – Family Diversity	Family structures, love and care in families	S
4	What to Do About Bullying	Relationships – Responding to Bullying	Reporting, bystander responsibility, support	S
5	Medicines and Safety	Keeping Safe – Medicines	Safe use, only from trusted adults, storage	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Building Good Friendships	Relationships – Friendship Qualities	Trust, honesty, kindness, shared values	S
2	Resolving Friendship Problems	Relationships – Conflict Resolution	Communication, compromise, apology	S
3	Secrets: Safe and Unsafe	Keeping Safe – Safe Secrets	Safe vs unsafe secrets, telling trusted adults	S
4	Online Safety: Pictures and Posts	Online Safety – Digital Footprint	What we share online, permission, privacy	S

5	Healthy Habits: Food and Drink	Healthy Me – Balanced Diet	Food groups, hydration, treats in moderation	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Exercise and My Body	Healthy Me – Benefits of Exercise	Heart, muscles, mood, sleep benefits	S
2	Growing Up: What to Expect	Healthy Me – Human Development	Life stages, getting taller, learning new skills	NS
3	Sun Safety	Keeping Safe – Sun Protection	Sunscreen, hats, shade, hydration	NS
4	Road and Traffic Safety	Keeping Safe – Road Safety	Green Cross Code, safe places to cross	NS
5	Preparing for Key Stage 2	Emotional Wellbeing – Transition	Managing change, new routines, worries	NS
6	Year 2 RSHE Celebration	Being Responsible – Celebration	Review of learning, achievements	NS

Year 3

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Body Privacy and Consent	Keeping Safe – Consent and Boundaries	Personal boundaries, asking permission, saying no	S
2	Managing My Emotions	Emotional Wellbeing – Emotional Regulation	Strategies for managing strong emotions	S
3	Respectful Relationships	Relationships – Respect and Equality	Mutual respect, equality, kindness	S
4	Understanding Bullying	Relationships – Bullying Types	Physical, verbal, indirect, online bullying	S
5	Healthy Eating Choices	Healthy Me – Making Healthy Choices	Reading food labels, making informed choices	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Friendship Dynamics	Relationships – Friendship Groups	Changing friendships, inclusion, exclusion	S
2	Conflict Resolution Skills	Relationships – Problem Solving	Win-win solutions, negotiation, mediation	S
3	Online Relationships	Online Safety – Online Friendships	Online vs offline friends, staying safe	S
4	Personal Space and Boundaries	Keeping Safe – Physical Boundaries	Personal space, respecting others, consent	S

5	Sleep and Mental Health	Emotional Wellbeing – Sleep and Mood	Sleep's impact on emotions and learning	NS
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Benefits of Exercise	Healthy Me – Exercise Benefits	Physical and mental health benefits	S
2	First Aid Awareness	Keeping Safe – Basic First Aid	Calling for help, minor injuries, emergencies	NS
3	My Changing Body	Healthy Me – Growth and Development	Growth spurts, changing abilities, development	NS
4	Fire Safety at Home	Keeping Safe – Fire Safety	Escape plans, smoke alarms, prevention	NS
5	Transition to Year 4	Emotional Wellbeing – Managing Change	Preparing for new challenges, worries	NS
6	Year 3 RSHE Review	Being Responsible – Celebration	Review of learning, achievements	NS

Year 4

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Understanding Consent	Keeping Safe – Consent Education	Permission, boundaries, respecting choices	S
2	Emotional Literacy	Emotional Wellbeing – Understanding Emotions	Naming emotions, triggers, responses	S
3	Respectful Communication	Relationships – Communication Skills	Active listening, expressing needs respectfully	S
4	Challenging Bullying Behaviour	Relationships – Bystander Action	Upstander behaviour, reporting, support	S
5	Balanced Diet and Nutrition	Healthy Me – Healthy Eating	Nutritional needs, meal planning, variety	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Changes in the Body	Puberty – Physical Changes	Introduction to puberty, body changes	S
2	Emotional Changes and Self-Esteem	Puberty – Emotional Wellbeing	Mood changes, self-image, support strategies	S
3	Respecting Privacy	Keeping Safe – Privacy and Dignity	Personal privacy, respecting others' privacy	S
4	Online Communication and Consent	Digital Wellbeing – Online Consent	Sharing images, permission, digital boundaries	S

5	Managing Friendships During Change	Relationships – Changing Friendships	Friendship changes, peer pressure, support	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Mental Health Awareness	Emotional Wellbeing – Mental Health	Understanding mental health, seeking help	S
2	Introduction to Periods	Puberty – Menstruation Basics	What periods are, basic preparation	S
3	Online Safety: Gaming and Apps	Online Safety – Gaming Safety	Safe gaming, age ratings, in-app purchases	S
4	Drugs, Alcohol and Tobacco Awareness	Keeping Safe – Substance Awareness	Basic awareness, effects, saying no	NS
5	Preparing for Upper Key Stage 2	Emotional Wellbeing – Transition	Managing change, increased independence	NS
6	Year 4 RSHE Celebration	Being Responsible – Celebration	Review of learning, achievements	NS

