

Substantive and disciplinary knowledge RSHE curriculum Springfield Academy

Families and relationships

EYFS	KS1 Cycle A	KS1 Cycle B	LKS2 Cycle A	LKS2 Cycle B	UKS2 Cycle A	UKS2 Cycle B
<p><u>Building relationships</u> All about me and my family</p> <p>Building relationships with adults and friends around me.</p> <p>What makes a good friend?</p> <p>Being inclusive and kind.</p> <p>Taking steps to resolve conflict with others.</p> <p>Include other children in play if they are hesitant.</p> <p>Working and playing co-operatively.</p>	<p>I know that families look after us.</p> <p>I know some words to describe how people are related (e.g. auntie, cousin...).</p> <p>I know that families may be different to my family.</p> <p>I know that some information about me and my family is personal.</p> <p>I know some characteristics of a positive friendship.</p> <p>I know that friendships can have problems, but these can be overcome.</p> <p>I know stereotyping is when people think of things as being 'for boys' or 'for girls' only.</p> <p>I know some stereotypes related to jobs.</p> <p>I can recognise other people's emotions (e.g.</p>	<p>N/A</p>	<p>I know that families are varied in the UK and across the world.</p> <p>I know I can talk to trusted adults or services such as Childline if I experience family problems.</p> <p>I can explain the physical and emotional boundaries in friendships.</p> <p>I know that violence is never the right way to solve a friendship problem.</p> <p>I know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>I know that bullying can be physical or verbal.</p> <p>I know that bullying is repeated, not a one-off event.</p> <p>I know what to do if bullying happens.</p>	<p>N/A</p>	<p>I know that marriage is a legal commitment and a choice people can make.</p> <p>I know that, if I have a problem, I can call ChildLine on 0800 1111.</p> <p>I know what attributes and skills make a good friend.</p> <p>I know a conflict is a disagreement or argument and can occur in friendships.</p> <p>I know what is meant by negotiation and compromise.</p> <p>I understand what might lead to someone bullying others.</p> <p>I know what action a bystander can take when they see bullying.</p> <p>I understand that positive attributes are the good</p>	<p>N/A</p>

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	<p>angry, scared, upset or worried).</p> <p>I know the skills needed to work together in a group.</p> <p>I know how the actions of others can affect people. I know what good manners are. I know there are ways we can remember people or events.</p>		<p>I know different roles related to bullying including the victim, bully and bystander. I know the signs of a good listener. I know the courtesy and manners which are expected in different scenarios. I know that people can have similarities and differences and explain how differences can be a positive thing.</p> <p>I know some stereotypes related to age and disability.</p>		<p>qualities that someone has. I know that stereotypes can be unfair, negative and destructive.</p> <p>I know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p> <p>I know that loss and change can cause a range of emotions. I know grief is the process people go through when someone close to them dies.</p>	
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Economic wellbeing

EYFS	KS1 Cycle A	KS1 Cycle B	LKS2 Cycle A	LKS2 Cycle B	UKS2 Cycle A	UKS2 Cycle B
	<p>I know that coins and notes have different values.</p> <p>I know some of the ways children may receive money.</p> <p>I know it is wrong to steal money.</p> <p>I know that money is valuable and needs to be taken care of to avoid losing or damaging it.</p> <p>I know money should be stored in a safe place, such as a piggy bank or a wallet.</p> <p>I know a bank is a place where I can store my money.</p> <p>I know what a bank account is.</p> <p>I know about the concept of saving money and its benefits for future goals or things I want to buy.</p>	N/A	<p>I know the pros and cons of different payment methods.</p> <p>I know reasons for spending money.</p> <p>I know the benefits of budgeting.</p> <p>I know the emotional impact of money.</p> <p>I know the societal and environmental impact of spending choices.</p> <p>I know the range of jobs and opportunities available.</p> <p>I know what job stereotypes are and how to challenge workplace stereotypes.</p> <p>I know anyone can aspire to any career.</p> <p>I know how to determine value for money.</p> <p>I know factors influencing buying decisions.</p>	N/A	<p>I know the principles of budgeting and its consequences.</p> <p>I know the concepts of income, expenditure and informed spending.</p> <p>I know the responsibilities and consequences of borrowing money.</p> <p>I can share emotional responses to various money situations.</p> <p>I know factors influencing career decisions.</p> <p>I know the impact of education and interests on career paths.</p> <p>I know the effects and challenges of workplace stereotypes.</p> <p>I know how money can affect feelings and behaviour.</p> <p>I can identify risks to money safety and methods to safeguard</p>	N/A

