

Year Group	AUTUMN 1 (8 weeks)	AUTUMN 2 (7 weeks)	SPRING 1 (7 weeks)	SPRING 2 (6 weeks)	SUMMER 1 (5 weeks)	SUMMER 2 (7 weeks)
Year 1	<p><b>Family and relationships</b></p> <p>Lesson 1 - To set the ground rules for RSE lessons. To understand that families look after us. To understand their role in our lives.</p> <p>Lesson 2 - To begin to understand the importance and characteristics of positive friendships</p> <p>Lesson 3 - To recognise how others show feelings and how to respond. To understand how feelings can affect how people behave.</p> <p>Lesson 4 - To identify their special people and how they should care for one another</p> <p>Lesson 5 - To begin to understand how friendships can make us feel. To identify how friends can have both similarities and differences. To know about the things they have in common with their friends, classmates and other people</p> <p>Lesson 6 - To begin to understand that friendships can have problems but we can overcome these</p> <p>Lesson 7 - To begin to understand that being friendly to others makes them feel welcome and included</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 - To recognise hurtful behaviour, including online. To know what to do and whom to tell if they see or experience hurtful behaviour, including online</p> <p>Lesson 2 - To describe and understand their feelings To develop simple strategies for managing them</p> <p>Lesson 3 - To recognise and celebrate their strengths and set simple but challenging goals</p> <p>Lesson 4 - To understand the benefits of physical activity and rest</p> <p>Lesson 5 - To know how to relax in different ways. To learn about different types of play, including balancing indoor, outdoor and screen-based play.</p> <p>Lesson 6 - To begin to understand how germs are spread and how we can stop them spreading. To understand basic hygiene routines.</p>	<p><b>Health and wellbeing Safety and the changing body</b></p> <p>Lesson 1 - To begin to understand the risks associated with the sun</p> <p>Lesson 2 - To begin to understand allergies</p> <p>Lesson 3 - To understand that there are people in the local community who help to keep us healthy</p> <p>Lesson 4 - To know how to respond to adults in a safe and familiar context</p> <p>Lesson 5 - To understand how to respond to adults in a range of situations</p> <p>Lesson 6 - To understand what to do if you get lost</p> <p>Lesson 7 – To know that rules help to keep us safe. To understand why some things have age restrictions e.g. TV and film, games, toys or play areas. To know who to tell if they see something online that makes them feel unhappy, worried or scared.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 - To know what is an emergency and to make a phone call if needed. To know whose job it is to keep us safe and how to get help by dialling 999.</p> <p>Lesson 2 - To begin to understand the difference between acceptable and unacceptable physical contact. To know which parts of the body are private.</p> <p>Lesson 3 - To identify different types of touch and how they make people feel. To know how to respond if being touched makes them feel uncomfortable or unsafe.</p> <p>Lesson 4 - To understand that there are dangers at home and how these can be avoided. To know how to keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products</p> <p>Lesson 5 - To understand that there are people in the local community who help to keep us safe.</p>	<p><b>Citizenship</b></p> <p>Lesson 1 - To begin to understand the importance of rules (e.g. class rules, rules at home, rules outside, rules for keeping safe online)</p> <p>Lesson 2 – To understand that animals have different needs and how to care for them</p> <p>Lesson 3 – To begin to understand the needs of babies and young children</p> <p>Lesson 4 – To begin to recognise ways in which we are the same and different to other people. To recognise what makes them special and unique, including their likes, dislikes and what they are good at</p> <p>Lesson 5 - To understand the range of groups people belong to</p>	<p><b>Economic well being Transition</b></p> <p>Lesson 1 - To begin to understand how democracy works</p> <p>Lesson 2 - To understand what money is and its different forms e.g. coins, notes and ways of paying for things e.g. debit cards, electronic payments</p> <p>Lesson 3 – To understand how to keep cash safe To understand the benefits of banks and building societies</p> <p>Lesson 4 – To begin to understand that people make different choices about spending and saving money</p> <p>Lesson 5 – To understand some of the jobs which exist in my school. To know the different strengths and interests that are needed to do different jobs.</p> <p>Lesson 6 - To understand their own strengths and to prepare for their move to a new class</p>

