

Reception – R\$HE Aims (link; with early learning goals; expectations)

My feelings;	Pupils can identify a range of feelings and how these are expressing, including words to describe them and simple strategies for managing feelings.
My body	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene
My relationship;	Pupils understand that there are similarities and differences between everyone can celebrate this
My belief;	Pupils can recognise what they like and dislike and feel empowered to make real informed choices
My right; and responsibilities;	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy
Asking for help	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.

Year 1 – R\$HE Aims

My feelings;	Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond
My body	Pupils can correctly name the main parts of the body including external genital using scientific terms
My relationship;	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation
My belief;	Pupils can identify and respect the differences and similarities between people
My right; and responsibilities;	Pupils understand how some diseases are spread including the right to be protected from diseases and the responsibility to protect others.
Asking for help	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.

Year 2 – R\$HE Aims

My feelings;	Pupils can recognise and celebrate their strengths and achievements and set simple but challenging goals.
My body	Pupils can recognise how they grow and will change as they become older
My relationship;	Pupils can recognise different types of teasing, bullying, understanding that these are wrong and unacceptable
My belief;	Pupils can identify the ways in which
My right; and responsibilities;	Pupils can judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.
Asking for help	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable worried or afraid.

Year 3 – R\$HE Aims

My feelings;	Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem
My body	Pupils know how their body many change as they grow and develop, how to care for their body and celebrate their uniqueness.
My relationship;	Pupils can recognise a wide range of relationships including the attributes of positive, healthy relationships.

My belief;	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl.
My right; and responsibilities;	Pupils understand the right protect their body from unwanted touch.
Asking for help	Pupils can identify the difference between secrets and surprise, knowing when it is right to break a confidence and share a secret.

Year 4 – R\$HE Aims

My feeling;	Pupils can recognise and respond to a wide range of emotions in themselves and others and ways to respond.
My body	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty
My relationship;	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable and ways to respond.
My belief;	Pupils can recognise differences and similarities between people arise from a number of factors including family and personal identity.
My right; and responsibilities;	Pupils know that marriage is a commitment freely entered into both people and that no one should if they don't absolutely want to or are not making the decision freely for themselves.
Asking for help	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.

Year 5 – R\$HE Aims

My feeling;	Pupils can anticipate how their emotions may change as they approach and move through puberty.
My body	Pupils can anticipate how their body many change as they approach and move through puberty.
My relationship;	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.
My belief;	Pupils know the correct terms associated with gender identify and sexual orientation and the unacceptability of homophobic and transphobic bullying.
My right; and responsibilities;	Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.
Asking for help	Pupils have considered how to manage accidental exposure to explicit images and upsetting online materials, including who to talk to about what they have seen.

Year 6 – R\$HE Aims

My feeling;	Pupils can recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves.
My body	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female sex organs.
My relationship;	Pupils realise the nature and consequences of discrimination, including the use of prejudice-based language.
My belief;	Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM).
My right; and responsibilities;	Pupils have an awareness that infections can be shared during sexual intercourse and that a condom can help to prevent this.
Asking for help	Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.

THESE ARE THE AREAS OF LEARNING FOR 2025/2026 AND UNITS THAT ARE NOT TAUGHT WILL BE TAUGHT IN FOLLOWING YEARS

Nightingales:

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Norfolk RSHE	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pol-Ed	Keeping Safe - playing safely, safety at home, safety at school		Relationships - adults, friends, kindness		Understanding the law - rules and consequences	
PiXL Focus	PiXL Character: Independence - do things by ourselves PiXL Character: Organisation - plan and keeping things tidy PiXL Culture: Compassion - kindness and pets PiXL Wellbeing: My health - being healthy		PiXL Character: Teamwork - working together PiXL Character: motivation - why we do things/having a reason PiXL Culture: fairness - treating others the right way, taking turns, feelings linked with fairness PiXL Wellbeing: My life - interaction, support, friends and family		PiXL Character: resilience - bouncing back PiXL Character: self-control - our feelings and actions, managing our thoughts PiXL Culture: Honesty - telling the truth, feelings PiXL Wellbeing: My mind - my mind, healthy body, healthy mind, feelings and connections	

Penguins:

