



RSHE Enquiry Questions and Assessment Checkpoints

2023/2024 EYFS	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	How do we change as we grow?	How can I stay healthy?	What are healthy relationships?	What are our goals?
Component Questions (components to be explored throughout the unit)	CQ1: What are the different parts of my body called? CQ2: How can I keep myself healthy? CQ3: What are the stages of growing up? CQ4: How can I express my feelings? CQ5: What are my worries moving to year 1? CQ6: What is a memory?	CQ1: How can exercise keep me healthy? CQ2: How can I keep my body healthy? CQ3: What is a healthy diet? CQ4: How can sleep help keep me healthy? CQ5: How can I keep myself clean? CQ6: What is 'Stranger Danger'?	CQ1: What is a family? CQ2: How can I make friends? CQ3: How can I solve problems with my friends? CQ4: How can unkind words hurt people's feelings? CQ5: How can I feel calm? CQ6: What makes a good friend?	CQ1: How can I tackle challenges? CQ2: When have I achieved a goal? CQ3: What is a goal? CQ4: How can I encourage others? CQ5: What Job do I want when I grow up? CQ6: How do I feel when I achieve a goal?
Assessment Checkpoint	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can recognise the different parts of my body. ✓ I can tell you how I will grow. ✓ I can explain how I feel. 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can tell you what exercise is. ✓ I can tell you how to stay healthy. ✓ I can tell you how to stay clean. ✓ I can explain stranger danger. 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I know who is in my family. ✓ I can explain what makes a good friend. ✓ I can explain why we don't say unkind words. 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can tell you what a goal is. ✓ I can encourage my friends. ✓ I know what I want to be when I grow up.



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2023/2024 Year 1	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	How do we change as we grow?	How can I be healthy?	What makes a healthy relationship?	What are my dreams and goals?
Component Questions (components to be explored throughout the unit)	CQ1: What are life cycles? CQ2: What changes have I already seen in myself? CQ3: How does my body change as I grow? CQ4: How do boys bodies look different from girls? CQ5: What happens when I learn something new? CQ6: How can I cope with changes in my life?	CQ1: What is the difference between healthy and unhealthy? CQ2: How can I make healthy choices? CQ3: How can I keep myself clean and healthy? CQ4: How can we use medicines safely? CQ5: What is road safety? CQ6: How can being healthy make me feel?	CQ1: What are the different types of family? CQ2: What makes a good friend? CQ3: How do we greet people politely? CQ4: Who is my trusted adult? CQ5: What qualities make me a good friend? CQ6: Who is special to me?	CQ1: What are simple goals? CQ2: Can I set a simple goal and achieve it? CQ3: How can I work well with a partner? CQ4: What is a challenge? CQ5: How can I overcome a new challenge? CQ6: How have I felt when I have achieved a goal?
Assessment Checkpoint	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. ✓ I can explain why some changes I might 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. ✓ I can give examples of when being healthy can help me feel happy. 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. ✓ I can give examples of behaviour in other people that I appreciate 	Children who are secure will be able to: <ul style="list-style-type: none"> ✓ I can explain how I feel when I am successful and how this can be celebrated positively. ✓ I can say why my internal treasure chest is an important place to store positive feelings.



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	experience might feel better than others.		and behaviours that I don't like.	
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2023/2024 Year 2	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	How do our bodies change?	How can I keep my body healthy?	What creates a healthy relationship?	How can others help me achieve my goal?
Component Questions (components to be explored throughout the unit)	CQ1: How do cycles of life in nature differ? CQ2: How do we grow from young to old? CQ3: How has my body changed since I was a baby? CQ4: What are the physical differences between boys and girls? CQ5: What are the different types of touch? CQ6: What am I looking forward to in the next year?	CQ1: How can I keep my body healthy? CQ2: What does relaxed mean? CQ3: How do medicines work? CQ4: What are the different food groups? CQ5: What is a healthy diet? CQ6: What food gives me energy?	CQ1: What relationships do I have within my family? CQ2: What is acceptable physical contact? CQ3: What can cause conflict with friends? CQ4: When is it good to keep a secret? CQ5: Who do we appreciate close to us? CQ6: How can we show our appreciation?	CQ1: What is a realistic goal? CQ2: What can I do if I find things difficult? CQ3: Who is a good partner to work with? CQ4: How can I work well within a group? CQ5: How have I worked well within a group? CQ6: How can I share my successes?
Assessment Checkpoint	Children who are secure will be able to: ✓ I can use the correct terms to describe penis, testicles, anus, vagina,	Children who are secure will be able to: ✓ I can explain why foods and medicines are good for my body comparing	Children who are secure will be able to: ✓ I can explain why foods and medicines are good for my body comparing	Children who are secure will be able to: ✓ I can explain how I played my part in a group and the parts



