

## White Spire School Relationships and Sex Education Curriculum Map 2026 - 2028

*This is a map of the teaching of Relationships and Sex Education through the Personal, Social, Health, Citizenship and Emotional (PSHCE) curriculum across our school. It is designed to meet the needs of our pupils and the set expectations of the Department of Education.. It is taught under the themes of **My Body** and **My Relationships**. It is a statutory requirement to teach Relationships Education at Key Stages 1 and 2 and Relationships and Sex Education (RSE) at Key Stages 3 and 4. Cycle 2 will be taught in the academic year 2026-27. Cycle 1 will be taught in the academic year 2027-28.*

*We will inform parents and carers of sensitive topics coming up in the curriculum at the start of a term, and we welcome requests for copies of our schemes of work or resources we may use. Teaching staff will routinely populate the resources column throughout the academic year to list any specific resources used, e.g. books, NHS literature etc.*

Year Group	Term	Topic	Resources
KS1 Class 1	Cycle 1 Autumn 27	<b>My Body – My needs</b> We will be identifying when we need help and requesting it in different situations. <b>My Relationships – My family</b> We will be recognising who is in our families.	
	Cycle 1 Spring 28	<b>My Body – My face</b> We will be recognising ourselves and familiar people. We will name the features of our faces and explore using them to ‘make’ different faces, e.g. a happy face. <b>My Relationships – My familiar adults</b> We will identify how adults at school help us.	
	Cycle 1 Summer 28	<b>My Body – Showing my feelings</b> We will learn to use our faces, voices and bodies to show common feelings. <b>My Relationships – Sharing playtimes and adult attention</b> We will develop ways to share and start games with friends.	
	Cycle 2 Autumn 26	<b>My Body – Communicating my preferences and interests</b> We will develop skills in making choices and showing preferences. <b>My Relationships – Responding to familiar faces</b> We will work on naming and greeting familiar people, following instructions and asking for help.	
	Cycle 2 Spring 27	<b>My Body – My body parts</b> We will learn to recognise and name my body parts. <b>My Relationships – Interacting with familiar faces</b> We will recognise ‘safe faces’ and strangers. We will practise starting an interaction with a familiar child or adult.	
	Cycle 2 Summer 27	<b>My Body – Noticing the feelings of others</b> We will learn to recognise common feelings in other people. <b>My Relationships – Playing and turn taking with others</b> We will be taking turns with different resources and developing strategies to start games with a familiar child or adult.	
LKS2 Classes 2/3	Cycle 1 Autumn 27	<b>My Body – Healthy food choices for my body</b> We will be identifying healthy and unhealthy food and planning simple healthy choices.	

		<p><b>My Relationships – Who loves and cares for me</b> We will be exploring what love and care looks like, including types of love, e.g. marriage and partnerships.</p>	
	Cycle 1 Spring 28	<p><b>My Body – Looking after my body – basic personal hygiene</b> We will learn why and how to wash and care for different parts of our bodies.</p> <p><b>My Relationships – What does love and care feel like</b> We will identify the behaviours of a positive relationship and behaviours that are not loving or caring.</p>	
	Cycle 1 Summer 28	<p><b>My Body – Recognising my ‘big’ positive and negative feelings</b> We will become familiar with a greater range of emotions and explore how they change my body and behaviour.</p> <p><b>My Relationships – Kind and unkind friendships</b> We will recognise friendship behaviours and develop ways to build a friendship.</p>	
	Cycle 2 Autumn 26	<p><b>My Body – Healthy activity choices for my body</b> We will explore healthy activities and plan how to be physically healthy.</p> <p><b>My Relationships – Who are safe adults</b> We will explore the roles of the police, fire fighters and doctors.</p>	
	Cycle 2 Spring 27	<p><b>My Body – Substances and how they affect my body</b> We will identify everyday substances around our homes that can cause harm.</p> <p><b>My Relationships – Recognising and dealing with unsafe people</b> We will explore the idea of ‘secrets’, types of touch and what to do when we feel unsafe.</p>	
	Cycle 2 Summer 27	<p><b>My Body – Managing my ‘big’ positive and negative feelings</b> We will practise ways to manage and communicate big feelings.</p> <p><b>My Relationships – Sharing experiences with friends</b> We will revise kind and unkind behaviours and ways to co-operate and share activities with a friend.</p>	
UKS2/LKS3 Classes 4/5	Cycle 1 Autumn 27	<p><b>My Body – A health day for my body and mind</b> We will be exploring healthy choices for sleep, diet and personal hygiene.</p> <p><b>My Relationships – Features of our family lives</b> We will learn about different types of family structures, e.g. parents, single parents, blended families, same sex parents, and what a healthy family life looks and feels like.</p>	
	Cycle 1 Spring 28	<p><b>My Body – What makes me and my body unique</b> We will identify our unique features and respect the similarities and differences between one another.</p> <p><b>My Relationships – Recognising and dealing with hurtful behaviours</b> We will explore excluding, bullying and discriminatory behaviours.</p>	
	Cycle 1 Summer 28	<p><b>My Body – What makes me feel positive and how to build positive feelings</b> We will explore routines, habits and activities that make us happy.</p> <p><b>My Relationships – Co-operation in work and play</b> We will learn to listen and respond to others respectfully and challenge disagreements in constructive ways.</p>	
	Cycle 2 Autumn 26	<p><b>My Body – Recognising when my body needs first aid</b> We will identify common injuries and who can help.</p> <p><b>My Relationships – My private body – Protecting my privacy</b> We will work on keeping information private online and learn how to protect the private parts of my body.</p>	