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Norfolk RSHE	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pol-Ed	Pol-Ed: Keeping Safe - keeping safe at home, meeting new people, fire safety, safety online, emergency services.		Pol-Ed: Relationships - friends and family, similarities and differences, bullying		Pol-Ed: Understanding the law - responsible citizen, laws, consequences	
PiXL Focus	PiXL Character: Independence - being independent PiXL Character: Organisation - what being organised means, using our organisation skills PiXL Culture: Compassion - wanting to help PiXL Wellbeing: My health - keeping healthy		PiXL Character: Teamwork - working together in school - skills PiXL Character: motivation - having a reason, challenge PiXL Culture: fairness - showing kindness and sharing, fair and unfair, feelings linked with fairness PiXL Wellbeing: My life - friends and family, personal safety, impressions		PiXL Character: resilience - what is resilience, challenge PiXL Character: self-control - learning to develop it, why is it important, our feelings and actions PiXL Culture: Honesty - what it feels like being honest, truth and lies PiXL Wellbeing: My mind - my mind, healthy body, healthy mind, feelings and emotions	

Flamingos:

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Norfolk RSHE	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pol-Ed	Pol-Ed: Keeping Safe - emergency services, worries, safety at home, first aid, encounters		Pol-Ed: Relationships - friends and family, bullying, discrimination, role models		Pol-Ed: Understanding the law - environment, job opportunities, laws, responsibility	
PiXL Focus	PiXL Character: Independence - meaning and importance of independent PiXL Character: Organisation - using organisation skills, building and teamwork links PiXL Culture: Compassion - helping and our feelings PiXL Wellbeing: My health - keeping active		PiXL Character: Teamwork - in the animal kingdom and communication PiXL Character: motivation - what is motivation, motivating others PiXL Culture: fairness - what fairness looks like, fair and unfair		PiXL Character: resilience - define, feelings linked with resilience, what it looks like PiXL Character: self-control - what it feels like and looks like, learning to develop it PiXL Culture: Honesty - define, scenarios, importance of telling the truth, key words	

		PiXL Wellbeing: My life - impressions, lifestyle, making choices	PiXL Wellbeing: My mind - healthy body, healthy mind, my mind
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Goldfinches:

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Norfolk RSHE	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pol-Ed	Pol-Ed: Keeping Safe - worries, safety at home, encounters, risks with money		Pol-Ed: Relationships - friends and family, discrimination, role models, words have power		Pol-Ed: Understanding the law - community, online, job opportunities, environment	
PiXL Focus	PiXL Character: Independence - at home, school and the community PiXL Character: Organisation - team organisation PiXL Culture: Compassion - empathy PiXL Wellbeing: My health - body health		PiXL Character: Teamwork - communication and problem solving PiXL Character: motivation - motivating others, maintaining motivation PiXL Culture: fairness - what fairness looks like - home, school and the community PiXL Wellbeing: My life - connections, lifestyle, pride		PiXL Character: resilience - what resilience looks like, where we see resilience PiXL Character: self-control - strategies, what it feels like PiXL Culture: Honesty - key words, importance, our feelings when lying/telling the truth PiXL Wellbeing: My mind - coping strategies, game plan, my mind	

Hummingbirds (Year 6):

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Norfolk RSHE	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pol-Ed	Pol-Ed: Keeping Safe - bonfire, drugs/medicine, addiction, Halloween, data sharing		Pol-Ed: Relationships - challenging sexism, racism, debate, secondary school		Pol-Ed: Understanding the law - legal drugs, antisocial behaviour, theft	
PiXL Focus	PiXL Character: Independence - importance of being independent PiXL Character: Organisation - debating skills PiXL Culture: Compassion - showing compassion PiXL Wellbeing: My health - my fitness		PiXL Character: Teamwork - apply and evaluate PiXL Character: motivation - external and internal motivation PiXL Culture: fairness - fairness in the world PiXL Wellbeing: My life - life connections, pride, support network		PiXL Character: resilience - what is resilience, positive mindset PiXL Character: self-control - ways to remain in control PiXL Culture: Honesty - scenarios, honesty in friendships PiXL Wellbeing: My mind - self management, game plan, life journey	