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Year 2	<p><b>Family and relationships</b></p> <p>Lesson 1 - To set the ground rules for RSE lessons. To begin to understand the role of the family in their lives</p> <p>Lesson 2 – To begin to understand the range of families they may encounter now, and in the future.</p> <p>Lesson 3 – To know how to be a good friend. To develop strategies for positive play with friends e.g. joining in, including others.</p> <p>Lesson 4 – To recognise how others show feelings in different ways and how to respond. To explore what causes arguments between friends.</p> <p>Lesson 5 – To begin to understand that some friendships might make us feel unhappy and how to deal with this. To know how to positively resolve arguments between friends.</p> <p>Lesson 6 – To begin to understand the conventions of courtesy and manners. To know how to play and work cooperatively in different groups and situations</p> <p>Lesson 7 - To begin to understand how loss and change can affect us. To know how to manage feelings of change, loss and bereavement</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 – To know what bullying is and different types of bullying. To understand how someone may feel if they are being bullied.</p> <p>Lesson 2 – To describe a range of feelings and develop simple strategies for managing them e.g. paying outside, listening to music, spending time with others</p> <p>Lesson 3 – To understand the benefits of physical activity</p> <p>Lesson 4 – To use breathing exercises to relax. To understand why sleep and rest are important for growing and keeping healthy.</p> <p>Lesson 5 – To understand their strengths and set themselves achievable goals</p> <p>Lesson 6 – To identify strategies to help overcome barriers or manage difficult emotions To develop a growth mindset</p> <p>Lesson 7 - To understand what it means to have a healthy diet</p>	<p><b>Health and wellbeing Safety and the changing body</b></p> <p>Lesson 1 – To understand ways of looking after our teeth. To know about food and drink that affect dental health. To know the importance of, and routines for, brushing teeth and visiting the dentist</p> <p>Lesson 2 – To understand what the Internet is and how it can help us in everyday life. To explore how people find things out and communicate safely with others online.</p> <p>Lesson 3 – To recognise that some content on the internet is factual and some is for entertainment. To know information online might not always be true.</p> <p>Lesson 4 – To understand how to stay safe when talking to people online</p> <p>Lesson 5 – To begin to understand the difference between happy surprises and secrets that make them feel uncomfortable or worries, and how to get help</p> <p>Lesson 6 – To begin to understand the concept of privacy and the correct vocabulary for body parts including external genitalia</p> <p>Lesson 7 – To understand safe and unsafe touches. To know it is important to ask for permission to touch others.</p>	<p><b>Safety and the changing body Citizenship</b></p> <p>Lesson 1 – To understand ways to keep safe on and near roads and railway lines</p> <p>Lesson 2 – To understand ways to keep safe in and near water</p> <p>Lesson 3 – To know about things that people can put into their body or onto their skin and how these can affect how people feel. To begin to understand how to stay safe with medicines. To understand that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.</p> <p>Lesson 4 – To identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger.</p> <p>Lesson 5 – To understand ways to look after the school environment e.g. recycling.</p>	<p><b>Citizenship</b></p> <p>Lesson 1 – To recognise the role people play in looking after the environment</p> <p>Lesson 2 – To begin to understand the roles people have in the community e.g. class, teams, faith groups. To know how a community can help people from different groups to feel included</p> <p>Lesson 3 – To recognise similarities and differences between people in the local community</p> <p>Lesson 4 – To begin to understand how democracy works in school. To know about different rights and responsibilities that they have in school and the wider community</p> <p>Lesson 5 – To understand ways to share an opinion. To know how to share their ideas and listen to others, take part in discussion, and give reasons for their views.</p>	<p><b>Economic well being Transition</b></p> <p>Lesson 1 – To understand where money comes from. To know that people are paid money for the job they do.</p> <p>Lesson 2 – To begin to understand the difference between wants and needs</p> <p>Lesson 3 – To understand how saving can help us to buy the things we want.</p> <p>Lesson 4 – To understand that banks look after money and the benefits of bank accounts</p> <p>Lesson 5 – To understand that skills and interests will help someone decide what job to do</p> <p>Lesson 6 – To understand how our needs change as we grow up. To recognise that as we grow up there are new opportunities and responsibilities. To know that change can cause mixed feelings. To set goals for Year 3.</p>

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Year 3	<p><b>Family and relationships</b></p> <p>Lesson 1 – To set the ground rules for RSE lessons. To understand that families love and support each other. To know the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty. To know about the positive aspects of being part of a family.</p> <p>Lesson 2 – To identify if/when something in a family might make someone upset or worried. To know what to do and whom to tell if family relationships are making them feel unhappy or unsafe. To know that sometimes problems can occur and help is available if needed.</p> <p>Lesson 3 – To understand that bullying and hurtful behaviour is unacceptable in any situation. To know about the effects and consequences of bullying for the people involved.</p> <p>Lesson 4 – To know what to do and whom to tell if they see or experience bullying or hurtful behaviour.