

| YEAR 1                              |   |
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| <b>Family and relationships</b>     |   |
| Lesson 1                            | Introduction to RHSE and setting ground rules                           |
| Lesson 2                            | What is family?   |
| Lesson 3                            | What are friendships?   |
| Lesson 4                            | Recognising other peoples' emotions                                     |
| Lesson 5                            | Working with others   |
| Lesson 6                            | Friendship problems and how to overcome them                            |
| Lesson 7                            | Healthy friendships   |
| Lesson 8                            | Stereotyping - gender   |
| <b>Safety and the changing body</b> |   |
| Lesson 1                            | Communicating safely and effectively with adults at school              |
| Lesson 2                            | Communicating safely and effectively with adults outside of school      |
| Lesson 3                            | What to do if I get lost  |
| Lesson 4                            | Making a call to emergency services                                     |
| Lesson 5                            | Appropriate contact - acceptable and unacceptable physical contact      |
| Lesson 6                            | Safety with substances - what should and shouldn't go on or in the body |
| Lesson 7                            | Safety at home - potential hazards in the home                          |
| Lesson 8                            | People who help to keep us safe in our local community                  |
| <b>Health and wellbeing</b>         |   |
| Lesson 1                            | Understanding my feelings   |
| Lesson 2                            | What am I like? - identifying strengths and qualities                   |
| Lesson 3                            | Ready for bed - effects of good quality sleep                           |
| Lesson 4                            | Relaxation - laughter and progressive muscle relaxation                 |
| Lesson 5                            | Hand washing & personal hygiene   |
| Lesson 6                            | Sun safety  |
| Lesson 7                            | Allergies   |
| Lesson 8                            | People who help us stay healthy   |

| Citizenship        |                              |
|--------------------|------------------------------|
| Lesson 1           | Rules                        |
| Lesson 2           | Caring for others: Animals   |
| Lesson 3           | The needs of others          |
| Lesson 4           | Similar, yet different       |
| Lesson 5           | Belonging                    |
| Lesson 6           | Democratic decisions         |
| Economic wellbeing |                              |
| Lesson 1           | Introduction to money        |
| Lesson 2           | Looking after money          |
| Lesson 3           | Banks and building societies |
| Lesson 4           | Saving and spending          |
| Lesson 5           | Jobs in school               |
| Transition         |                              |

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|---------------|------------------------------------|
| Lesson 1      | Transition - "Moving On" to Year 2 |
| <b>YEAR 2</b> |                                    |

| Family and relationships     |  |
|------------------------------|--|
| Lesson 1                     | Introduction to RHSE and setting ground rules                                  |
| Lesson 2                     | Families offer stability and love  |
| Lesson 3                     | Families are all different   |
| Lesson 4                     | Other peoples' feelings  |
| Lesson 5                     | How to deal with unhappy friendships   |
| Lesson 6                     | Introduction to manners and courtesy   |
| Lesson 7                     | Introduction to change and Loss  |
| Lesson 8                     | Stereotyping - gender  |
| Safety and the changing body |  |
| Lesson 1                     | Introduction to the internet   |
| Lesson 2                     | Communicating online - not sharing personal information                        |
| Lesson 3                     | The difference between secrets and surprises                                   |
| Lesson 4                     | My Private Parts - the concept of privacy and the correct vocabulary for these |
| Lesson 5                     | My private parts are private - safe and unsafe touches                         |
| Lesson 6                     | Road Safety 1  |
| Lesson 7                     | Road Safety 2  |
| Lesson 8                     | Safety with medicines  |
| Health and wellbeing         |  |
| Lesson 1                     | Experiencing different feelings  |
| Lesson 2                     | Being active   |
| Lesson 3                     | Relaxation - breathing exercises   |
| Lesson 4                     | Steps to success - setting achievable goals                                    |
| Lesson 5                     | Growth mindset - overcoming difficulties                                       |
| Lesson 6                     | Healthy diet   |
| Lesson 7                     | Looking after our teeth  |

| Citizenship        |  |
|--------------------|--|
| Lesson 1           | Rules beyond school                        |
| Lesson 2           | Our school environment                     |
| Lesson 3           | Our local environment                      |
| Lesson 4           | Job roles in the community                 |
| Lesson 5           | Similar yet different – my local community |
| Lesson 6           | School council                             |
| Lesson 7           | Giving my opinion                          |
| Economic wellbeing |  |
| Lesson 1           | Where money comes from                     |
| Lesson 2           | Needs and wants                            |
| Lesson 3           | Wants and needs                            |
| Lesson 4           | Looking after money                        |
| Lesson 5           | Jobs                                       |
| Transition         |  |

