Forest Way School
RSE/ RHE Thematic Learning Journey

Post 16

Pathways Years 12 & 13

- Life choices
- Life skills
- Vocational

Transition options

Key Stage 4

Cycle 1
- Autumn: Preparing for adulthood/friendships
- Spring: Parenthood/ managing online information
- Summer: Contraception/ saying no (consent)

Cycle 2
- Autumn: Me and my body/ Changing and growing
- Spring: Body parts/ Using tech
- Summer: My family/ What makes a good friend

Cycle 3
- Autumn: Puberty, reproduction in humans / menstrual cycle
- Spring: Privacy online and offline/ Growing up
- Summer: Different relationships/ taking care of our environment

Cycle 4
- Autumn: My feelings towards others/ online gaming /social networking
- Spring: My extended family/ friendships
- Summer: My community/ masturbation

Key Stage 3

Cycle 1
- Autumn: Healthcare/ Intimate Relationships
- Spring: Body Parts/online information
- Summer: Being Safe/ Keeping Healthy

Cycle 2
- Autumn: Family Relationships/ Diversity, rights and responsibilities
- Spring: Preparing for adulthood/ online rules
- Summer: Family commitment/ Bullying

Cycle 3
- Autumn: A happy home/ healthy relationships
- Spring: Bullying/ Friend or foe
- Summer: Other families/feelings and emotions

Cycle 4
- Autumn: My community/ Mental wellbeing
- Spring: Manners and respect/The world I live in
- Summer: Celebrating difference/Drugs/ alcohol and tobacco

Key Stage 2

Cycle 1
- Autumn: Family relationships/ What makes a good friend
- Spring: Same and different/ online rules
- Summer: Me and my body/ What my body needs

Cycle 2
- Autumn: My Friends and family/ sharing
- Spring: Friends/ Personal information
- Summer: Money Matters/ Growing up

Cycle 3
- Autumn: My extended family/ My feelings and emotions
- Spring: My community/ CEOP
- Summer: Who can help? Diet and Healthy Foods

Cycle 4

Key Stage 1

Cycle 1

Personal, Social, and Emotional Development is a prime area of the EYFS framework, serving as the critical foundation for Relationships Education. By learning to recognise emotions, respect personal boundaries, value the similarities and differences between themselves and others, children develop the essential social skills. Through positive interactions, they build the empathy, kindness, and understanding of consent necessary to form healthy, respectful friendships.

EYFS

Thrive at Forest Way