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	<p>vulva and explain why they are private.</p> <ul style="list-style-type: none"> ✓ I can explain why some types of touches feel OK and others don't. ✓ I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me. 	<p>my ideas with less healthy/ unsafe choices.</p> <ul style="list-style-type: none"> ✓ I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices 	<p>my ideas with less healthy/ unsafe choices.</p> <ul style="list-style-type: none"> ✓ I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices 	<p>other people played to create an end product.</p> <ul style="list-style-type: none"> ✓ I can explain how our skills complemented each other. ✓ I can explain how it felt to be part of a group and can identify a range of feelings about group work.
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2023/2024 Year 3	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	How will my body change as I grow?	Why and how should I look after my body?	What are the qualities of a good relationship?	What contributes to my dreams and goals?
Component Questions (components to be explored throughout the unit)	<p>CQ1: What changes happen in humans and animals?</p> <p>CQ2: How do babies grow and develop in the mother's tummy?</p> <p>CQ3: How do boys' and girls' bodies change on the outside?</p> <p>CQ4: How do boys' and girls' bodies change on the inside?</p> <p>CQ5: What does stereotypical mean?</p> <p>CQ6: What I am looking forward to this year?</p>	<p>CQ1: How does exercise affect my body?</p> <p>CQ2: How can calories, fat and sugar affect my body?</p> <p>CQ3: What are drugs?</p> <p>CQ4: How can I keep myself and others safe?</p> <p>CQ5: How do I know if something is safe or unsafe?</p> <p>CQ6: Why do I need to take care of my body?</p>	<p>CQ1: What are the different roles and responsibilities within my family?</p> <p>CQ2: What makes a good friendship?</p> <p>CQ3: How can I stay safe online?</p> <p>CQ4: How do people around the world influence our lives?</p> <p>CQ5: What are the rights of children and are these the same worldwide?</p>	<p>CQ1: Who inspires us?</p> <p>CQ2: What is ambition?</p> <p>CQ3: How can I achieve my goals?</p> <p>CQ4: How can I take responsibility for my own achievements?</p> <p>CQ5: How can I overcome obstacles?</p> <p>CQ6: How can I evaluate my learning?</p>



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			CQ6: How can I show appreciation for others?	
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. ✓ I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. ✓ I can express how being anxious/ scared and unwell feels. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can explain how my life is influenced positively by people I know and also by people from other countries. ✓ I can explain why my choices might affect my family, friendships and people around the world who I don't know. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can explain the different ways that help me learn and what I need to do to improve. ✓ I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.

2023/2024 Year 4	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	What changes do we go through in life?	How can my choices impact my life?	How do we show people we care?	How can we achieve our hopes and dreams successfully?
Component Questions (components to be explored throughout the unit)	<p>CQ1: Where do my personal characteristics come from?</p> <p>CQ2: What are the internal and external parts of male and female called?</p> <p>CQ3: How does a girls' body change through to adulthood?</p>	<p>CQ1: How are friendship groups formed?</p> <p>CQ2: What are the different roles within a group?</p> <p>CQ3: What effect can smoking have on our health?</p> <p>CQ4: What effects can alcohol have on our bodies?</p>	<p>CQ1: What is jealousy?</p> <p>CQ2: How do I express my feeling around loss?</p> <p>CQ3: What are memories?</p> <p>CQ4: How do I mend friendships?</p>	<p>CQ1: What are my hopes and dreams?</p> <p>CQ2: How does it feel if I don't reach my dreams?</p> <p>CQ3: How can I overcome disappointment?</p> <p>CQ4: What is resilience?</p>

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	<p>CQ4: What changes can I control in my life?</p> <p>CQ5: How can I express my feelings and concerns about changes that are out of my control?</p> <p>CQ6: What am I looking forward to this year?</p>	<p>CQ5: What is pressure?</p> <p>CQ6: What is meant by right and wrong?</p>	<p>CQ5: What do we mean by boyfriend and girlfriend?</p> <p>CQ6: How do we show appreciation?</p>	<p>CQ5: What steps do I set to achieve my goals?</p> <p>CQ6: How do we use our resilience within a team?</p>
<p>Assessment Checkpoint</p>	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. ✓ I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. ✓ I can identify feelings of anxiety and fear associated with peer pressure. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can recognise how people are feeling when they miss a special person or animal. ✓ I can give ways that might help me manage my feelings when missing a special person or animal. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can plan and set new goals even after a disappointment. ✓ I can explain what it means to be resilient and to have a positive attitude.



