

## *The RHE Curriculum at John T Rice Infant and Nursery School*

### KS1 Progression

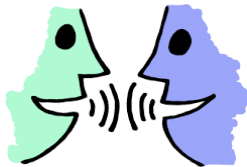


## Our RHE Curriculum Intent

At John T Rice Infant and Nursery School we recognise that RHE encompasses every aspect of school life. Every child has a right to Relationship and Health Education from Autumn 2022. The learning in KS1 within the RHE curriculum is focussed around teaching the fundamental building blocks and characteristics of positive relationships, especially teaching content about friendships, family relationships and relationships with other children and with adults.

### Our Curriculum Drivers.

As a school we have developed 3 curriculum drivers that shape our curriculum, bring out the aims and values of our school and respond to the needs of our school community.

| <b>Communication Skills</b><br>                                                                             | <b>Mental Health and Resilience</b><br>  | <b>The Wider World</b><br>                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Our children will be able to communicate effectively with adults and peers using a range of vocabulary and leave us being able to read, write and have a good mathematical knowledge.</p> | <p>Our children will understand how to lead a healthy lifestyle and be mindful of their mental well-being. They will grow as independent and resilient learners</p>                                           | <p>Our children will understand about a range of multi-cultural and diverse communities to support them in becoming a global citizen.</p> |

A child leaving John T Rice will have explicit tools to help them regulate and navigate personal, social and emotional challenges that they may face throughout their life. They will understand how to live physically and emotionally healthy lifestyles. They will be able to form and sustain a wide range of positive relationships. They will contribute and function successfully in the wider world and have aspirations for themselves and those around them. We aim to develop the role of pupil voice through our school council and charity work as a school.

**Progression Document: RHE**

| RHE Themes over the year |                      |                        |                  |            |               |             |
|--------------------------|----------------------|------------------------|------------------|------------|---------------|-------------|
| Cycle A and Cycle B      |                      |                        |                  |            |               |             |
|                          | Autumn 1             | Autumn 2               | Spring 1         | Spring 2   | Summer 1      | Summer 2    |
| KS1                      | Being me in my world | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |

| Progression in Key RHE Vocabulary                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| YEAR 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | YEAR 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| friends, teachers, parents, siblings, grandparents, relatives, families, feelings, help, private, uncomfortable, safe, unsafe, permission, behaviour, school, kind, feelings, respect, polite, rules, sharing, care, environment, recycling, differences, internet, digital, devices, safety, online, strengths, interests, community, jobs, work, healthy, hygiene, care, unhealthy, balance, safe, unique, special, same, different, feelings, recognise, safe, restrictions, online, trust, feelings | kindness, listening, honesty, friends, inclusion, arguments, help, online, bullying, feelings, differences, secrets, uncomfortable, worried, common, groups, situations, roles, teams, faiths, responsibilities, community, internet, purpose, value, content, recognise, currency, jobs, banks, savings, money, spending, routines, mental health, growing, changing, teeth, dentist, feelings, bereavement, life cycle, human bodies,, responsibilities, goals, medicines, safety, unsafe, danger, accident, emergency |

