

Autumn 1

Introduction: Setting ground rules for RSE & PSHE

Family and Relationships

Lesson 1 – Build a friend - To understand how to form and maintain positive relationships

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.

Lesson 2 – Friendship skills - To explore the ups and downs of friendships

How important friendships are in making us feel happy and secure, and how people choose and make friends

That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

Lesson 3 – Marriage - To understand the concept of marriage

Pupils should know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

Lesson 4 – Respecting myself - To begin to understand self-respect

Respectful relationships> Pupils should know the importance of self-respect and how this links to their own happiness

Lesson 5 – Family life - To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens

Families and people who care for me > Pupils should know 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.

Families and people who care for me > Pupils should know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Lesson 6 – Bullying - To understand more about bullying and how to get 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.

Autumn 2

Finish healthy relationships

Lesson 7 – Stereotyping – Gender - To recognise how attitudes to gender have changed over time

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

Lesson 8 – Stereotypes – Race and religion

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

Start Health and Well-Being

Lesson 1 – Relaxation – Yoga - To use yoga poses and breathing to relax

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 2 – The importance of rest -To understand the benefits of sleep

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 3 – Embracing failure - To understand the purpose of failure

Pupils should know that mental wellbeing is a normal part of daily life, in the same way as physical health.

Lesson 4 – Going for goals - To learn how to set short-term, medium-term and long-term goals

L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcome

Lesson 5 – Taking responsibility for my feelings - To use vocabulary to describe their feelings and take responsibility for them

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

Spring 1

Finish Health and Well-Being

Lesson 6 – Healthy meals - To understand and be able to plan healthy meals

What constitutes a healthy diet (including understanding calories and other nutritional content)

The principles of planning and preparing a range of healthy meals

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)

Lesson 7 – Sun safety - To understand risks associated with the sun and how these can be avoided

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

Start Safety and the Changing Body

Lesson 1 – Online Friendships - To begin to understand some issues related to online friendships including the impact of their actions

How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.

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.

Lesson 2 – Staying safe online - To learn about staying safe online

Lesson 3 – Puberty - To understand physical changes during puberty

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 4 – Menstruation - To understand the menstrual cycle

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.

Spring 2

Finish Safety and the Changing Body

Lesson 5 – Emotional changes in puberty - To understand emotional changes during puberty - –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 6 – First Aid – Bleeding - To understand how to help someone who is bleeding

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 7 – Alcohol, drugs and tobacco: Making decisions - To begin to understand the influence others have on us and how we can make our own decisions

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

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

Start Citizenship

Lesson 1 – Breaking the law - To begin to understand what happens when the law is broken

To recognise reasons for rules and laws; consequences of not adhering to rules and laws.‘

Lesson 2 – Right and responsibilities - To explore the links between rights and responsibilities

To learn about the relationship between rights and responsibilities. ‘

Summer 1

Finish Citizenship

Lesson 3 – Protecting the planet - To understand how reducing our use of materials and energy will help the environment

To learn 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 4 – Contributing to the community - To understand how we recognise and value the contribution people make to the community

To value the different contributions that people and groups make to the community'

Lesson 5 – Pressure groups - To recognise the role of pressure groups

To recognise the role of pressure groups.

Lesson 6 – Parliament - To begin to understand how parliament works

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

Start economic wellbeing

Lesson 1 – why prioritise needs over wants?

To learn to prioritise needs over wants.

Lesson 2 – What is a weekly budget?

To create a weekly budget.

Summer 2

Finish Economic Wellbeing

Lesson 3 – What is borrowing and loaning?

To identify the significance of borrowing and loaning money.

Lesson 4 –What is the risks of handling money online?

To examine the risks associated with handling money online.

Lesson 5 – Why challenge workplace stereotypes?

To identify and challenge stereotyping in the workplace.

Lesson 6- What makes a suitable career?

To explore how personal interests and skills align with different careers.

Transition lesson- roles and responsibilities**Key Vocab**

Family and Relationships	Health and Wellbeing	Safety and the changing body
attributes	fail	Attraction
bullying	goal	Bladder
bystander	protect	Breasts
cyberbullying	relaxation	Cervix
marriage	responsibility	Decision
secret	steps	Egg or ova
wedding		Ejaculation
		Erection
		Fallopian tube
		Friend
		Influence
		Labia
		Menstruation/period
		Nipples
		Ovary/ovaries
		Private
		Puberty
		Pubic hair
		Scrotum
		Testicles/testes
		Vagina
		Vulva

Citizenship Defendant Environment Freedom of expression Government House of Commons Human rights Judge Jury Member of Parliament (MP) Parliament Pressure group Prime Minister Trial	Economic Well-being Discrimination Expenditure Giving back Income Interest Repayment	
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