</p> <p>Lesson 5 – To understand that friendships have ups and downs and that problems can be resolved. To understand why trust is an important part of positive relationships</p> <p>Lesson 6 – To understand the differences between people such as gender, race and faith, and why it is important to respect these differences.</p> <p>Lesson 7 - To recognise that stereotypes are present in everyday life. To recognise that stereotypes exist based on several factors.</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 – To recognise respectful behaviours e.g. helping or including others. To recognise the importance of self-respect and their right to be treated respectfully by others.</p> <p>Lesson 2 – To understand the benefits of a healthy, balanced diet and dental health. To identify the positive and negative effects of eating habits on a healthy life. To understand that things can affect feelings both positively and negatively.</p> <p>Lesson 3 – To identify healthy and unhealthy choices. To identify what can help people to make healthy choices and what might negatively influence them. To know that regular exercise has positive benefits for their mental and physical health.</p> <p>Lesson 4 – To plan for a healthy lifestyle including rest, diet and physical activity. To break down barriers into smaller, achievable goals. To understand that habits can be maintained, changed or stopped.</p> <p>Lesson 5 – To perform a range of relaxation stretches</p> <p>Lesson 6 – To understand the different aspects of my identity. To know that everyone is an individual and has unique and valuable contributions to make. To identify my own strengths and interests</p> <p>Lesson 7 - To identify how my strengths and interests affect others. To identify common challenges to self-worth. To identify strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To understand the role they can take in an emergency. To understand how to help if someone has been stung or bitten.</p> <p>Lesson 2 – To understand the importance of being kind online and what this looks like. To know how to model respectful behaviour in different situations.</p> <p>Lesson 3 – To understand that cyberbullying involves being unkind online. To identify the similarities and differences to face-to-face bullying.</p> <p>Lesson 4 – To recognise that images and information online can be altered or adapted and the reasons for why this happens. To understand that not all emails are genuine. To develop strategies to recognise whether something they see online is true or accurate.</p> <p>Lesson 5 – To understand that people may behave differently online including pretending to be someone they are not.</p> <p>Lesson 6 – To know how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind and inappropriate communication.</p> <p>Lesson 7 – To know about what privacy and personal boundaries are, including online. To develop basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision.</p>	<p><b>Safety and the changing body</b> <b>Citizenship</b></p> <p>Lesson 1 – To begin to understand the risks of smoking and the benefits of being a non-smoker</p> <p>Lesson 2 – To know how to keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety. To predict, assess and manage risk in everyday situations. To understand the importance of following safety rules from parents and other adults.</p> <p>Lesson 3 – To begin to understand the UN convention on the rights of the child and how they protect children.</p> <p>Lesson 4 – To understand the responsibilities of both children and adults to help all children benefit from their rights. To know that with every right there is also a responsibility.</p> <p>Lesson 5 – To understand the environmental benefits of recycling</p>	<p><b>Citizenship</b></p> <p>Lesson 1 – To understand the groups which make up the community</p> <p>Lesson 2 – To understand that charities care for others and how people can support them. To show compassion towards others in need and understand the shared responsibilities of caring for them.</p> <p>Lesson 3 – To understand that charities care for others and how people can support them. To show compassion towards others in need and understand the shared responsibilities of caring for them.</p> <p>Lesson 4 – To understand why we have rules and the consequences of breaking them at school and home. To understand the importance of abiding by the law and what might happen if rules and laws are broken.</p> <p>Lesson 5 – To understand the different ways to pay for things, such as cash, cards, e-payments and the reasons for them and why people might choose them</p>	<p><b>Economic well being</b> <b>Transition</b></p> <p>Lesson 1 – To understand how to put together a budget</p> <p>Lesson 2 – To recognise that money has an impact on how we feel. To know that how people spend money can have positive or negative effects on others e.g. charities, single use plastics.</p> <p>Lesson 3 – To begin to recognise how ethics can influence our spending decisions</p> <p>Lesson 4 – To understand that there are a range of jobs available e.g. teachers, business people, charity work. To think about what job they might want to do. To recognise their interests, skills and achievements and how these might link to future jobs.</p> <p>Lesson 5 – To understand that there are stereotypes in the workplace and these should not limit people's career aspirations. To challenge stereotypes through examples of role models in different fields of work e.g. women in STEM.</p> <p>Lesson 6 – To understand the strategies people use to cope with change. To set goals that they would like to achieve in Year 4.</p>