Year 5

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Consent and Healthy Boundaries	Keeping Safe – Consent and Respect	Enthusiastic consent, ongoing permission, withdrawal	S
2	Managing Stress and Anxiety	Emotional Wellbeing – Stress Management	Recognising stress, coping strategies, support	S
3	Positive and Negative Relationships	Relationships – Healthy Relationships	Healthy vs unhealthy traits, red flags	S
4	Discrimination and Prejudice	Relationships – Equality and Diversity	Types of discrimination, challenging prejudice	S
5	Physical Health: Exercise and Diet	Healthy Me – Lifestyle Choices	Making healthy choices, long-term benefits	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Puberty: Physical Changes in Detail	Puberty – Physical Development	Detailed body changes, male and female	S
2	Puberty: Emotional and Social Changes	Puberty – Emotional and Social Impact	Mood swings, friendships, body image	S
3	Menstruation: Understanding Periods	Puberty – Menstrual Health	Cycle, products, managing periods	S

4	Online Safety: Social Media Risks	Digital Wellbeing – Social Media Awareness	Risks, pressure, comparison, seeking help	S
5	Peer Pressure and Assertiveness	Keeping Safe – Assertiveness Skills	Recognising pressure, saying no, strategies	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Mental Health: Seeking Help	Emotional Wellbeing – Help-Seeking	When to seek help, who to talk to, support	S
2	Conception and Pregnancy Basics	Puberty – Human Reproduction	Basic introduction to conception, pregnancy	S
3	Online Grooming Awareness	Online Safety – Grooming Awareness	Recognising grooming, reporting, trusted adults	S
4	Substance Misuse: Risks and Effects	Keeping Safe – Drugs and Alcohol	Risks, effects, making informed choices	NS
5	Preparing for Year 6	Emotional Wellbeing – Transition	Managing change, leadership roles	NS
6	Year 5 RSHE Review	Being Responsible – Celebration	Review of learning, achievements	NS

Year 6

Autumn Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Consent in All Contexts	Keeping Safe – Comprehensive Consent	Consent in friendships, online, physical contact	S
2	Managing Mental Health	Emotional Wellbeing – Mental Health Strategies	Self-care, professional help, supporting others	S
3	Healthy Relationship Characteristics	Relationships – Healthy Relationship Markers	Respect, trust, communication, equality	S
4	Challenging Discrimination	Relationships – Active Bystander	Speaking up, allyship, reporting	S
5	Independence and Responsibility	Being Responsible – Growing Independence	Personal responsibility, decision-making	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Spring Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Puberty: Review and Questions	Puberty – Puberty Review	Review of changes, addressing questions	S
2	Human Reproduction	Puberty – Human Reproduction	Conception, pregnancy, birth (age-appropriate)	S
3	Periods: Detailed Understanding	Puberty – Menstrual Health	Cycle, products, managing at school	S

4	Online Safety: Critical Evaluation	Digital Wellbeing – Media Literacy	Evaluating online content, fake news, influence	S
5	Intimate Relationships	Relationships – Future Relationships	Respectful relationships, consent, readiness	S
6	Reflection and Assessment	Being Responsible – Review	Pupil voice, progress check	NS

Summer Term

Week	Lesson Title	1decision Mapping	Learning Focus	Status
1	Mental Health: Building Resilience	Emotional Wellbeing – Resilience Building	Coping strategies, growth mindset, support networks	S
2	Transition to Secondary School	Emotional Wellbeing – Secondary Transition	Preparation, worries, practical strategies	S
3	Online Safety: Digital Citizenship	Digital Wellbeing – Digital Citizenship	Positive online behaviour, digital footprint	S
4	Substance Awareness: Informed Choices	Keeping Safe – Informed Decision Making	Drugs, alcohol, tobacco, making safe choices	NS
5	Looking Ahead: Healthy Futures	Being Responsible – Future Planning	Applying RSHE learning, healthy choices	NS
6	Year 6 RSHE Celebration and Leavers	Being Responsible – Celebration	Review of primary RSHE journey, celebration	NS

Statutory Coverage Summary

Statutory Requirements: This scheme ensures full coverage of DfE statutory RSHE requirements across all year groups. The table below summarises statutory content delivery.

Year Group	Statutory Lessons	Non-Statutory Lessons	Total Lessons	Key Statutory Focus Areas
EYFS	14	4	18	Body parts, feelings, families, safety
Year 1	13	5	18	Body privacy, bullying, online safety
Year 2	13	5	18	Consent, secrets, friendships, medicines
Year 3	13	5	18	Boundaries, online relationships, respect
Year 4	14	4	18	Puberty introduction, consent, wellbeing
Year 5	14	4	18	Puberty detail, menstruation, peer pressure
Year 6	14	4	18	Reproduction, relationships, transition
Total	95	31	126	Full statutory coverage achieved

1decision Strand Coverage

1decision Strand	Lessons Referenced	Coverage Across Year Groups
Healthy Me	28 lessons	EYFS–Year 6
Emotional Wellbeing	24 lessons	EYFS–Year 6
Relationships	32 lessons	EYFS–Year 6

Statutory Coverage Summary

Keeping Safe	26 lessons	EYFS–Year 6
Puberty	12 lessons	Year 4–Year 6
Online Safety / Digital Wellbeing	14 lessons	Year 1–Year 6
Being Responsible	18 lessons	EYFS–Year 6

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