## Skills and Knowledge progression

| Breadth of Study                                                                                                 | Year 1                                                                                                                                                                                                                                                                                                                                                        | Year 2                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Being me in my world</p>     | <ul style="list-style-type: none"> <li>To know they are special and safe.</li> <li>To know they are part of a class.</li> <li>To begin to know their Rights and Responsibilities</li> <li>To begin to know what rewards are and feeling proud.</li> <li>To begin to know what consequences are.</li> <li>To be able to follow The Learning Charter</li> </ul> | <ul style="list-style-type: none"> <li>To know their own hopes and fears for the year</li> <li>To know their Rights and Responsibilities</li> <li>To know what rewards are and consequences.</li> <li>To know what a safe and fair learning environment is like</li> <li>To be able to value contributions.</li> <li>To be able to make choices.</li> <li>To be able to recognise feelings</li> </ul> |
| <p>Celebrating Difference</p>  | <ul style="list-style-type: none"> <li>To know there are similarities and differences.</li> <li>To begin to know what bullying is and how to deal with it.</li> <li>To begin to be able to make new friends.</li> <li>To be able to celebrate the differences in everyone</li> </ul>                                                                          | <ul style="list-style-type: none"> <li>To know there is gender diversity.</li> <li>To know there are assumptions and stereotypes about gender.</li> <li>To know and understand about bullying.</li> <li>To be able to stand up for self and others.</li> <li>To be able to make new friends.</li> <li>To be able to celebrate difference and remain friends</li> </ul>                                |
| <p>Dreams and Goals</p>                                                                                          | <ul style="list-style-type: none"> <li>To know there are different learning styles.</li> <li>To know the feelings of success</li> <li>To be able to set goals.</li> <li>To be able to identify successes and achievements.</li> </ul>                                                                                                                         | <ul style="list-style-type: none"> <li>To know their learning strengths</li> <li>To be able to achieve realistic goals.</li> <li>To be able to persevere</li> <li>To be able to learn with others.</li> <li>To be able to co-operate in a group.</li> </ul>                                                                                                                                           |

## John T Rice Infant and Nursery School: -KS1 Curriculum Progression Document

|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                       | <ul style="list-style-type: none"> <li>To be able to work well and celebrate achievement with a partner.</li> <li>To be able to take on new challenges.</li> <li>To be able to identify and overcome obstacles</li> </ul>                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>To be able to contribute to and share success</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>Healthy Me</p>     | <ul style="list-style-type: none"> <li>To begin to know how to keep myself healthy.</li> <li>To begin to know there are healthier lifestyle choices.</li> <li>To know how to keep clean.</li> <li>To know how to keep safe.</li> <li>To know about medicine safety/safety with household items</li> <li>To know about road safety</li> <li>To know that health and happiness are linked</li> </ul>                                                  | <ul style="list-style-type: none"> <li>To know healthier lifestyle choices</li> <li>To know what relaxation is.</li> <li>To know about healthy eating and nutrition</li> <li>To know what a healthier snack is.</li> <li>To know what motivation is.</li> </ul>                                                                                                                                                                                                                             |
| <p>Relationships</p>  | <ul style="list-style-type: none"> <li>To know they belong to a family.</li> <li>To know about physical contact preferences</li> <li>To know about people who help us.</li> <li>To know the qualities of a friend and person</li> <li>To be able to make friends/be a good friend.</li> <li>To be able to acknowledge self.</li> <li>To be able to be a good friend to myself</li> <li>To be able to celebrate special relationships</li> </ul>     | <ul style="list-style-type: none"> <li>To know different types of family</li> <li>To know physical contact boundaries</li> <li>To know about conflict within friendships</li> <li>To know there are good and bad secrets.</li> <li>To be able to recognise and appreciate people who can help them.</li> <li>To be able to express appreciation for special relationships</li> </ul>                                                                                                        |
| <p>Changing Me</p>  | <ul style="list-style-type: none"> <li>To begin to know the life cycles (animal and human)</li> <li>To know the changes since being a baby</li> <li>To begin to know the differences between female and male bodies (correct terminology)</li> <li>To be able to notice the changes in themselves.</li> <li>To begin to be able to cope with change.</li> <li>To be able to identify what they are looking forward to at their new class</li> </ul> | <ul style="list-style-type: none"> <li>To know the life cycles in nature</li> <li>To know natural process of growing from young to old</li> <li>To know the differences in female and male bodies (correct terminology)</li> <li>To know the different types of touch</li> <li>To be able to be increasingly independent</li> <li>To be to say what they like/don't like and ask for help.</li> <li>To be able to identify what they are looking forward to at their new school.</li> </ul> |



*Aim high and shine*

## John T Rice Infant and Nursery School: -KS1 Curriculum Progression Document