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Year 4	<p><b>Family and relationships</b></p> <p>Lesson 1 – To set the ground rules for RSE lessons. To develop an understanding of courtesy and manners in a range of situations.</p> <p>Lesson 2 – To begin to understand the physical and emotional boundaries in friendships. To understand the features of positive healthy friendships such as mutual respect, trust and sharing interests. To develop strategies to build positive friendships.</p> <p>Lesson 3 – To differentiate between playful teasing, hurtful behaviour and bullying. To recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable. To know how to manage pressures associated with dares.</p> <p>Lesson 4 – To understand the impact of bullying and the responsibility of bystanders to help. To know how to respond if they witness or experience hurtful behaviour or bullying, including online.</p> <p>Lesson 5 – To explore stereotypes in fictional characters and think about how these might influence us</p> <p>Lesson 6 – To recognise that stereotypes can relate to several factors</p> <p>Lesson 7 - To begin to understand that families are very varied, in this country and across the world. To recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 – To explore how we can help following a bereavement</p> <p>Lesson 2 – To understand how we can look after our teeth. To know to maintain oral hygiene and dental health, including how to brush and floss correctly. To understand the importance of regular visits to the dentist and the effects of different food, drinks and substances on dental health.</p> <p>Lesson 3 – To understand what relaxation feels like. To understand that relaxation techniques can be used anywhere.</p> <p>Lesson 4 – To develop a growth mindset and understand that mistakes are useful. To identify my own strengths and begin to see how they can affect others</p> <p>Lesson 5 – To identify what's important to me and to take responsibility for my own happiness</p> <p>Lesson 6 – To understand a range of emotions (e.g. happiness, sadness, loneliness, anger, fear, surprise, nervousness). To know how to seek help with their emotions.</p> <p>Lesson 7 - To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To understand what mental health is and who can help if they need it.</p> <p>Lesson 2 – To understand that age restrictions are designed to protect us. To evaluate whether a game or website is appropriate for their age-group. To recognise risks online such as harmful content or contact.</p> <p>Lesson 3 – To know that everything that is shared online has a digital footprint. To understand the benefits and risks of sharing material online. To know what is appropriate to share with friends, family and wider social groups online.</p> <p>Lesson 4 – To understand that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary. To understand how to help someone with asthma.</p> <p>Lesson 5 – To develop understanding of privacy and the difference between secrets and surprises. To know when it is right to keep or break a confidence or share a secret.</p> <p>Lesson 6 – To understand that not all information on search engines is valuable. To make safe, reliable choices from search results. To understand that search results are ordered based on the popularity of the website and that this can affect what information people access.</p> <p>Lesson 7 – To understand that organisations can use personal information to encourage people to buy things. To recognise what online adverts look like. To identify why people might choose to buy or not buy something online.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To recognise that change is part of growing up. To recognise the physical differences between children and adults.</p> <p>Lesson 2 – To recognise what is meant by a 'drug'. To know that drugs common to everyday life (e.g. cigarettes, e-cigarettes/ vaping, alcohol and medicines) can affect health and wellbeing. To understand the importance of taking medicines correctly and using household products safely.</p> <p>Lesson 3 – To identify some of the effects related to different drugs and that all drugs, including medicines may have side effects. To identify some of the risks associated with drugs common to everyday life.</p> <p>Lesson 4 – To identify typical hazards at home and in school. To know about fire safety at home including the need for smoke alarms. To understand the importance of following safety rules from parents and other adults.</p> <p>Lesson 5 – To begin to understand the Human Rights convention</p>	<p><b>Citizenship</b></p> <p>Lesson 1 – To understand how reusing items benefits the environment</p> <p>Lesson 2 – To recognise that they belong to different communities as well as the school community. To understand the role of different groups in the wider community. To recognise the benefits of living in a community.</p> <p>Lesson 3 – To understand the contribution individuals and groups make to a community, including through volunteering and work.</p> <p>Lesson 4 – To understand the value of diversity in a community. To recognise differences and those things we have in common with others e.g. shared values, likes and dislikes, aspirations. To respect the similarities and differences between people.</p> <p>Lesson 5 – To develop an understanding of the role of local government</p>	<p><b>Economic well being Transition</b></p> <p>Lesson 1 – To begin to understand what makes something good value for money</p> <p>Lesson 2 – To begin to understand the importance of keeping track of money and why it is important to know how much is being spent.</p> <p>Lesson 3 – To understand ways money can be lost and how this makes people feel</p> <p>Lesson 4 – To understand that people's decisions about their careers can be influenced by a variety of things</p> <p>Lesson 5 – To understand that many people will have more than one job or career</p> <p>Lesson 6 – To create goals and challenges that they want to set themselves before entering Year 5.</p>

