

Embrace Multi-Academy Trust RSHE Curriculum Map: EYFS to Year 6 Overview:

This curriculum integrates three key schemes:

- Cambridgeshire PHSE scheme (Core RSHE curriculum, spiral and statutory)
- Everyone's welcome (Equality, inclusion, British Values)
- Oak National Academy (2026 online safety, safeguarding and digital harms content)

Each year group follows the same Cambridgeshire sequence with age-appropriate content. Each term includes:

- 1 Everyone's welcome lesson (linked to a storybook)
- Oak online safety/digital safeguarding lessons (KS1 and above)

How Our Integrated Curriculum Supports National Guidance

At Embrace Multi-Academy Trust, our integrated RSHE curriculum—combining **Cambridgeshire**, **Everyone's welcome - No Outsiders**, and **Oak National Academy** resources—has been carefully designed to meet and exceed national expectations. It supports the **UKCIS Education for a Connected World framework**, the **2025 UK Digital Strategy for Education**, and the newly updated **2026 DfE RSHE statutory guidance**

We ensure that online safety, digital resilience, and inclusive values are not taught in isolation but are embedded across our curriculum from EYFS to Year 6. Oak's online safety lessons directly address key areas such as media influence, fake news, algorithms, privacy, and healthy online behaviours. These are complemented by Cambridgeshire's focus on emotional literacy, relationships, and personal development, and No Outsiders' emphasis on equality, identity, and respect for all.

Our curriculum:

- Fully supports all **eight strands** of the UKCIS framework, including self-image and identity, online relationships, managing online information, and health and wellbeing.
- Reflects the **2025 Digital Strategy** by promoting media literacy, equity, and critical thinking in a digital world.
- Embeds the **2026 RSHE guidance** by ensuring age-appropriate coverage of key topics such as consent, healthy relationships, mental health, online harms (including misogyny, radicalisation, sextortion, and AI risks), and the **protected characteristics** under the Equality Act 2010.
- Promotes **British Values** throughout, including democracy, the rule of law, individual liberty, mutual respect, and tolerance of different faiths and beliefs.

By weaving these elements through our PSHE, safeguarding, and equality work, we ensure our pupils are not only safe and informed online but also confident, compassionate, and digitally literate citizens—ready to thrive in modern Britain.

Seahorses

EYFS	Cambridgeshire PHSE scheme	Everyone's welcome Book	My Online Life My Online Life Planning - Reception	Rationale for Alignment
Autumn 1	MMR 1 Beginning and belonging C1 identity and diversity	You Choose	Lesson 1: Who can help us online?	Celebrates individuality and making choices — aligns with identity and self-expression.
Autumn 2	MMR 2 Friends and family including antibullying	Red Rockets and Rainbow Jelly	Lesson 2 :How can we use technology to communicate?	Fun contrast of preferences shows that being different is okay.
Spring 1	HSL My body growing up	Super Duper You	Lesson 3: What is online bullying, and how should we deal with it?	Focuses on self-belief and potential — fits with aspirations.
Spring 2	HSL2 Keeping Safe and drugs education	Blue Chameleon	Lesson 4: Can you find information online?	A story of adaptation and uniqueness — supports self-worth and emotional health.
Summer 1	HSL 3 Healthy Lifestyles	Hello Hello	Lesson 5: Can you find information online?	Emphasizes diversity and connection — ideal for relationships theme.
Summer 2	C2 Me and my world MMR 3 My emotions	The Family Book	Lesson 6: What information should not be shared online?	Introduces different family types — supports understanding of change and inclusivity.

British values –

In EYFS, children begin to explore the British Values through storybooks and PSHE themes that celebrate individuality and diversity. The Jigsaw units such as Being Me in My World and Celebrating Difference introduce concepts of Individual Liberty, Mutual Respect, and Tolerance. Books like You Choose and The Family Book reinforce the idea that everyone is unique and valued. Although democracy and rule of law are not explicitly taught, the foundations are laid through turn-taking, class routines, and understanding fairness.

