

# Sheffield RSHE, PSHE and Citizenship Learning Journey

- A broad outline of the topics that are covered in each strand of the curriculum.
- Progression of skills
- Can be used to map-out RSHE, PSHE and Citizenship over time



Sheffield ILS eLearning Service

Improving outcomes. Embracing technology

Family		Friends		Community	
<b>KS1</b>	<ul style="list-style-type: none"> <li>- Understand own family</li> <li>- Know that we should feel safe and receive kindness when with our families (although not everyone does)</li> <li>- Understand acceptable behaviour at home and at school</li> <li>- Understand that families change</li> <li>- Practice saying no (consent)</li> <li>- Know how to report concerns</li> <li>- Understand that families are diverse</li> </ul>	<b>KS1</b>	<ul style="list-style-type: none"> <li>- Learn how to be a kind friend</li> <li>- Identify the features of good friends</li> <li>- Identify 'bossy' friendships</li> <li>- Identify bullying</li> </ul>	<b>KS1</b>	<ul style="list-style-type: none"> <li>- Contribute to a happy school</li> <li>- Consider their wider community</li> <li>- Understand the equality of expectations for boys and girls</li> <li>- Learn about gender (boys, girls and gender expectations)</li> </ul>
<b>LKS2</b>	<ul style="list-style-type: none"> <li>- Understand the way that families can change (including bereavement)</li> <li>- Appreciate that there are cultural differences between families in their communities</li> <li>- Know that boys and girls should be treated equally</li> </ul>	<b>LKS2</b>	<ul style="list-style-type: none"> <li>- Choose healthy friendships</li> <li>- Understand that friends are diverse</li> <li>- Learn how to resolve conflict</li> <li>- Including people who are in minority groups</li> <li>- Understanding what 'non-binary' means</li> </ul>	<b>LKS2</b>	<ul style="list-style-type: none"> <li>- Consider their place within a happy and fair world</li> <li>- Explore feelings of belonging</li> <li>- Learn how to contribute to society</li> </ul>
<b>UKS2</b>	<ul style="list-style-type: none"> <li>- Discuss the reason why people get married</li> <li>- Learn how to disagree and listen to opposing views with respect</li> <li>- Understand that families are highly varied and that the differences between people should be accepted and celebrated</li> </ul>	<b>UKS2</b>	<ul style="list-style-type: none"> <li>- Appreciate the ongoing complexity of close friendships</li> <li>- Celebrate difference</li> <li>- Identify manipulation tactics</li> <li>- Learn to stand up for our own interests</li> <li>- Identify and challenge bullying and stereotypes</li> <li>- Accept and celebrate difference</li> <li>- Begin to understand gender identity and sexual orientation</li> </ul>	<b>UKS2</b>	<ul style="list-style-type: none"> <li>- Understand the history of prejudice and discrimination</li> <li>- Learn how to stand up to prejudice</li> <li>- Learn about impairments and the way to treat disabled people with respect</li> <li>- Understand the importance of money and how to use it wisely</li> <li>- Explore the inequalities created by unequal distribution of wealth</li> <li>- Explore what does it mean to be British</li> </ul>

Mental Wellbeing		Physical health		Growing up	
KS1	<ul style="list-style-type: none"> <li>- Talk about feelings</li> <li>- Consider the range of moods that we experience</li> <li>- Resolve arguments</li> <li>- Begin to gain a sense of self</li> </ul>	KS1	<ul style="list-style-type: none"> <li>- Learn how to exercise</li> <li>- Identify healthy foods</li> <li>- Learn how to keep clean</li> <li>- Identify and avoid dangers</li> </ul>	KS1	<ul style="list-style-type: none"> <li>- Learn how our bodies change over time (Linked to science)</li> </ul>
LKS2	<ul style="list-style-type: none"> <li>- Manage feelings</li> <li>- Understand the causes and barriers to our own happiness</li> </ul>	LKS2	<ul style="list-style-type: none"> <li>- Appreciate the importance of exercise</li> <li>- Appreciate the importance of a healthy diet</li> <li>- Understand issues relating to hygiene and illness</li> </ul>	LKS2	<ul style="list-style-type: none"> <li>- Be able to access to information about periods should they need to</li> </ul>
UKS2	<ul style="list-style-type: none"> <li>- Develop empathy for other people in the world</li> <li>- Understand mental wellbeing</li> <li>- Resolve conflicts</li> <li>- Understand the causes of our emotions</li> <li>- Explore self-identity</li> </ul>	UKS2	<ul style="list-style-type: none"> <li>- Critique beauty standards and expectations and the effect these have on mental health</li> <li>- Understand that we need to balance long term happiness with short term enjoyment</li> <li>- Have a thorough understanding of diet and exercise</li> <li>- Appreciate the significance to health of hygiene and illness</li> <li>- Learn about the dangers of drugs, alcohol and tobacco</li> <li>- Learn how to verify health information</li> <li>- Identify and manage hazards and risk</li> <li>- Learn key life-saving skills</li> </ul>	UKS2	<p><b>Puberty</b></p> <ul style="list-style-type: none"> <li>- Understand physical changes including identifying body parts</li> <li>- Understand emotional changes</li> <li>- Understand the importance of hygiene during puberty</li> <li>- Understand the process of menstruation</li> </ul>
				UKS2	<p><b>Optional</b></p> <ul style="list-style-type: none"> <li>- Learn how sexual reproduction can lead to childbirth</li> </ul>