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Year 5	<p><b>Family and relationships</b></p> <p>Lesson 1 – To set the ground rules for RSE lessons. To learn what makes a good friend and why friends are important. To identify the benefits of new and different types of friends.</p> <p>Lesson 2 – To explore the ups and downs of friendships. To develop strategies to positively resolve disputes and reconcile differences.</p> <p>Lesson 3 – To identify different kinds of loving relationships and know that people who love each other can be of any gender, ethnicity or faith. To understand the qualities of healthy relationships that help individuals flourish.</p> <p>Lesson 4 – To understand the concept of marriage and that there are different types of marriage. To explore the history of marriage in England. To know that people have the right to choose whom they marry or whether to get married. To know that forced marriages are illegal and how and where to report forced marriage.</p> <p>Lesson 5 – To recognise that family relationships can sometimes make children feel unhappy and what they can do if this happens</p> <p>Lesson 6 – To understand more about bullying, including online bullying, what might lead to someone being a bully, how to get help and the responsibilities of bystanders.</p> <p>Lesson 7 - To know what gender stereotyping is and that some media and online content promotes stereotypes. To know how attitudes to gender have changed over time.</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 – To explore the impact of stereotypes and how they can lead to discrimination of others based on their race and religion. To understand the impact of discrimination and know ways to safely challenge discrimination. To report discrimination online.</p> <p>Lesson 2 – To learn about the importance of relaxation and use yoga poses and breathing to relax</p> <p>Lesson 3 – To understand the benefits of sleep and how to take greater responsibility for ensuring they get good quality sleep. To learn healthy sleep strategies and how to maintain them.</p> <p>Lesson 4 – To understand the purpose of failure and that we mustn't give up if something doesn't go according to plan. To learn how to set short-term, medium-term and long-term goals.</p> <p>Lesson 5 – To take responsibility for their own feelings and actions and to use vocabulary to describe these. To identify and talk about their feelings. To understand the different ways people express feelings.</p> <p>Lesson 6 – To know that medicines can contribute to health and how allergies can be managed.</p> <p>Lesson 7 - To identify ways to boost mood and improve emotional wellbeing. To know about the link between participating in interests, hobbies and community groups and mental wellbeing.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To know the benefits of being outdoors and in the sun for physical and mental health. To understand risks associated with the sun and how these can be avoided.</p> <p>Lesson 2 – To understand peer influence and how it can make people feel or behave, including online challenges. To develop strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication. To recognise if a friendship makes them feel unsafe, worried or uncomfortable and how to seek support.</p> <p>Lesson 3 – To recognise unsafe and suspicious content online. To develop strategies for dealing with requests for personal information and know how to protect personal information. To know how to report the misuse of personal information.</p> <p>Lesson 4 – To understand how to help someone who is choking, including giving back blows and tummy thrusts and getting medical help if needed</p> <p>Lesson 5 – To understand physical changes during puberty and know how to get information, help and advice. To identify external genitalia.</p> <p>Lesson 6 – To understand the key facts about the menstrual cycle and menstrual wellbeing. To develop strategies to manage the changes during puberty including menstruation.</p> <p>Lesson 7 – To understand emotional changes during puberty. To know how to discuss the challenges of puberty with a trusted adult.</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To know that female genital mutilation (FGM) is against British law. To know what to do and whom to tell if they think they or someone they know might be at risk of FGM.</p> <p>Lesson 2 – To understand how to help someone who is bleeding. To deal with common injuries using basic first aid techniques. To know how to respond in an emergency, including how to contact emergency services.</p> <p>Lesson 3 – To know about the risks and effects of different drugs. To begin to recognise who and what can influence our decisions (alcohol, drugs and tobacco). To understand the choices people can make and those which are made by others (drugs, alcohol and tobacco).