Links to EYFS Areas of Learning

PSED: Recognising feelings and asking for help

Understanding the World: Exploring technology safely

Communication and Language: Building vocabulary around safety and emotions

Seals Year A

Year A Term	Cambridgeshire Unit	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights Rules and Citizenship MMR Beginning and Belonging	Elmer	Unit: Media influence: How do I decide what to do online? 1. Choosing what you do online 2. Careful sharing online 3. Having the right amount of screen time	Embraces difference and individuality — perfect for identity.
Autumn 2	MMR My emotions HSL Healthy Lifestyles	I Love Me	Unit: Media influence: How do I decide what to do online? 1. Scary videos online 2. Getting a healthy balance online	Promotes self-esteem and pride in identity — supports inclusion.
Spring 1	C Working together	Going to the Volcano	Unit: Our online lives: What should I do if I feel unsafe online? 1. Having fun online	Encourages curiosity and goal-setting.
Spring 2	HSL Managing Safety and Risks	Errol's Garden	Unit: Our online lives: What should I do if I feel unsafe online? 1. The online world	Nurturing community and healthy habits.
Summer 1	HSL personal safety	Someone Just Like You	Unit: Our online lives: What should I do if I feel unsafe online? 1. Feeling safe online	Highlights connection despite differences — supports relationship building.
Summer 2	HSL RSE 2	Bathe the Cat	Unit: Our online lives: What should I do if I feel unsafe online? 1. Online worries	Bathe the Cat
<p>British values –</p> <p>Year A builds on these foundations by explicitly introducing Democracy and Rule of Law through the Jigsaw unit Being Me in My World, where children learn about class charters and shared responsibilities. Celebrating Difference and Relationships promote Mutual Respect and Tolerance, supported by Everyone's welcome texts like Elmer and Someone Just Like You. The curriculum also fosters Individual Liberty by encouraging children to express themselves and make safe choices, both offline and online.</p>				

Seals Year B

Year B Term	Cambridgeshire PHSE Unit	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights rules and citizenship MMR Friends and Family	Can I Join Your Club?	Unit: Media influence: Is everything I see online true? 1. Spotting fakes 2. Understanding why people tell lies online	Inclusion and belonging — foundational social development.
Autumn 2	EW Financial Capability HSL Drugs Education	Splash	Unit: Media influence: Is everything I see online true? 3. What to do if we see lies online 4. How to search online	Championing disability and representation.
Spring 1	HSL Drugs Education(Contd) HSL RSE 1	Amazing	Unit: Media influence: Is everything I see online true? 1. Rules for staying safe online	Encourages kids to celebrate talents and uniqueness.
Spring 2	MMR Managing Change	How to Be a Lion	Unit: Our online lives: Who should I talk to online? 1. Deciding what to do online	Mindfulness and emotional intelligence — supports mental health.
Summer 1	MMR Antibullying	Is That Your Mama?	Unit: Our online lives: Who should I talk to online? 1. People on the internet	Celebrates family diversity and identity.
Summer 2	C Diversity and Community	The Perfect Fit	Unit: Our online lives: Who should I talk to online? 1. Talking to people online 2. Sharing photos and videos online	Embraces change and finding belonging — linked to personal growth.

British Values –

In Year B, children deepen their understanding of Democracy through inclusive stories like Can I Join Your Club?, which highlight fairness and belonging. The PHSE curriculum continues to embed Rule of Law and Mutual Respect through discussions on difference and relationships. Tolerance is explored through books like Splash, which celebrate disability and diversity. Individual Liberty is reinforced through goal-setting and self-expression in Dreams and Goals and Changing Me.

Turtles Year A

Year A Term	Cambridgeshire PHSE units	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights, Rules and citizenship MMR Beginning and belonging	This Is Our House	Unit: Media influence: How do I keep myself safe online? 1. Getting the right kind of screen time 2. The importance of wellbeing 3. Choosing what to do online	Addresses exclusion and fairness.
Autumn 2	C Working Together MMR Friends and Family	We're All Wonders	Unit: Media influence: How do I keep myself safe online? 1. Sharing our personal information 2. Deciding who to trust online 3. How to be responsible online	Promotes empathy and acceptance.
Spring 1	MMR Anti bullying	The Truth About Old People	Unit: Media influence: How do I keep myself safe online? 1. Our favourite things online	Challenges stereotypes — fits with goal-setting beyond bias.
Spring 2	MMR Managing Change	I Am Nefertiti	Unit: Our online lives: Who should I talk to online? 1. What to do if we feel uncomfortable online	Builds confidence and self-acceptance — great for mental wellbeing.
Summer 1	HSL Managing Safety and Risk	Shu Lin's Grandpa	Unit: Our online lives: Who should I talk to online? 1. The rules for friendship online	Intergenerational relationships and empathy.
Summer 2	HSL RSE 3	Aalfred and Aalbert	Unit: Our online lives: Who should I talk to online? 1. Deciding if a question is too personal 2. Keeping safe in the online world	Trans identity, trust and respectful relationships
<p>British Values –</p> <p>Turtles Year A continues to embed all five British Values. Democracy and Rule of Law are explored through classroom roles and online safety lessons. Mutual Respect and Tolerance are central to texts like We're All Wonders and Shu Lin's Grandpa, which promote empathy and cultural understanding. Jigsaw units such as Dreams and Goals and Changing Me support Individual Liberty by encouraging children to challenge stereotypes and celebrate their identities.</p>				