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|--------------------------|------------------------------------|
| Lesson 1                 | Transition - "Moving On" to Year 3 |
| YEAR 3                   |                                    |
| Family and relationships |                                    |

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| Lesson 1                            | Introduction to RHSE and setting ground rules                                    |
| Lesson 2                            | Healthy families   |
| Lesson 3                            | Friendship - conflict and resolution   |
| Lesson 4                            | Friendship - conflict v bullying   |
| Lesson 5                            | Effective communication to support relationships                                 |
| Lesson 6                            | Learning who to trust  |
| Lesson 7                            | Stereotyping - in everyday life  |
| Lesson 8                            | Where do stereotypes come from?  |
| <b>Safety and the changing body</b> |  |
| Lesson 1                            | Emergencies and calling for help   |
| Lesson 2                            | Basic first aid - bites & stings   |
| Lesson 3                            | Communicating safely online  |
| Lesson 4                            | Cyberbullying  |
| Lesson 5                            | Fake emails  |
| Lesson 6                            | Making choices for myself  |
| Lesson 7                            | Who and what can influence my decisions and how to make the right choices for me |
| Lesson 8                            | Road safety  |
| <b>Health and wellbeing</b>         |  |
| Lesson 1                            | My Healthy diary - physical activity, rest and diet                              |
| Lesson 2                            | Relaxation - stretches   |
| Lesson 3                            | Wonderful me!  |
| Lesson 4                            | My superpowers   |
| Lesson 5                            | Breaking down problems   |
| Lesson 6                            | Diet and dental health   |

| Citizenship        |                             |
|--------------------|-----------------------------|
| Lesson 1           | Rights of the child         |
| Lesson 2           | Rights and responsibility   |
| Lesson 3           | Recycling                   |
| Lesson 4           | Local community groups      |
| Lesson 5           | Charity                     |
| Lesson 6           | Local democracy             |
| Lesson 7           | Rules                       |
| Economic wellbeing |                             |
| Lesson 1           | Ways of paying              |
| Lesson 2           | Budgeting                   |
| Lesson 3           | How spending affects others |
| Lesson 4           | Impact of spending          |
| Lesson 5           | Jobs and careers            |



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|-------------------|-------------------------------------|
| Lesson 6          | Gender and careers                  |
| <b>Transition</b> |                                     |
| Lesson 1          | Transition - " Moving On" to Year 4 |

**YEAR 4**

**Family and relationships**

|                                     |  |
|-------------------------------------|--|
| Lesson 1                            | Introduction to RHSE and setting ground rules                                    |
| Lesson 2                            | Respect and manners  |
| Lesson 3                            | Healthy friendships - physical and emotional boundaries                          |
| Lesson 4                            | How my behaviour affects others  |
| Lesson 5                            | Bullying - the effects of bullying and the responsibility of the bystander       |
| Lesson 6                            | Stereotypes - in fictional characters  |
| Lesson 7                            | Stereotypes - negative effects of  |
| Lesson 8                            | Families in the wider world - respecting differences                             |
| Lesson 9                            | Change and loss - bereavement  |
| <b>Safety and the changing body</b> |  |
| Lesson 1                            | Internet safety - age restrictions   |
| Lesson 2                            | Internet safety - share aware  |
| Lesson 3                            | Basic first aid - asthma   |
| Lesson 4                            | Privacy and secrecy - the difference between the two                             |
| Lesson 5                            | Consuming information online - being a discerning consumer of online information |
| Lesson 6                            | Growing up - that the changes from being a child to an adult is called puberty   |
| Lesson 7                            | Introduction to puberty  |
| Lesson 8                            | Tobacco - the risks of smoking   |
| <b>Health and wellbeing</b>         |  |
| Lesson 1                            | Looking after our teeth  |
| Lesson 2                            | Relaxation - visualisation   |
| Lesson 3                            | Celebrating mistakes   |
| Lesson 4                            | My role - my strengths and helping others  |
| Lesson 5                            | My happiness   |
| Lesson 6                            | Emotions   |
| Lesson 7                            | Mental health  |

