

Autumn 1

Family and Relationships

Introduction: Setting ground rules for RSE & PSHE

Lesson 1 – Respect and manners - To develop understanding of courtesy and manners in a range of situations

That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority

The conventions of courtesy and manner

Lesson 2 – Healthy friendships - To begin to understand the physical and emotional boundaries in friendships

That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

The importance of permission-seeking and giving in relationships with friends, peers and adults.

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

Lesson 3 – How my behaviour effects others - To understand that my behaviour can have an impact on others

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.

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 4 – Bullying - To understand the impact of bullying and the responsibility of bystanders to help

Respectful relationships > Pupils should know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.

Lesson 5 – Stereotypes – Gender - To explore stereotypes in fictional characters and think about how these might influence us

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

Lesson 6 – Stereotype – Disability - To recognise that stereotypes can relate to a number of factors

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

Autumn 2

Finish healthy relationships

Lesson 7 - To begin to understand that families are very varied, in this country and across the world

That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

Lesson 8 – Change and loss - To explore how we can help following a bereavement

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

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.

Start Health and well-being

Lesson 1 – Looking after your teeth - To understand how we can look after our teeth

about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist

Lesson 2 – Relaxation and visualisation - To understand what relaxation feels like

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 3 – Celebrating Mistakes - To develop a growth mindset and understand that mistakes are useful

That mental wellbeing is a normal part of daily life, in the same way as physical health.

Lesson 4 – Meaning and purpose – My Role - To identify my own strengths and begin to see how they can affect others

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

Lesson 5 – My happiness - To identify what's important to me and to take responsibility for my own happiness

That mental wellbeing is a normal part of daily life, in the same way as physical health.

Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

Spring 1

Finish Health and Well-Being

Lesson 6 – Emotions - To understand a range of emotions

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 judge whether what they are feeling and how they are behaving is appropriate and proportionate.

Lesson 7 – Mental Health - To begin to understand what mental health is and who can help if I need it

Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

It is common for people to experience mental ill-health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Start Safety and the Changing Body

Lesson 1 – Internet safety – age restrictions - To understand that age restrictions are designed to protect us

Why social media, some computer games and online gaming, for example, are age restricted.

Lesson 2 – Share aware - To understand the benefits and risks of sharing material online.

That for most people the internet is an integral part of life and has many benefits

How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private

Where and how to report concerns and get support with issues online

Lesson 3 – First Aid – Asthma - To understand how to help someone with asthma

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

concepts of basic first-aid, for example dealing with common injuries, including head injuries

Lesson 4 – Privacy and secrecy - To develop understanding of privacy and the difference between secrets and surprises

About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

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

Spring 2

Finish Safety and the Changing Body

Lesson 5 – Consuming information online - To understand that not all information on search engines is valuable

Pupils should know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.

Lesson 6 - Growing up - To recognise that change is part of growing up

Changing adolescent body: key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

Lesson 7- introducing puberty

Learning about the changes that males and females go through as they grow and develop from being a child to an adult.

Lesson 8 – Tobacco - To begin to understand the risks of smoking and the benefits of being a non-smoker

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

Start Citizenship

Lesson 1 – What are human rights? - To begin to understand the Human Rights convention

To recognise there are human rights, that are there to protect everyone (This lesson is based on content from Amnesty International)'

Summer 1

Finish Citizenship

Lesson 2 – Caring for the environment - To understand how reusing items benefits the environment

ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices) ‘

Lesson 3 – Community - To understand the role of groups in the wider community

about the different groups that make up their community; what living in a community means’

Lesson 4 – Contributing - To understand the contribution groups make to a community

about the different groups that make up their community; what living in a community means’

Lesson 5 – Diverse communities - To understand the value of diversity in a community

about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities’

Lesson 6 – Local Councillors - To develop an understanding of the role of local government

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

Start Economic wellbeing

Lesson 1 – Spending Choices - To begin to understand what makes something good value for money

Summer 2

Finish Economic Wellbeing

Lesson 1 – Spending Choices

To begin to understand what makes something good value for money

Lesson 2 – Keeping track of money

To begin to understand the importance of keeping track of money

Lesson 3 – Looking after money

To understand ways money can be lost and how this makes people feel

Lesson 4 – Influencers on career choices

To understand that people’s decisions about their careers can be influenced by a variety of things

Lesson 5 – Changing Job

To understand that many people will have more than one job or career

Lesson 6- How can workplace stereotypes be challenged? -

To identify and challenge stereotyping in the workplace.

Transition lesson- roles and responsibilities

Key vocab

Family and Relationships act of kindness authority bereavement boundaries bystander permission	Health and Wellbeing fluoride healthy mental health negative emotions positive emotions relaxation resilience skill visualise	Safety and the changing body Age restriction Asthma Breasts Genitals Law Penis Private Protect Puberty Public Testicles/Testes Tobacco
Citizenship Authority Cabinet Community Council Council officer Diversity Environment Human rights Local government Protect Reuse United Nations/UN Volunteer	Economic Well-being Bank balance Bank statement Career Debit card	