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	<p>I know everyone has different strengths in and out of school.</p> <p>I know different jobs need different skills.</p> <p>I know the difference between a 'want' and a 'need'.</p> <p>I know why diversity and inclusion are important in workplaces.</p>		<p>I know the importance of monitoring and tracking money.</p> <p>I know the role and features of bank accounts.</p> <p>I know methods for safeguarding money.</p> <p>I know the likelihood of job or career changes.</p>		<p>money in both physical and digital environments.</p> <p>I know what gambling is and the risks and consequences associated with it.</p> <p>I know different types of workplace environments and their characteristics.</p> <p>I know the importance of teamwork, communication, and career roles within a workplace.</p> <p>I know various career routes in multiple sectors and their educational and skill requirements.</p>	
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Citizenship						
EYFS	KS1 Cycle A	KS1 Cycle B	LKS2 Cycle A	LKS2 Cycle B	UKS2 Cycle A	UKS2 Cycle B
<p>N1/N2 F2</p> <p>I know the school rules.</p> <p>Establishing rules and routines in the class room.</p> <p>Meeting behaviour expected.</p> <p>Working as a team and solving problems.</p> <p>Showing sensitivity towards others. Translating behaviour expected to different places around school.</p>	N/A	<p>I know the key rules we have in school. I know why rules are important.</p> <p>I know that animals have different needs. I know that babies and young children have different needs.</p> <p>I can say ways in I am similar to other people. I can say ways in I am different from other people.</p> <p>I know ways I can look after the school environment. I know how people look after the local environment. I can share my opinion on things which are important to me.</p>	N/A	<p>I know that children have rights.</p> <p>I know that human rights are specific rights that apply to all people.</p> <p>I know that recycling rubbish helps protect the environment.</p> <p>I can identify things that can be recycled. I know how reusing items benefits the environment.</p> <p>I can explain what a community is.</p> <p>I know that communities are made up of different groups. I know some of the buildings and places that are there for the community. I can explain why differences benefit a community. I know that charities care for others.</p>	N/A	<p>I know that rights apply to everyone. I know that there are responsibilities as well as rights.</p> <p>I can explain why education is important and is included as a human right.</p> <p>I know that reducing the use of materials and energy helps the environment. I can explain some environmental issues relating to food and food production. I know how to show care and concern for others.</p> <p>I know that prejudice is making assumptions about someone based on certain information. I know that discrimination is treating someone differently</p>

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				<p>I know how people can support charities.</p> <p>I know how democracy works in the local area.</p> <p>I know that the local council is responsible for looking after the local area.</p> <p>I can explain how local residents can share their ideas with the local councillor.</p> <p>I can identify some issues that a local councillor might be able to help with.</p> <p>I know why we have rules and consequences.</p>		<p>because of a certain factor.</p> <p>I can explain how I might challenge prejudice and discrimination.</p> <p>I can recognise and value the contribution people make to the community.</p> <p>I know what a pressure group is.</p> <p>I can explain how pressure groups bring about change.</p> <p>I know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>I know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>I can identify some qualities needed to be an MP.</p> <p>I know how the Government works.</p> <p>I know some roles in the Government.</p>
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						I can explain some ideas I have for the Government.
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Health and wellbeing