</p> <p>Lesson 4 – To know how we can make sure we are making the right decision for ourselves (drugs, alcohol and tobacco). To know that for some people using drugs can become a habit which is difficult to break.</p> <p>Lesson 5 – To identify when situations are becoming risky, unsafe or an emergency. To identify occasions where they can help take responsibility for their own safety. To differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</p>	<p><b>Citizenship</b></p> <p>Lesson 1 – To begin to understand what happens when the law is broken. To explore the role of the police and the justice system</p> <p>Lesson 2 – To explore the links between rights and responsibilities. To express their own opinions about their responsibility towards the environment. To understand how we recognise and value the contribution people make to the community.</p> <p>Lesson 3 – To understand how reducing our use of materials and energy will help the environment. To know the importance of protecting the environment and how everyday actions can either support or damage it.</p> <p>Lesson 4 – To recognise the role of pressure groups. To know how to show compassion for the environment, animals and other living things.</p> <p>Lesson 5 – To begin to understand how parliament works. To know how resources are allocated and the effect this has on individuals, communities and the environment. To know about the way that money is spent and how it affects the environment.</p>	<p><b>Economic well being Transition</b></p> <p>Lesson 1 – To understand that a loan can be a way to pay for things but that it needs to be repaid</p> <p>Lesson 2 – To understand income and expenditure and how to track money. To understand how to put together a weekly budget</p> <p>Lesson 3 – To understand some risks associated with money, such as gambling-related activities, and their impact on health, wellbeing and future aspirations</p> <p>Lesson 4 – To know or why someone might choose a certain career. To know about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values.</p> <p>Lesson 5 – To understand that stereotypes can exist in the workplace but they should not affect people's career aspirations. To understand the impact of stereotypes in the workplace and how to challenge it. To understand the importance of diversity and inclusion to promote people's career opportunities.</p> <p>Lesson 6 – To think about the responsibilities and opportunities that they might take on when moving into Year 6.</p>

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Year 6	<p><b>Family and relationships</b></p> <p>Lesson 1 – To set the ground rules for RSE lessons. To understand what we mean by respect and why it is important. To understand how respect can be won and lost. To understand that respect is two-way and how we treat others is how we can expect to be treated.</p> <p>Lesson 2 – To understand a range of stereotypes in different contexts and the influence they have on attitudes. To know how stereotypes are perpetuated and how to challenge this.</p> <p>Lesson 3 – To explore other people's attitudes and ideas and to begin to challenge these if they are unfair, negative or destructive. To recognise that everyone should be treated equally.</p> <p>Lesson 4 – To resolve disputes and conflict through negotiation and compromise. To listen to and respect other points of view. To constructively challenge points of view they disagree with. To discuss topical issues respectfully.</p> <p>Lesson 5 – To understand the changes that may occur in life including death, and how these can cause conflicting feelings. To begin to understand the process and emotions relating to grief. To develop strategies that can help someone cope with the feelings associated with change or loss. To identify how to ask for help and support with loss, grief or other aspects of change.</p> <p>Lesson 6 – To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations. To know how to ask for, give and not give permission for physical contact.</p> <p>Lesson 7 - To know how to respond to unwanted or unacceptable physical contact and whom to tell if they are concerned. To know how it feels in a person's mind and body when they are</p>	<p><b>Health and wellbeing</b></p> <p>Lesson 1 – To understand that mental health is just as important as physical health and that both need looking after. To recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support. To develop positive strategies for managing feelings and difficult situations.</p> <p>Lesson 2 – To recognise that if someone experiences feelings that are not so good, help and support is available. To identify where people can ask for help and support with mental wellbeing in and outside school. To understand the importance of asking for support from a trusted adult.</p> <p>Lesson 3 – To understand and plan for a healthy lifestyle, looking at their diet, dental hygiene, rest, relaxation and physical activity. To learn about the importance of relaxation and use mindfulness to manage emotions.</p> <p>Lesson 4 – To understand how habits can be good or bad for our health. To foster positive habits e.g. switching a phone off at night. To recognise that balancing time online with other activities helps to maintain their health and wellbeing.</p> <p>Lesson 5 – To understand ways that we help prevent ourselves and others becoming ill. To understand the benefits of immunisation. To know that some diseases can be prevented by vaccinations and immunisations. To know that bacteria and viruses can affect health.