Curriculum Knowledge Overview: Human Relationships and Sex Education
Including Online relationships, Online Bullying, Online Reputation, Self-image & Identity and Health, wellbeing and Lifestyle.

This curriculum overview uses Curriculum resources from Ten Ten: Life to the full plus and 'I can statements' from 'Education for a Connected World using Project Evolve resources to deliver and support this learning. We have also adopted resources from BBC Bitesize & Oak Academy (Y6) to further enrich our curriculum offer. These resources are in bold.

This curriculum is also enhanced by planned theme days for Anti-bullying Week, including our annual visit from The Rock Kidz, Online Safety Day, Road Safety Week, Money Matters Visits & Mental health Week. It is further enriched through experiences and visitors. These include visits from the Police & Fire Service, dentists and nurses. Experiences include; Learn to Ride (EYFS), Bikeability (KS2), Road Safety Ambassadors & Right Start Pedestrian Training (EYFS & KS1). Local PCSOs also visit UKS2 to talk about the age of criminal responsibility and Online safety & behaviour. We have also had visits from AXA and some high street banks to discuss money matters and financial literacy.

** Indicate where a key decision has been made by the Governing Body on aspects of the taught HRSE curriculum after consultation with all stakeholders.

Parent Portal Access: You can access the Ten:Ten Parent Portal to view the teaching content using the following credentials: Parent Portal Link
Username: st-bernadette-la1
Password: ave-grotto
Login into the Parent Portal and then you will be able to access the hyperlinks within this document.

	Autumn	Spring	Summer
Reception	Handmade with Love I am Me! Heads, Shoulders, Knees & Toes Ready Teddy All the Feelings Let's Get Real You've Got a Friend in Me Forever Friends What is the Internet? Playing Online Safe Inside & Out **Online Relationships** My Body, My rules I Like, You Like, We All Like **Self-Image & Identity**	Role Model New People, New Places Feeling Poorly People Who Help Us **Online Bullying** **Online Reputation**	God is Love Loving God, Loving Others Me You & Us Money Doesn't Grow on Trees When I Grow Up! New People, New Places(revisit) **Health, Wellbeing & Lifestyle**

Year One	Let The Children Come God Loves You Treat Others Well …And say Sorry Good & Bad Secrets Physical Contact **Self-Image & Identity**	Harmful Substances Three in One Can You Help Me: Part One Can You Help Me: Part Two Who Is My Neighbour? **Online Bullying** **Online Reputation**	The Communities We Live in Who Will I Be? ***Money Sense*** **Health, Wellbeing & Lifestyle**
Year Two	Let the Children Come I Am Unique Girls & Boys ** Clean & Healthy (My Body) Real Life Online Rules to Help Us **Online Relationships** **Self-Image & Identity**	Feelings, Likes & Dislikes Feeling Inside Out Super Susie Gets Angry The Cycle of Life Beginnings & Endings Change is All Around **Health, Wellbeing & Lifestyle** **Online Reputation**	Three in One Who is My Neighbour The Communities We Live In Needs & Wants
Year Three	Get Up! The Sacraments Jesus My Friend **Self-Image & Identity** **Online Relationships** Sharing Online	Chatting Online Friends, Family, Others When Things feel Bad Balancing Needs **Online Bullying** **Online Reputation**	Recognising Risk Drugs, Alcohol & Tabacco First Aid Heroes Rights & Responsibilities Community of Love What is The Church How Do I Love Others? Working Together **Health, Wellbeing & Lifestyle**
Year Four	We Don't Have to Be the Same Respecting our Bodies What is Puberty Changing Bodies What Am I feeling? What Am I Looking At? I Am Thankful **Self-Image & Identity**	A Time for Everything Big Changes, Little Changes Safe in My Body ** **Online Bullying** **Online Reputation** **Health, Wellbeing & Lifestyle**	Community of Love What is The Church? How Do I Love Others? Money Matters Recognising Risk

	Online Relationships		
Year Five	Calming The Storm God Is Calling YOU Under Pressure Do You Want a Piece of Cake Self-talk **Self-Image & Identity** Sharing Isn't Always Caring	Life Cycles** Types of Abuse** Impacted Lifestyles Making Good Choices Giving Assistance **Online Bullying** Cyber Bullying **Online Relationships**	**Online Reputation** **Health, Wellbeing & Lifestyle** The Holy trinity Catholic Social Teaching Reaching Out The World of Work
Year Six	Gifts & talents Girls Bodies Boys Bodies Spots & Sleep **Self-Image & Identity** **Online Relationships** Seeing Stuff Online ** Money & Me	Body Image Peculiar feelings Emotional Changes Making Babies Part One Making Babies Part Two ** Menstruation Hope Beyond Death Coping With Change **Online Bullying** **Online Reputation**	Confidence Vs Control Build Others Up** The Holy Trinity Catholic Social teaching Reaching Out **Health, Wellbeing & Lifestyle** **Use of AI** **Algorithms & Echo Chambers** **Online Motivation & Bias**