EYFS	KS1 Cycle A	KS1 Cycle B	LKS2 Cycle A	LKS2 Cycle B	UKS2 Cycle A	UKS2 Cycle B
<p>N1/N2 F2</p> <p>Self- Regulation, using ZOR to identify emotions in themselves, others and use strategies to help themselves and others.</p> <p>Managing self</p> <p>Self-reflect and being able to learn from own mistakes.</p> <p>Begins to control immediate impulses.</p> <p>Shows resilience in the face of challenge or an unfamiliar situation.</p>	N/A	<p>I know words to describe some positive and negative emotions. I can describe and understand my feelings.</p> <p>I know strategies for managing my feelings.</p> <p>I can identify personal strengths and qualities.</p> <p>I can set personal goals and say how I will work towards them.</p> <p>To know that a growth mindset means being positive about challenges and finding ways to overcome them.</p> <p>I know that sleep helps my body to repair itself, to grow and restores my energy.</p> <p>I know different ways to relax.</p>	N/A	<p>I know the different food groups and how much of them we should have to have a balanced diet.</p> <p>I know the benefits of healthy eating.</p> <p>I know how to look after my teeth.</p> <p>I know the positive impact relaxation can have on the body.</p> <p>I know a range of stretches that can be used for relaxation.</p> <p>I can describe a calm place that helps me to feel relaxed.</p> <p>I know that 'identify' means 'who I am'.</p> <p>I can explore different aspects of my identity by considering what I like and the groups and communities I belong to.</p> <p>I know that being lonely occurs when we feel like</p>	N/A	<p>I know some relaxation stretches that can help me to relax and de-stress.</p> <p>I know mindfulness techniques I can use to manage my emotions.</p> <p>I know how I can get a good night's sleep and why this is important.</p> <p>I know that failure is an important part of success.</p> <p>I can describe a strategy to help manage feelings of failure and help me to persevere.</p> <p>I know how to set short-term, medium-term and long-term goals.</p> <p>I know what resilience is, why it is important and some useful resilience strategies.</p>

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		<p>I know that germs can be spread via our hands.</p> <p>I know how to wash my hands properly.</p> <p>I know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>I know that people can be allergic to certain things.</p> <p>I know that there are people in the local community who help keep us healthy.</p> <p>I know that a healthy diet is when we eat a balance of the right foods.</p> <p>I know what might happen to our bodies if we make poor diet choices.</p> <p>I know how to keep my teeth healthy.</p>		<p>we don't belong to any particular groups.</p> <p>I know that being lonely is not the same as being alone.</p> <p>I can identify my own strengths and say how my strengths can help others.</p> <p>I know that problems can be overcome by breaking barriers down into smaller, more achievable steps.</p> <p>I know that mistakes can help us to learn.</p> <p>I know that consent means 'giving permission'.</p> <p>I know that boundaries refers to setting expectations of what they like/dislike.</p> <p>I know what to say when setting a boundary.</p> <p>I know that mental health refers to our emotional wellbeing, rather than physical.</p> <p>I know who can help if I am worried about my own or other's mental health.</p>		<p>I understand that my actions can affect other people.</p> <p>I know that calories are the unit used to measure the amount of energy certain foods give us.</p> <p>I can use my knowledge of what a healthy diet is to plan a healthy meal.</p> <p>I know that a habit is a behaviour we often do without thinking.</p> <p>I know how habits can be good or bad for our health.</p> <p>I know how to take care of my physical health (diet, exercise, rest/relaxation, dental health).</p> <p>I know how to take care of my mental health (diet, exercise, rest/relaxation).</p> <p>I know the effects technology can have on physical and mental health.</p> <p>I know the risks of sun exposure.</p>
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						<p>I know how to keep safe in the sun. I know that vaccinations can give us protection against disease. I know that changes in my body could be possible signs of illness. I know who I can talk to if I am worried about my health or my friends' health.</p>
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Safety and the changing bodies

Note that the Safety and the Changing Body Units need to be taught to the specific year groups, not mixed

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>F2</p> <p>Keeping myself safe (medicine, sun and wider community)</p>	<p>I know who I can speak to if I am worried about something an adult says or does.</p> <p>I know what to do if I get lost.</p> <p>I know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened.</p> <p>I know emergency services are the police, fire service and ambulance service.</p>	<p>I can explain the difference between a secret and a surprise.</p> <p>I know that a surprise is something that everyone will know about at some point and will be happy about.</p> <p>I know that a secret is something that no one is ever supposed to know about and someone might be hurt or upset.</p> <p>I know the names of parts of the body, including private parts.</p> <p>I know the PANTS rule.</p>	<p>I know the role I can take in an emergency situation.</p> <p>I know I must consider my own safety before helping others in an emergency.</p> <p>I know how to help someone who has been bitten or stung.</p> <p>I know who or what can influence our decisions.</p> <p>I can explain how someone's influence might not be good for me.</p> <p>I know the rules for keeping safe near roads.</p>	<p>I know that asthma is a condition that causes the airways to narrow.</p> <p>I know how to help someone with asthma.</p> <p>I know the difference between 'private' and 'public'.</p> <p>I know that change is part of growing up.</p> <p>I know the physical changes which happen to male and female bodies as people grow from children to adults.</p> <p>I know how to look after my personal hygiene.</p>	<p>I know how the body changes as a child becomes an adult.</p> <p>I know that puberty happens at different ages for different people.</p> <p>I know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>I understand the process of the menstrual cycle.</p> <p>I know how to assess a</p>	<p>I know the risks associated with drinking alcohol.</p> <p>I understand the changes that take place during puberty.</p> <p>I understand the process of the menstrual cycle.</p> <p>I know how a baby is conceived and develops (<i>Note: parents have the opportunity to withdraw their child from this lesson</i>).</p> <p>I know how a baby develops in the womb during pregnancy. (<i>Note: parents have the opportunity to withdraw their child from this lesson</i>).</p>