| YEAR 5                              |   |
|-------------------------------------|---|
| <b>Family and relationships</b>     |   |
| Lesson 1                            | Introduction to RSHE and setting ground rules<br>Caring for the environment               |
| Lesson 2                            | Build a friend - what makes a good friend<br>Community                                    |
| Lesson 3                            | Friendship skills<br>Contributing   |
| Lesson 4                            | Marriage - different types of marriage and the history of marriage<br>Diverse communities |
| Lesson 5                            | Respecting myself<br>Local councillors  |
| Lesson 6                            | Family life<br><b>Wellbeing</b>   |
| Lesson 7                            | Bullying - the effects of bullying and what might motivate a bully<br>Spending choices    |
| Lesson 8                            | Stereotyping - how attitudes to gender have changed over time<br>Keeping track of money   |
| Lesson 9                            | Stereotyping and discrimination<br>Looking after money                                    |
| <b>Safety and the changing body</b> |   |
| Lesson 5                            | Jobs for me   |
| <b>Transition</b>                   |   |
| Lesson 1                            | Transition - "Moving On" to Year 5  |

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|-----------------------------|--|
| Lesson 1                    | Online friendships   |
| Lesson 2                    | Staying safe online  |
| Lesson 3                    | Puberty  |
| Lesson 4                    | Menstruation   |
| Lesson 5                    | Emotional changes in puberty   |
| Lesson 6                    | First Aid - bleeding   |
| Lesson 7                    | Drugs, alcohol and tobacco - understanding the influence others can have on us |
| <b>Health and wellbeing</b> |  |
| Lesson 1                    | Relaxation - yoga  |
| Lesson 2                    | The importance of rest   |
| Lesson 3                    | Embracing failure  |
| Lesson 4                    | Going for goals  |
| Lesson 5                    | Taking responsibility for my feelings  |
| Lesson 6                    | Healthy meals  |
| Lesson 7                    | Sun safety   |

| YEAR 6                              |   |  |
|-------------------------------------|---|--|
| <b>Family and relationships</b>     |   |  |
| Lesson 1                            | Introduction to RSE and setting ground rules<br>Rights and responsibilities |  |
| Lesson 2                            | Respect, how this can we gained and lost<br>Protecting the planet           |  |
| Lesson 3                            | Developing respectful relationships<br>Contributing to the community        |  |
| Lesson 4                            | Challenging stereotypes<br>Pressure groups                                  |  |
| Lesson 5                            | Different types of stereotyping<br>Parliament                               |  |
| Lesson 6                            | Resolving conflict - negotiation and compromise                             |  |
| Lesson 7                            | Change and loss - the emotions relating to grief<br>Borrowing               |  |
| <b>Safety and the changing body</b> |   |  |
| Lesson 1                            | The risks associated with alcohol<br>Risks with money                       |  |
| Lesson 2                            | Critical thinking<br>Evaluating advertising                                 |  |
| Lesson 3                            | Stereotypes in the workplace<br>Social media                                |  |
| <b>Transition</b>                   |   |  |
| Lesson 1                            | Transition - "Moving On" to Year 6  |  |

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| Lesson 4                  | Physical and emotional changes of puberty  |  |
| <b>Citizenship</b>        |  |  |
| Lesson 1                  | Legal rights and birth <i>(parents/carers have the right to withdraw their child from this lesson)</i> |  |
| Lesson 2                  | Food choices and the environment<br>First Aid - choking  |  |
| Lesson 3                  | Caring for others  |  |
| Lesson 4                  | Basic life support<br>Prejudice and discrimination   |  |
| Lesson 5                  | Valuing diversity  |  |
| Lesson 6                  | What is democracy?<br>Setting long term goals  |  |
| <b>Economic wellbeing</b> |  |  |
| Lesson 1                  | Taking responsibility for my health  |  |
| Lesson 2                  | Keeping money safe   |  |
| Lesson 3                  | Carrots about immunisation   |  |
| Lesson 4                  | Physical health available? - where to get help   |  |
| Lesson 5                  | Goals - positive and negative  |  |

| Transition |                                |
|------------|--------------------------------|
| Lesson 1   | Transition to secondary school |
| Identity   |                                |
| Lesson 1   | What is identity?              |
| Lesson 2   | Gender identity?               |
| Lesson 3   | Identity and body image        |