

Autumn 1

Introductory lesson: Setting ground rules for RSE & PSHE

Family and Relationships

Lesson 1 - What is family? - To understand that families look after us

Families and people who care for me Pupils should know that families are important for children growing up because they can give love, security and stability.

Families and people who care for me Pupils should know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

Lesson 2 - What are friendships? To begin to understand the importance and characteristics of positive friendships.

Caring friendships >Pupils should know how important friendships are in making us feel happy and secure, and how people choose and make friends.

Caring friendships> Pupils should know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

Lesson 3 – Recognising other people's emotions? - To recognise how others show feelings and how to respond

Caring friendships: Pupils should understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

Respectful relationships: Pupils should know the practical steps they can take in a range of different contexts to improve or support respectful relationships.

Lesson 4 – Working with others - To begin to understand how friendships can make us feel

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Lesson 5 – Friendship Problems - To begin to understand that friendships can have problems but we can overcome them

Respectful relationships: Children should know that there are practical steps they can take in a range of different contexts to improve or support respectful relationships.

Lesson 6 – Healthy Relationships - To begin to understand that being friendly to others makes them feel welcome and included

Pupils should know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

Autumn 2

Finish family and relationships

Lesson 7 – Gender Stereotypes - To begin to understand what is meant by a stereotype

What a stereotype is, and how stereotypes can be unfair, negative or destructive.

Start Health and Well-Being

Lesson 1 - Understanding My Emotions – To describe and understand their feelings.

That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

Lesson 2 – What am I Like? - To recognise and celebrate their strengths and set simple but challenging goals

The importance of self-respect and how this links to their own happiness

Lesson 3 – Ready for bed - To understand the benefits of physical activity and rest

Pupils should know: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

Lesson 4 – Relaxation – To know how to relax in different ways

Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
That mental wellbeing is a normal part of daily life, in the same way as physical health.

Lesson 5 – Handwashing and Personal Hygiene - To begin to understand how germs are spread and how we can stop them spreading

Health and prevention: about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of washing

Lesson 6 - Sun Safety - To begin to understand the risks associated with the sun

Health and prevention: about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

Spring 1
Finish Health and Well-Being

Lesson 7 - Allergies – To begin to understand allergies

Health and prevention: the facts and science relating to allergies, immunisation and vaccination.

Lesson 8- People who help keep us healthy

To understand that there are people in the local community who help to keep us healthy.

Start Safety and the Changing Body

Lesson 1 - Adults in School - To know how to respond to adults in a safe and familiar context.

how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

Lesson 2 - Adults outside of school - To understand how to respond to adults in a range of situations

how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

how to recognise and report feelings of being unsafe or feeling bad about any adult

Lesson 3 – Getting Lost – To understand what to do if you get lost

how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

Lesson 4 – Making an emergency phone call – To know what an emergency is and how to make a phone call if needed

how to make a clear and efficient call to emergency services if necessary

Spring 2
Finish Safety and the Changing Body

Lesson 5 – Appropriate Contact - To begin to understand the difference between acceptable and unacceptable physical contact

that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact

Lesson 6 – Safety with substances - To begin to understand what is safe to put into or onto our bodies

Pupils should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Lesson 7 – People that help to keep us safe - To understand that there are people in the local community who help to keep us safe.

Start Citizenship

Lesson 1 – Rules – To begin to understand the importance of rules.

L1. About what rules are and why they are needed, and why different rules are needed in different situations

British Value – Rule of Law

Lesson 2 – Caring for animals – To understand that animals have different needs and how to care for them

L2. how people and other living things have different needs; about the responsibilities of caring for them'

Summer 1 Finish Citizenship

Lesson 3 – The needs of others – To begin to understand the needs of babies and young children

L2. how people and other living things have different needs; about the responsibilities of caring for them'

Lesson 4 – Similar yet different - To begin to recognise ways in which we are the same and different to other people

To begin to recognise ways in which we are both the same as and different from other people.

Lesson 5 – Belonging – To understand the range of groups people belong to

L4. about the different groups they belong to'

Lesson 6 – Democratic decisions – To begin to understand how democracy works

what democracy is, and about the basic institutions that support it locally and nationally;'

Start economic wellbeing

Lesson 1 – Introduction to money – To understand what money is and where it comes from.

Lesson 2 – Looking after money – To understand how to keep cash safe

Summer 2
Economic Wellbeing

Lesson 3 – Banks and building societies – To understand the benefits of banks and building societies

Lesson 4 – Saving and spending

Lesson 5 – Jobs in school

Lesson 6- Jobs out of school

Transition lesson- Individual strengths and new skills

Key vocab

Family and Relationships behaviour care emotions family feelings friend friendly problem stereotype	Health and Wellbeing allergy emotions feelings germs ill (poorly) qualities relax	Safety and the changing body accident drug emergency hazards medicine physical contact polite respect role trust
Citizenship care democracy different fair	Economic Well-being bank bank account building society cash	

pet
responsibility
rule
similar
unique
vote

choice
coins
earn
interest
job
money
money box
notes
pocket money
purse
safe
save
skill
spend
value
wallet