	Cycle 2 Spring 27	<p><b>My Body – Physical differences between boys and girls</b> We will learn the names of external male and female genitalia and basic changes during puberty.</p> <p><b>My Relationships – Safer relationships</b> We will recognise different types of physical contact and how to respond to unwanted contact or pressure.</p>	
	Cycle 2 Summer 27	<p><b>My Body – What makes me feel negative and how to get help</b> We will explore negative routines, activities and actions and sources of support.</p> <p><b>My Relationships – Sharing my worries and sources of help</b> We will work on identifying worries and develop strategies to get and give help.</p>	
UKS3 Classes 6/7/8/9	Cycle 1 Autumn 27	<p><b>My Body – Recognising warning signs from my body about my physical and mental health</b> We will explore good and bad mental health features and sources of support.</p> <p><b>My Relationships – Features of different families</b> We will compare different types of families, including single parents, different/same sex parents, foster families and adoptive families. We will explore the commitments made in marriage and partnerships.</p>	
	Cycle 1 Spring 28	<p><b>My Body – Physical changes of puberty</b> We will learn to name male and female genitalia, identify physical changes for boys and girls, and explore what menstruation and erections are.</p> <p><b>My Relationships – Features of different relationships</b> We will look at the strong feelings of romantic relationships. We will look at the difference between biological sex and gender identify.</p>	
	Cycle 1 Summer 28	<p><b>My Body – Coping with disappointment and boosting my mood</b> We will learn how to recognise and manage disappointment, including ways to build resilience.</p> <p><b>My Relationships - What is consent</b> We will learn to recognise situations when permission should be sought or given and understand consent in everyday terms.</p>	
	Cycle 2 Autumn 26	<p><b>My Body – Giving basic first aid for common injuries</b> We will assess injuries and practise basic first aid.</p> <p><b>My Relationships – Recognising and dealing with pressure</b> We will explore where pressure can come from and develop strategies to help us deal with it.</p>	
	Cycle 2 Spring 27	<p><b>My Body – Emotional changes of puberty</b> We will revise physical changes and explore emotional changes caused by puberty.</p> <p><b>My Relationships – When do I need to give or get consent</b> We will explore consent in personal relationships.</p>	
	Cycle 2 Summer 27	<p><b>My Body – Sources of support for mental health</b> We will look at sharing and responding to a range of emotions, including wellbeing strategies.</p> <p><b>My Relationships -Building respectful relationships</b> We will explore how to show respect in different relationships and in disagreements.</p>	
KS4 Classes 10/11/12/13	Cycle 1 Autumn 27	<p><b>My Body – Taking responsibility for my physical health</b> We will learn to maintain and protect our physical health, including sexual health, and explore lifestyle choices.</p> <p><b>My Relationships – Healthy intimate relationships</b></p>	

