Roehampton Church Forest School RE – Relationship Education; RSE – Relationship and Sex Education; HE/PH&MW – Health Education/Physical Health and Mental Wellbeing; PSHE- Personal, Social, Health Education Curriculum Overview

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Computing curriculum **Year 1 (Willow)**	Online Safety **Helping Alex (Project Evolve)** **PSHE:** Rules **RE:** Respectful relationships- Bullying, to know what bullying is. **Caring friendships**, making friends, characteristics of being a good friend. **HE/PH&MW**: Mental wellbeing – Emotions	Online Safety **Personal & Private (Project Evolve)** **RSE:** My Body- Naming body parts Making choices and keeping my body safe. **PSHE:** Stranger danger Keeping safe in the home. Keeping safe outdoors.	Online Safety **Happiness Scale (Project Evolve)** **RE:** Respectful relationship- Bullying, identifying actions. **HE/PH&MW:** Mental well-being - Emotions, sadness and anger, triggers and strategies.	Online Safety **Let's communicate (Project Evolve)** **RSE**: Making choices and keeping my body safe **HE/PH&MW:** Health and Prevention – dental and handwashing	Online Safety **Who and Why? (Project Evolve)** **RE:** Bullying Know how someone who is bullied might feel. **HE/PH&MW:** Medicines	Online Safety **Personal Information? (Project Evolve)** **Who owns this picture? (Project Evolve)** **PSHE:** Financial Education – Saving **HE/PH&MW:** Physical health and fitness
Covered in computing curriculum **Year 2 (Ash)**	Online Safety **Me and My Avatar (Project Evolve)** **PSHE:** Rules **RE:** Respectful relationships – Bullying **RE:** Respectful relationships – Differences Tolerance and respect Courtesy and manners	Online Safety **Long Time Online (Project Evolve)** **PSHE:** Fire/firework safety. Keeping safe in the home. **HE/PH&MW:** Medicines and keeping safe around medicines.	Online Safety **Where can bullying be found? (Project Evolve)** **RE:** Bullying, how bullying affects behaviour and how to resolve this. **RE:** Caring friendships- Making friends Good friendships Negotiation and compromise.	Online Safety **Being kind online (Project Evolve)** **RSE:** Growing up – From baby to adult **HE/PH&MW:** Health and Prevention (sun damage)	Online Safety **What is Digital Consent? (BBC Own It)** **HE/PH&MW:** Healthy eating- Diet and what foods constitute a healthy diet. **HE/PH&WM:** Physical health and fitness- The importance of building regular exercise into daily and weekly routines and the benefits of this. **RE:** Bullying Know that bullies can choose to stop being a bully.	Online Safety **Making Choices (Project Evolve)** **Recognising work created by others (Project Evolve)** **RSE:** Body hygiene Know ways to keep my body clean. **PSHE:** Financial Education - Needs and wants. Ways to save money. Charities
Computing Curriculum **Year 3 (Maple) and Year 4 (Rowan)**	Online Safety **Safe Gaming Profiles (BBC Own It)** **PSHE:** Rules **RE:** Bullying Explain what bullying is. **HE/PH&MW:** Mental Wellbeing – Emotions in relation to different experiences and situations. Self-care techniques to help deal with anger and anxiety.	Online Safety **What is Online Reputation? (BBC Own It)** **RE:** Respectful relationships- Tolerance and respect.	Online Safety **Does being anonymous make it easier to be mean? (BBC Own It)** **HE/PH&MW:** Physical health and fitness- Importance of exercise. Exercise and mental health. **HE/PH&MW:** Healthy eating The heart Keeping safe when exercising. **RE:** Bullying- Understand what it means to be a witness.	Online Safety **Group decision making online (Childnet Group Chat)** **RSE:** Human Life Cycle Know where babies come from. Know babies grow in the womb and how they get their food. **PSHE:** Financial Education – Saving, spending and budgeting.	Online Safety **Having a positive impact (BBC Own It)** **HE/PH&MW:** Healthy eating- Identifying healthy and unhealthy eating. **RE:** Bullying Know ways in which a witness could help stop bullying **HE/PH&MW:** Physical health and fitness- Using excessive technology (gaming and tablets) can contribute to an unhealthy lifestyle both physically and mentally.	Online Safety **Avoiding scams, trolls & fraud (BBC Own It)** **Crediting others' work (Project Evolve)** **HE/PH&MW:** Drugs, alcohol and tobacco Know what a drug is. Know that alcohol and nicotine are legal drugs. Understand that all medicines are drugs, but not all drugs are medicines. **RSE:** Keeping my body safe- Acceptable/ unacceptable physical contact. Personal space. Secrets
Computing Curriculum **Year 5 (Sycamore) and Year 6 (Elder)**	Online Safety **Hate in Online Gaming (BBC Own It)** **PSHE:** Rules- Rights and responsibilities in the school. **RE:** Bullying - Rumour spreading and name calling. **PSHE:** Gang Culture	Online Safety **What I Know, What I Share (Project Evolve)** **PSHE:** Financial Education - Deductions from earnings. Financial risks. Debt. Fairtrade. Global environment and the impact of consumer choices. **HE/PH&MW:** Physical health and fitness – Seeking support for mental wellbeing. **HE/PH&MW:** Health and prevention- Sleep for good health and effects of a lack of sleep. Early signs of physical illness, such as weight loss, or unexplained body changes **HE/PH&MW:** Mental wellbeing - Benefits of physical exercise. Self-care techniques, Isolation and loneliness.	Online Safety **Group Chats (Childnet)** **HE/PH&MW:** Drugs, alcohol and tobacco – Associated risks alcohol has on our bodies. Associated risks nicotine has on our bodies. Associated risks medicines have on our bodies. Peer pressure. **HE/PH&MW:** Basic First Aid – Basic first aid, including head injuries. Calling the emergency services. **RE:** Bullying - Understand why people bully.	Online Safety **Collaborating safely online (Project Evolve)** **RSE:** Changing adolescent body - Emotional and physical changes occurring in puberty Key facts about the menstrual cycle. **RE**: Online Relationships- Rules and principles for keeping safe online. **HE/PH&MW**: Internet safety and harms- *Personal* information and the risks. Information and data sharing. Junk (spam and pop ups). Online friendships. Recognise risks & harmful content. Reporting harmful content. The benefits of rationing time spent online. The risks spending excessive time om-line can have. The impact of positive and negative content online.	Online Safety **Loot Boxes & Persuasive Design (BBC Own It)** **RSE**: Changing adolescent body- The emotional changes that can occur during puberty. Coping with different mood swings. Know who to talk to regarding issues with puberty. Know safe websites to look for information about puberty. **RE:** Bullying- Generate solutions, consider consequences and decide the best solutions to deal with bullies. **HE/PH&MW:** Health and Prevention (immunization and vaccination).	Online Safety **Prevent your identity being stolen (BBC Own It)** **What's fair use? (Project Evolve)** **PSHE:** Cyber bullying **HE/PH&MW:** Mental Wellbeing – Understand the term Cyber bullying and to know examples of it. Names of the terms for the different types of cyber bullying. The consequences if you are caught being a cyber bully. Reporting or blocking a cyber bully.