</p> <p>Lesson 6 – To understand what happens when we are ill and begin to understand when and where to seek support. To know how they can prevent the spread of bacteria and viruses with everyday hygiene routines.</p> <p>Lesson 7 - To understand why people choose to communicate through social media and some of the risks and challenges of doing so. To know that</p>	<p><b>Safety and the changing body</b></p> <p>Lesson 1 – To understand that online relationships should be treated in the same way as face to face relationships. To know what consent means and how to seek and give/not give permission in different situations. To know how to get advice and report concerns about personal safety online.</p> <p>Lesson 2 – To identify types of images that are appropriate to share with others and those which might not be appropriate. To understand that images or text can be quickly shared with others and what the impact of this might be. To know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others.</p> <p>Lesson 3 – To know about the laws relating to drugs common to everyday life and illegal drugs. To recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs.</p> <p>Lesson 4 – To identify the organisations where people can get help and support concerning drug use. To identify mixed messages in the media relating to drug use and how they might influence opinions and decisions.</p> <p>Lesson 5 – To understand how to help someone who is unresponsive and breathing normally. To know how to put someone into the recovery position and seek medical help.</p> <p>Lesson 6 – To understand the physical and emotional changes that happen during puberty.</p> <p>Lesson 7 – To understand the importance of personal hygiene routines during puberty e.g. washing regularly and using deodorant. To develop strategies to manage the changes during puberty.</p>	<p><b>Citizenship</b></p> <p>Lesson 1 – To understand human rights, including the right to education.</p> <p>Lesson 2 – To understand some environmental issues relating to food and food production</p> <p>Lesson 3 – To understand how to show care and concern for others. To identify causes or issues they care about. To research organisations or individuals which support the causes or issues they are passionate about.</p> <p>Lesson 4 – To understand diversity and the value different people bring to a community</p> <p>Lesson 5 – To know what prejudice means. To recognise prejudice and discrimination and learn how this can be challenged.</p> <p>Lesson 6 - To begin to understand how the British government works</p>	<p><b>Economic well being</b></p> <p>Lesson 1 – To understand attitudes and feelings around money. To understand the role money plays in people's lives and what influences decisions about money.</p> <p>Lesson 2 – To identify how companies encourage customers to buy things and why it is important to be a critical customer. To understand value for money and how to judge if something is value for money.</p> <p>Lesson 3 – To understand how to keep money in bank accounts safe. To explore how having or not having money can impact on a person's emotions, health and wellbeing.</p> <p>Lesson 4 – To identify common risks associated with money, including debt, fraud and gambling. To understand how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk. To know how to get help if they are concerned about gambling or other financial risks.</p> <p>Lesson 5 – To understand the range of jobs people might do and give advice to other children about the jobs they might do. To understand the role ambition can play in achieving a future career.</p>	<p><b>Identity Transition</b></p> <p>Lesson 1 – To understand the different routes available into careers (e.g. college, apprenticeships, university, training) and that many people have career changes</p> <p>Lesson 2 – To understand what factors contribute to identity, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes. To recognise, respect and express their individuality and personal qualities.</p> <p>Lesson 3 – To understand gender identity and sexual orientation and everyone's right to be loved. To learn that people don't always fit into categories and that instead there is a continuum.</p> <p>Lesson 4 – To identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise. To understand that the media manipulates images and that it can be harmful to make comparisons to these. To recognise when images might have been altered.</p> <p>Lesson 5 – To recognise some of the changes as they grow up e.g. increasing independence. To understand what being independent might be like, including how it may feel. To learn that children are likely to have mixed feelings about the change to secondary school</p> <p>Lesson 6 – To explore any worries or anxieties children have about the transition to secondary school. To understand that relationships may change as they grow up or move to secondary school. To develop strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school.</p>

	uncomfortable. To know that it is never someone's fault if they have experienced unacceptable contact.	social media sites have age restrictions and regulations for use. To identify the reasons why some media and online content is not appropriate for children. To know how to report inappropriate online content and contact.				
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