		We will find out about the role of consent, how to give and withdraw consent and types of sexual intimacy.	
	Cycle 1 Spring 28	<b>My Body – How a baby is made</b> We will look at the process of reproduction, including puberty, intercourse and conception. <b>My Relationships – Unhealthy intimate relationships</b> We will recognise the characteristics of grooming, sexual harassment, abuse, violence and exploitation, and sources of support.	
	Cycle 1 Summer 28	<b>My Body – Positive uses of drugs and other substances</b> We will explore different types of drugs and those that keep us healthy. <b>My Relationships – Abusive and discriminatory behaviours</b> We will recognise the features of trust, bullying, unacceptable social behaviours and how to challenge them.	
	Cycle 2 Autumn 26	<b>My Body – Taking responsibility for my mental health</b> We will identify risks to our mental health, including social media, and choices we can make to stay mentally healthy. <b>My Relationships – What is a stable, positive relationship</b> We will explore what a good relationship looks like and how we can improve the different relationships we have, e.g. family, friends, romantic.	
	Cycle 2 Spring 27	<b>My Body – Managing negative influences on my physical and mental health</b> We will learn to handle peer pressure, social pressure, substances and negative lifestyle choices. <b>My Relationships – The impact of stable, positive relationships</b> We will explore how to negotiate, compromise and manage conflicts in a relationship.	
	Cycle 2 Summer 27	<b>My Body – Negative uses of drugs and other substances</b> We will explore the impact of different substances on our wellbeing. <b>My Relationships – Abusive and discriminatory influences</b> We will explore influences on our behaviours and opinions.	
KSS5 Classes 14/15/16	Cycle 1 Autumn 27	<b>My Body – Planning for life-long choices for physical fitness</b> We will look at the benefits of good habits, trusted sources of information, self-examination, and the options and consequences of body alterations. <b>My Relationships – My body – my rights</b> We will revise different genitalia, types of sexual intimacy, contraception, the laws linked to sex and recognising types of sexual abuse.	
	Cycle 1 Spring 28	<b>My Body – The choices available to me for good sexual health</b> We will look at the types of contraception available, common STIs and the influence of pornography. <b>My Relationships – Intimate relationship values</b> We will explore the types of discrimination, protected rights, diversity and establishing personal values.	
	Cycle 1 Summer 28	<b>My Body – Managing negative lifestyle influences</b> We will explore the feelings and consequences related to substance misuse, gambling, social media, eating disorders and sources of support. <b>My Relationships – Sexual activity values</b> We will identify influences on sexual behaviours and attitudes, include the impact of online information.	
	Cycle 2	<b>My Body – Planning for life-long mental fitness</b>	

	Autumn 26	<p>We will explore how choices we make can impact our mental health and how we can maintain our mental wellbeing.</p> <p><b>My Relationships – Consent across relationships</b> We will look at how consent works in different relationships, and how I can assert my wishes.</p>	
	Cycle 2 Spring 27	<p><b>My Body – Sources of support and advice for sexual health</b> We will research local support services and develop strategies for difficult conversations.</p> <p><b>My Relationships – Consequences of pregnancy</b> We will revise contraception and pregnancy choices.</p>	
	Cycle 2 Summer 27	<p><b>My Body – Protecting life skills</b> We will develop and practise basic life saving skills, including the use of defibrillators and CPR. We will develop our understanding of suicide prevention.</p> <p><b>My Relationships – Handling unwanted attention</b> We will look at recognising unwanted attention in different situations and develop strategies for dealing with it.</p>	
Year 14 1 year cycle <i>Class 17</i>	Autumn	<p><b>My Body – Monitoring my own health</b> We will recognise common illnesses (general, sexual and those common to young adults) and explore what a healthy me looks and feels like.</p> <p><b>My Relationships -Building positive workplace relationships</b> We will look at managing personal safety in different relationships and understanding boundaries.</p>	
	Spring	<p><b>My Body – Managing my feelings through different strategies in personal situations</b> We will develop strategies to maintain wellbeing, manage change and stress.</p> <p><b>My Relationships – Managing challenging workplace relationships</b> We will learn to recognise unwanted attention, harassment, prejudice, discrimination and sources of support.</p>	
	Summer	<p><b>My Body – Managing my feelings through different strategies in professional situations</b> We will explore influences on our feelings and develop strategies to handle big emotions in the workplace.</p> <p><b>My Relationships – Sources of advice and support</b> We will revise types of sexual intimacy, influences and sources of support.</p>	