



## Gig Mill Primary School – RHW (Relationships, Health and Wellbeing) Curriculum



Intent	Our Relationships, Health and Wellbeing (RHW) curriculum aims to equip children with essential skills for life. It intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships, and become active citizens responsibly participating in society around them. These lessons are strongly rooted in the core British Values and Protected Characteristics. The themes used in our programme of study develop social, moral, spiritual and cultural awareness – developing the children's understanding of themselves and others in society and the wider world.. Through this, children will understand how to become resilient and know where to seek help when needed. The spiral curriculum in RHW is developed through three overarching themes linked to: <b>Relationships</b> , <b>Living in the Wider world</b> and <b>Health and Wellbeing</b> .		
	Autumn	Spring	Summer
Nursery (PSED)	Settling into the new routines of nursery Building friendships and learning to how share with others Talking about our feelings	Continuing to work on developing friendships with others and sharing	Preparing those children starting school for transition into school.
Reception (PSED)	Learn our school rules and routines Make choices about the activities they wish to complete and learn to share and collaborate with their new class friends Discuss similarities and differences between themselves and others, and among families using family photos from memory boxes	Learn about the importance of a balanced diet and healthy foods Explore why it is important to stay healthy Consider why exercise is important Oral hygiene and brushing teeth	Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience, and perseverance. Discuss transition to year 1
Year 1	<b>Keeping safe</b> - How rules and age restrictions help us; keeping safe online <b>Families and friendships</b> – Roles of different people; families; feeling cared for <b>Belonging to a community</b> - What rules are; caring for others' needs; looking after the environment	<b>Physical health and mental wellbeing</b> – Keeping healthy; food and exercise, hygiene routines; sun safety <b>Media literacy and digital resilience</b> – Using the internet and digital devices; communicating online <b>Respecting ourselves and others</b> - How behaviour affects others; being polite and respectful	<b>Safe relationships</b> – Recognising privacy; staying safe; seeking permission <b>Money and Work</b> – Strengths and interests; jobs in the community <b>Growing and Changing</b> - Recognising what makes them unique and special; feelings; managing when things go wrong
Year 2	<b>Keeping safe</b> – Safety in different environments; risk and safety at home; emergencies <b>Families and friendships</b> – Making friends; feeling lonely and getting help <b>Belonging to a community</b> - Belonging to a group; roles and responsibilities; being the same and different in the community	<b>Physical health and mental wellbeing</b> – Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help <b>Media literacy and digital resilience</b> – The internet in everyday life; online content and information <b>Respecting ourselves and others</b> - Recognising things in common and differences; playing and working cooperatively; sharing opinions	<b>Safe relationships</b> – Managing secrets; resisting pressure and getting help; recognising hurtful behaviour <b>Money and Work</b> – What money is; needs and wants; looking after money <b>Growing and Changing</b> - Growing older; naming body parts; moving class or year



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Year 3	<b>Keeping safe</b> – Risks and hazards; safety in the local environment and unfamiliar place <b>Families and friendships</b> – What makes a family; features of family life <b>Belonging to a community</b> – The value of rules and laws; rights, freedoms and responsibilities	<b>Physical health and mental wellbeing</b> – Health choices and habits; what affects feelings; expressing feelings <b>Media literacy and digital resilience</b> – How the internet is used; assessing information online <b>Respecting ourselves and others</b> – Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<b>Safe relationships</b> – Personal boundaries; safely responding to others; the impact of hurtful behaviour <b>Money and Work</b> – Different jobs and skills; job stereotypes; setting personal goals <b>Growing and Changing</b> – Personal strengths and achievements; managing and reframing setbacks
Year 4	<b>Keeping safe</b> – Medicines and household products; drugs common to everyday life <b>Families and friendships</b> – Positive friendships, including online <b>Belonging to a community</b> – What makes a community; shared responsibilities	<b>Physical health and mental wellbeing</b> – Maintaining a balanced lifestyle; oral hygiene and dental care <b>Media literacy and digital resilience</b> – How data is shared and used <b>Respecting ourselves and others</b> – Respecting differences and similarities; discussing difference sensitively	<b>Safe relationships</b> – Responding to hurtful behaviour; managing confidentiality; recognising risks online <b>Money and Work</b> – Making decisions about money; using and keeping money safe <b>Growing and Changing</b> – Personal identity; recognising individuality and different qualities; mental wellbeing
Year 5	<b>Keeping safe</b> – Keeping safe in different situations, including responding in emergencies, first aid <b>Families and friendships</b> – Managing friendships and peer influence <b>Belonging to a community</b> – Protecting the environment; compassion towards others	<b>Physical health and mental wellbeing</b> – Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies <b>Media literacy and digital resilience</b> – How information online is targeted; different media types, their role and impact <b>Respecting ourselves and others</b> – Responding respectfully to a wide range of people; recognising prejudice and discrimination	<b>Safe relationships</b> – Physical contact and feeling safe <b>Money and Work</b> – Identifying job interests and aspirations; what influences career choices; workplace stereotypes <b>Growing and Changing</b> – Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 6	<b>Keeping safe</b> – Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media <b>Families and friendships</b> – Attraction to others; romantic relationships; civil partnership and marriage <b>Belonging to a community</b> – Valuing diversity; challenging discrimination and stereotypes	<b>Physical health and mental wellbeing</b> – What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online <b>Media literacy and digital resilience</b> – Evaluating media sources; sharing things online <b>Respecting ourselves and others</b> – Expressing opinions and respecting other points of view, including discussing topical issues	<b>Safe relationships</b> – Recognising and managing pressure; consent in different situations <b>Money and Work</b> – Influences and attitudes to money; money and financial risks <b>Growing and Changing</b> – Human reproduction and birth; increasing independence; managing transition