Year B Turtles	Cambridge Unit	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights Rules and Citizenship HSL Healthy Lifestyles	Red: A Crayon's Story	Unit: Media influence: What is fake news? 1. Understanding what we see online 2. Understanding bias	Identity and being misunderstood — core to self-awareness.
Autumn 2	EW Financial Capability HSL Drugs Education	When Sadness Comes to Call	Unit: Media influence: What is fake news? 1. The problem with fake news 2. Deciding what is real and what is fake	Mental health and emotional support.
Spring 1	HSL Drugs Education (contd) HSL RSE 4	Julián Is a Mermaid	Unit: Our online lives: How do I decide who to trust online? 1. Understanding who uses the internet	Pursuing authentic dreams — challenging gender norms.
Spring 2	MMR Managing Change	My Beautiful Voice	Unit: Our online lives: How do I decide who to trust online? 1. Understanding who we can interact with online	Confidence, agency, and wellbeing.
Summer 1	C Diversity and Community	Remixed	Unit: Our online lives: How do I decide who to trust online? 1. Communicating online safely	Diversity and unity — supports community relationships.
Summer 2	MMR My Emotions	My Brother George	Unit: Our online lives: How do I decide who to trust online? 1. Knowing who to trust online	Trans representation and family transition.

British Values –

In Year B, children explore Individual Liberty and Tolerance through powerful texts like Red: A Crayon's Story and Julián Is a Mermaid, which challenge gender norms and promote self-expression. The Jigsaw curriculum reinforces Rule of Law through online safety and emotional regulation in Healthy Me. Mutual Respect is developed through collaborative activities in Relationships, while Being Me in My World continues to promote Democracy through class discussions and shared decision-making.

Dolphins

Year A	Cambridgeshire Unit	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights Rules and responsibilities MMR My Emotions	The Girls	Unit: Media influence: Who decides what I experience in the online world? 1. Understanding online influencers 2. How algorithms influence what we see	Female friendship and identity.
Autumn 2	MMR Antibullying HSL Managing safety and Risk	The Boys	Unit: Media influence: Who decides what I experience in the online world? 1. Understanding my power online 2. The power of data	Challenges stereotypes around masculinity.
Spring 1	C Diversity and Community	And Tango Makes Three	Unit: Our online lives: How do I thrive online? 1. Dangers to watch out for in the online space	Non-traditional families and aspirations.
Spring 2	MMR Family and friends	To the Other Side	Unit: Our online lives: How do I thrive online? 1. Dangers to watch out for in the online space	Empathy for refugees and resilience.
Summer 1	HSL RSE 5 and 6 (split year groups)	Mixed	Unit: Our online lives: How do I thrive online? 1. Group chats 2. Online comparisons	Race, identity, and inclusion — ideal for relationship-building.
Summer 2	HSL Healthy Lifestyles	Milo Imagines the World	Unit: Our online lives: How do I thrive online? 1. Thriving online	Internal world vs appearances — supports personal growth.

British Values -

Year 5 addresses all British Values in a mature and reflective way. Democracy is explored through discussions on influence and voice in The Girls and The Boys. Rule of Law is reinforced through online safety lessons about data and digital responsibility. Tolerance and Mutual Respect are central to texts like Mixed and And Tango Makes Three, which explore race and family diversity. Individual Liberty is encouraged through personal goal-setting and identity exploration in Dreams and Goals and Changing Me.

Year B Term	Cambridgeshire Unit	Everyone's welcome Book	Oak Lesson (Online Safety)	Rationale for Alignment
Autumn 1	C Rights Rules and Responsibilities MMR Beginning and Belonging	The Island	Unit: Media influence: How do I decide what is true online? 1. Online motivations and bias 2. Recognising fake and AI generated images	Immigration, exclusion, ethics — supports identity and justice.
Autumn 2	EW Financial Capability HSL Drugs Education	Introducing Teddy	Unit: Media influence: How do I decide what is true online? 1. Algorithms and echo chambers 2. Verifying what I see online	Trans identity and friendship.
Spring 1	C Working Together	The Proudest Blue	Unit: Media influence: How do I decide what is true online? 1. Finding health information online	Pride, determination, and identity.
Spring 2	HSL Personal Safety	You Need to Chill!	Unit: Our online lives: What should I share online? 1. Deciding what to share online	Gender and family dynamics — supports emotional safety.
Summer 1	HSL RSE 5 and 6	You're So Amazing!	Unit: Our online lives: What should I share online? 1. Peer pressure online	Disability and relationships — builds empathy.
Summer 2	HSL Healthy Lifestyles	Saving the Butterfly	Unit: Our online lives: What should I share online? 1. Power in the online space 2. Discrimination in the online space	Resilience after trauma — ideal for transition.
<p>British Values-</p> <p>In Year B, the curriculum culminates in a rich exploration of all five British Values. Rule of Law is emphasized through critical thinking about online misinformation and digital ethics. Tolerance and Mutual Respect are explored through texts like Introducing Teddy and You're So Amazing!, which address gender identity and disability. Democracy is discussed in the context of fairness and justice in The Island, while Individual Liberty is celebrated through personal growth and resilience in The Proudest Blue and Saving the Butterfly.</p>				