

Statutory Relationship Education 2026 at Forest Lodge Academy

Curriculum Map

This document highlights the skills and knowledge that form the building blocks of all positive relationships. Teaching supports pupils to grow into kind, caring adults who have respect for others and themselves. Pupils will know how to keep themselves and others safe. Schools will be sensitive to pupil circumstances and different family types including same sex, grandparents, young carers, kinship carers, adoptive and foster parents/carers. Lessons will focus on boundaries, privacy and children's rights over their own bodies and personal information. Pupils will also recognise emotional, physical and sexual abuse and understand what bullying is including the use of derogatory terms relating to sex, race disability or sexual orientation. Pupils will know how to report concerns and seek advice. All content will be taught through the renowned Jigsaw PSHE programme and will not cause unreasonable alarm or normalise risky behaviours or activities. Lessons will be age appropriate and respectful of all children.

Science Curriculum (Statutory)

Safeguarding (In addition to statutory Relationship content)

Reception		Year 1		Year 2	
Being me in my world	Understanding how it feels to belong and that we are similar and different. Starting to recognise and manage feelings. Enjoy working with others to make school a good place to be. Using kind and gentle hands. Understanding children's rights. Learning responsibility.	Being me in my world	Feeling special and safe. Belonging to a class - rights and responsibilities. Pride in achievements - valuing views. Choices and consequences and associated feelings.	Being me in my world	Identifying hopes and fears. Understanding rights and responsibilities of being in class and at school. Listening to other people's ideas. Making class a safe and fair place. Working cooperatively. Choices and consequences.
Celebrating difference	Identifying something I am good at recognising everyone good at different things. Understanding being different makes us special. Recognising difference but similarities. Why home is special to me. Being a kind friend. Standing up for myself.	Celebrating difference	Similarities and differences. Difference from friends. Bullying and associated emotions. Trusted adults/safe people in response to feeling unhappy. How to make new friends.	Celebrating difference	Stereotypes about gender. Similarities and differences. Understanding bullying is sometimes about difference. Recognise right and wrong and know how to look after myself. Being different and not judging. Differences that make us special and unique.
Dreams and goals	Tackling challenges and perseverance. Not giving up until achieved goals. Set a goal and working towards it. Using kind words to encourage people. Understanding link between what I learn and jobs I might want to do.	Dreams and goals	Setting simple goals and working out how to achieve it. Working with a partner and celebrating achievement. Tackling new challenges. Obstacles and how to overcome them.	Dreams and goals	Choosing realistic goals and how to achieve them. Keeping myself healthy and motivated reach health goals. Recognising who I work well with and how other people learn.

	How I feel when achieving a goal-pride.		Emotions related to new challenge and success.		Working in a group to problem solve. Relaxation and how to achieve it. Sharing success with other people.
Healthy me	In Health Education	Healthy me	In Health Education	Healthy me	In Health Education
Relationships	Identifying some of the jobs I do in my family. Belonging. Making friends to stop feeling lonely. Problem solving to stay friends. Importance and impact of unkind words. 'Calm me' time to manage feelings. How to be a good friend.	Relationships	Identifying the members of my family and understand different types of family. What being a good friend is. Appropriate physical contact acceptable and unacceptable touch. Who can help in school? How to praise myself-qualities. Who is special to me-expressing feelings and appreciation?	Relationships	Identifying different members of my family and understanding the relationship with each of them. Understand different forms of physical contact in a family-acceptable and unacceptable. Identify things causing conflict with friends-problem solving. Understanding that sometimes it's good to keep a secret and sometimes it's not. Recognising and appreciating people who can help me in my family, school and community. Expressing appreciation for people in my special relationships.
Changing me	In Health Education	Changing me	In Health Education	Changing me	In Health Education
Year 3		Year 4		Year 5	
Being me in my world	Self-worth and positivity. Setting personal goals. Face new challenges. Making responsible choices and ask for help if needed. Rules needed and relation to responsibilities. Actions affect myself and others and feelings and see things from their point of view. Making responsible choices and take actions.	Being me in my world	Attitudes making a difference to the class. Making people feel welcome and valued. Who is in the school community and roles they play. Contributing. Democracy - how this works through school council. How actions affect myself and others. Caring about others feelings. Empathy. Understanding how groups make decisions. Democracy and having a voice benefits the school community.	Being me in my world	Facing new challenges positively and setting personal goals. Rights and responsibilities as citizens of my country and member of school. Empathise with people in this country whose lives are different from my own. Making choices about behaviour-rewards and consequences. Actions affecting others. Democracy and having a voice benefiting school community.
Celebrating difference	Understanding everyone's family is different and important. Understanding conflicts in families.	Celebrating difference	Making assumptions based on appearance.	Celebrating difference	Cultural differences sometimes cause conflict. Awareness of own culture.