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	<p>I know the number for the emergency services and my address. I know that some types of physical contact are never acceptable.</p> <p>I know that some things are unsafe to put onto or into my body, and that I should ask an adult if I'm unsure. I know that a hazard is something which could cause an accident or injury. I know that there are people in the local community</p>	<p>I know the rules for crossing the road safely. I know that medicine can help us when we are ill. I know that we should only take medicines when a trusted adult says we can.</p>	<p>I know the role I can take in an emergency situation. I know I must consider my own safety before helping others in an emergency. I know how to help someone who has been bitten or stung. I know who or what can influence our decisions. I know the rules for keeping safe near roads.</p>	<p>I know the risks of smoking and some benefits of being a non-smoker.</p>	<p>casualty's condition. I know how to help someone who is bleeding or who has suffered a head injury. To know some strategies I can use to overcome pressure from others.</p>	<p>I know how to help someone who is choking. I know how to conduct a primary survey using DRsABC. I know how to help someone who is unresponsive.</p>
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	who help to keep us safe.					
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E safety

Note that the Safety and the Changing Body Units need to be taught to the specific year groups, not mixed

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>F2</p> <p>Keeping myself safe (medicine, sun and wider community)</p>	<p>I know the importance of keeping information such as username and password private</p> <p>I know what to do if something online makes me feel uncomfortable.</p>	<p>I know how the internet can be used to help us.</p> <p>I know how to stay safe online.</p> <p>I know what to do if something online makes me feel uncomfortable.</p>	<p>I know how to deal with unkind online behaviour and cyberbullying.</p> <p>I know cyberbullying is bullying which takes place online</p> <p>I know the signs that an email might be fake.</p>	<p>I know that age restrictions are designed to protect us.</p> <p>I know the risks of sharing information online.</p> <p>I know that not all information on search engines is valuable.</p>	<p>I know what is safe to share online.</p> <p>I know some of the possible dangers online and can suggest ways to stay safe.</p>	<p>I know the risks associated with drinking alcohol.</p> <p>I know how to check if that a news story is real.</p> <p>I know how I should behave online and the impact negativity can have.</p> <p>I know how to get help with online problems.</p>

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Transition						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>F2</p> <p>I know strategies to cope with change.</p> <p>I know about building relationships with unfamiliar adults.</p>	<p>I know my own strengths.</p> <p>I know everyone has different strengths. I can identify some positives about moving to a new class. I can identify some challenges about moving to a new class.</p>	<p>I know that change is normal.</p> <p>I know everyone has different strengths. I can identify some positives about moving to a new class. I can identify some challenges about moving to a new class.</p>	<p>I know strategies people use to cope with change.</p> <p>I know some opportunities and responsibilities that change might bring.</p>	<p>I know strategies people use to cope with change.</p> <p>I know some opportunities and responsibilities that change might bring.</p>	<p>I can develop a sense of self confidence and know how to remain positive. I know what is meant by the term growth mindset</p> <p>I know how my strengths will support me in next class/phase</p> <p>I know how to develop my strengths to support me in my next class/ phase</p>	<p>I can develop a sense of self confidence and know how to remain positive. I know what is meant by the term growth mindset</p> <p>I know how my strengths will support me in my next class/phase</p> <p>I know how to develop my strengths to support me in my next class/phase</p>