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2023/2024 Year 5	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	How do our bodies change over time?	What can impact people's health?	How do I keep myself safe online?	What do I aspire to become?
Component Questions (components to be explored throughout the unit)	<p>CQ1: How does my self-image impact my body image?</p> <p>CQ2: What are the changes girls' go through during puberty?</p> <p>CQ3: How do our bodies change during puberty?</p> <p>CQ4: How do humans reproduce?</p> <p>CQ5: What does 'age of concern' mean?</p> <p>CQ6: What am I looking forward to?</p>	<p>CQ1: What are the effects of smoking on our health?</p> <p>CQ2: What are the risks of misusing alcohol?</p> <p>CQ3: What is basic first aid?</p> <p>CQ4: How does media, social media and celebrity culture impact our body image?</p> <p>CQ5: What are the different roles food can play in people's lives?</p> <p>CQ6: How can my choices impact my life?</p>	<p>CQ1: What are my personal qualities and characteristics?</p> <p>CQ2: What impact can online communities have on me?</p> <p>CQ3: What are my rights and responsibilities online?</p> <p>CQ4: What are my rights and responsibilities when gaming online?</p> <p>CQ5: How can screen time affect my health?</p> <p>CQ6: How do I stay safe when using technology?</p>	<p>CQ1: What do I need to achieve my dreams?</p> <p>CQ2: What are the average wages for jobs?</p> <p>CQ3: What profession do I want to do when I am older?</p> <p>CQ4: How do our own dreams compare to other cultures different to me?</p> <p>CQ5: How can we help other less fortunate than ourselves?</p> <p>CQ6: How can we aspire others?</p>
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. ✓ I can also summarise the process of conception. 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for 	<p>Children who are secure will be able to:</p> <ul style="list-style-type: none"> ✓ I can compare my hopes and dreams with those of young people from different cultures. ✓ I can reflect on the hopes and dreams of young people from another culture and



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	<ul style="list-style-type: none"> ✓ I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends. 	<p>alcohol misuse is unhealthy.</p> <ul style="list-style-type: none"> ✓ I can summarise different ways that I respect and value my body. 	<p>myself, negotiate and to resist peer pressure.</p> <ul style="list-style-type: none"> ✓ I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. 	<p>explain how this makes me feel.</p>
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2023/2024 Year 6	Spring 1 Changing Me	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Dreams and Goals
Lead Enquiry Question (Composite Outcome)	What changes will I encounter as I get older?	How can I stay healthy both mentally and physically?	How can people impact my life?	
Component Questions (components to be explored throughout the unit)	CQ1: What is self-image and how can I develop my self-esteem? CQ2: How will my body change physical during puberty? CQ3: How do babies develop? CQ4: What is meant by attractive? CQ5: Why is positive self-esteem important? CQ6: What am I looking forward to this year?	CQ1: How can my choices affect my health? CQ2: What effect can drugs have on my body? CQ3: What is exploitation? CQ4: What are the risks of gangs? CQ5: How can mental health impact our well-being? CQ6: What is stress and how can it be triggered?	CQ1: What is mental health? CQ2: How can I take care of my mental health? CQ3: What are the different stages of grief? CQ4: When and how do people gain control over others? CQ5: How do I stay safe online? CQ6: How do I use technology safely and positively?	CQ1: What is a realistic goal? CQ2: What learning steps can I take to reach my goal? CQ3: Who can I speak to about concerns I might have? CQ4: How can we help make the world a better place? CQ5: How can we help make the world a better place? CQ6: What do my friends admire about me?



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Assessment Checkpoint	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:
	<ul style="list-style-type: none">✓ I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.✓ I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.	<ul style="list-style-type: none">✓ I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.✓ I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.	<ul style="list-style-type: none">✓ I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.✓ I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	<ul style="list-style-type: none">✓ I can explain different ways to work with others to help make the world a better place.✓ I can explain what motivates me to make the world a better place.