	<p>Witness and bystander to bullying. Witnesses can make the situation better or worse by what they do. Hurtful words and consequences.</p>		<p>What influences me to make assumptions based on appearance? Bullying-witness and actions. Why witnesses sometimes join in with bullying or do not tell- problem solving. What is special about me and ways I am unique? Accepting people for who they are.</p>		<p>Understanding racism. Attitude towards people from difference races, cultures and ethnicities. Rumour spreading and name-calling as bullying behaviours. Difference between direct and indirect bullying. Comparing lives with people in the developing world. Appreciating the value of happiness regardless of material wealth. Understand a different culture to my own. Respect.</p>
<p>Dreams and goals</p>	<p>Facing difficult challenges and achieving success. Identify dreams/ambitions. New learning challenges. Motivation and enthusiasm with challenges. Recognising obstacles that might hinder achievement. Evaluate learning processes.</p>	<p>Dreams and goals</p>	<p>Hopes and dreams. Disappointment and building resilience with support. Coping with disappointment-building self-esteem and resilience. Making and working towards achieving new goals. Identify contributions to group achievements.</p>	<p>Dreams and goals</p>	<p>Understand the value of money and achieving goals and dreams. Spending decisions and effect on others and the environment. Saving and spending money. Explore range of different jobs and critically think about information. Changing goals and identify as grow up. Describing dream and goals of young people in a culture different to mine. Communication with someone in a different culture means learning from each other. Supporting strategies. Encouraging peers to support young people here and abroad to meet aspirations. Motivated to make positive contribution.</p>
<p>Healthy me</p>	<p>In Health Education</p>	<p>Healthy me</p>	<p>In Health Education</p>	<p>Healthy me</p>	<p>In Health Education</p>
<p>Relationships</p>	<p>Roles and responsibilities of each family member and reflect on expectations for males and females. Identify and put into practice some of the skills of friendships. Understanding who people around the world help and influence my life and that media does not always show complete information. I understand how my needs and rights are shared by children around the world</p>	<p>Relationships</p>	<p>Recognising situations which can cause jealousy in relationships. Identifying someone I love and express why special to me. Exploring loss. Understanding we can remember people even if we no longer see them. Recognising how friendships change, how to make new friends and manage conflict. Understanding what having boyfriend/girlfriend might mean and</p>	<p>Relationships</p>	<p>Accurate picture of who I am as a person-characteristics and personal qualities. Building self-esteem. Belonging to online community-positive and negative consequences. Rights and responsibilities of online community or social network and playing a game online safely. Screen time-recognising when spending too much time using devises.</p>

	and that everyone experiences difficult feelings sometimes. Express appreciation to friends and family.		that is a special relationship when older. Know how to show love and appreciation to people and animals special to me.		Staying safe when using technology to communicate with friends. Rights about personal data. Voicing the right to say no.
Changing me	In Health Education	Changing me	In Health Education	Changing me	In Health Education
Year 6		Additional lessons, assemblies and activities in Relationship Education			
Being me in my world	Identifying goals for the year. Understanding fears and worries about the future and expressing them. Universal rights for all children from different communities. Actions may affect other people locally and globally. Making choices about behaviour reward and consequences in relation to rights and responsibilities. Empathy. Behaviour affecting group. Democracy - voice that benefits the school community.	<ul style="list-style-type: none"> • Fire safety (Fire Service) • Knife Crime (Year 6 Police Service) • First Aid (Year 6) • Year 6 Warning Zone • Water Safety (Severn Trent) • Dog safety (Dogs Trust) • British Values 'I really do matter' • Protected Characteristics (Talk assemblies and lessons across the curriculum) • Global Citizenship (in PSHE lessons and across the curriculum) • Mental health week, children's mental health week • Mental and emotional health support • On-line safety day • Eco reps • Kindness crew roles and responsibilities • Jobs and responsibilities in school for pupils • Enrichment opportunities-visits and trips • Enrichment opportunities-clubs • Anti-bullying week events • Culture Day • On line safety week • School council LEAD Academy enrichment events • Sports events and clubs 			
Celebrating difference	Different perceptions of normal. Being different affecting someone's life. Explaining ways one person or group can have power over another. Feelings of exclusion. Understanding bullying behaviours. Appreciating people for who they are-examples of people with disabilities leading amazing lives. Explaining ways difference can be a cause of conflict or celebration.				
Dreams and goals	Know learning strengths and set challenging but realistic goals. Work out learning steps to reach goal. Motivation. Identifying problems in the world that concern me. Work with other people to help make the world a better place.				

	Understand what some people like or admire about me and accept praise.	
Healthy me	In Health Education	
Relationships	<p>Importance of taking care of mental health- how to help myself.</p> <p>Different stages of grief and different types of loss. Recognising emotions and strategies to manage.</p> <p>Recognise when people trying to gain power or control. Standing up for myself.</p> <p>Judging whether something online is safe and helpful to me. Resisting pressure that could be hurtful.</p> <p>Using technology positively and safely to communicate with friends and family.</p>	
Changing me	In Health Education	