



Adel Primary School

PSHE / RSE Curriculum

Early Years to Year 6

Our Personal, Social, Health and Economic Education (PSHE) / Relationships and Sex Education (RSE) curriculum is designed to give pupils the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support pupils to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society.

The curriculum is structured to deliver sequential and progressive learning across the following six areas: **Families and Relationships**, **Health and Wellbeing**, **Citizenship**, **Economic Wellbeing**, **Safety and the Changing Body**, and **Transition**.



EYFS

Autumn 1 Self-regulation: My Feelings	Autumn 2 Building Relationships: Special Relationships	Spring 1 Managing Self: Taking on Challenges	Spring 2 Self-regulation: Listening and Following Instructions	Summer 1 Building Relationships: My Family and Friends	Summer 2 Managing Self: My Wellbeing
<p>Lesson 1: Identifying my feelings Learning how to identify feelings and associating feelings with different colours.</p> <p>Lesson 2: Feelings jars Using their understanding of feelings children create feeling jars and use them to identify and express their feelings.</p> <p>Lesson 3: Coping strategies Exploring coping strategies to help regulate emotions and identifying how characters within a story may be feeling.</p> <p>Lesson 4: Emotional adjectives Learning the appropriate vocabulary to describe different emotions.</p> <p>Lesson 5: Facial expressions Exploring different facial expressions and identifying the different feelings they can represent.</p> <p>Lesson 6: Creating a calm corner Learning to identify different feelings based on corresponding facial expressions and exploring ways to moderate behaviour, socially and emotionally.</p> <p><i>Vocabulary: worried, calm, excited, surprised, proud, bored, expression, emotion,</i></p>	<p>Lesson 1: My family Discussing families, why we love ours and understanding that all families are valuable and special.</p> <p>Lesson 2: Special people Identifying people who are special to us through discussion and drawing and thinking about what it means to be a valued person.</p> <p>Lesson 3: Sharing Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion.</p> <p>Lesson 4: I am unique Learning to see themselves as valuable individuals and understanding that it is a positive thing to enjoy and like different things to others.</p> <p>Lesson 5: My interests Exploring how they see themselves as individuals through discussion, drawing and sharing their interests in pairs, as a group, and as a class.</p> <p>Lesson 6: Similarities and differences Exploring diversity through activities and discussion about similarities and differences and understanding that we are all unique.</p> <p><i>Vocabulary: family, same, different, similar, diversity, unique</i></p>	<p>Lesson 1: Why do we have rules? Learning to understand why rules are important, why we have them through activities and games, which allows children to implement and follow rules.</p> <p>Lesson 2: Building towers Learning to understand the importance of persistence in the face of challenge through teamwork activities, developing confidence in their own ability to solve problems.</p> <p>Lesson 3: Team den building Learning to work together as a team to overcome challenges and communicating effectively with others to build a den.</p> <p>Lesson 4: Grounding Learning 'grounding' coping strategies and how to use them in different situations.</p> <p>Lesson 5: Team races Exploring the importance of perseverance in the face of challenge through team races.</p> <p>Lesson 6: Circus skills Through resilience and perseverance, children discover how to face and complete challenges when learning circus skills.</p> <p><i>Vocabulary: confident, fair, difficulty, persistence, perseverance, mistake</i></p>	<p>Lesson 1: Simon says Learning the importance of listening carefully by playing recall games.</p> <p>Lesson 2: Listening to a story Listening attentively to a story; answering questions and retelling parts of a story.</p> <p>Lesson 3: Pass the whisper Understanding the importance of listening carefully, telling the truth and thinking of others' feelings.</p> <p>Lesson 4: Obstacle races Following instructions or actions and persevering when things get difficult.</p> <p>Lesson 5: Blindfold walk Learning to follow instructions involving several ideas or actions and giving simple instructions.</p> <p>Lesson 6: Treasure hunt Learning to listen and respond to phrases and instructions.</p> <p><i>Vocabulary: instructions, team, understanding, truth, honest</i></p>	<p>Lesson 1: Festivals Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times.</p> <p>Lesson 2: Sharing Understanding why sharing is important.</p> <p>Lesson 3: What makes a good friend? Understanding the characteristics that make a good friend.</p> <p>Lesson 4: Being a good friend Learning the importance of supporting others by being kind.</p> <p>Lesson 5: Teamwork Understanding the importance of perseverance in the face of challenge.</p> <p><i>Vocabulary: beliefs, tradition, compliment, support, collaborate, encourage</i></p>	<p>Lesson 1: What is exercise? Learning about the importance of exercise and exploring how exercise affects different parts of the body.</p> <p>Lesson 2: Yoga and relaxation Exploring yoga, guided meditation and relaxation.</p> <p>Lesson 3: Looking after ourselves Understanding why it is important to be able to take care of oneself.</p> <p>Lesson 4: Being a safe pedestrian Exploring what it means to be a safe pedestrian.</p> <p>Lesson 5: Eating healthily Exploring what it means to eat healthily.</p> <p>Lesson 6: A rainbow of food Understanding the importance of healthy food choices and what a balanced diet is.</p> <p><i>Vocabulary: heart rate, lungs, meditate, hazard, safe, pedestrian, vitamins, nutrients, superfood,</i></p>
<p><i>Additional lessons: Zones of Regulation: Lessons 1-5, Set 1 (introduction to the 5 zones)</i></p>					



Year 1

Autumn 1 Families and Relationships	Autumn 2 Health and Wellbeing	Spring 1 Citizenship	Spring 2 Economic Wellbeing	Summer 1 Safety and the Changing Body	Summer 2 Wellbeing / Transition
<p>Lesson 1: What is family? To understand that families look after us.</p> <p>Lesson 2: What are friendships? To begin to understand the importance and characteristics of positive friendships.</p> <p>Lesson 3: Recognising other people's emotions To recognise how others show feelings and how to respond.</p> <p>Lesson 4: Working with others To begin to understand how friendships can make us feel.</p> <p>Lesson 5: Friendship problems To begin to understand that friendships can have problems but we can overcome them.</p> <p>Lesson 6: Healthy friendships To begin to understand that being friendly to others makes them feel welcome and included.</p> <p>Lesson 7: Gender stereotypes To begin to understand what is meant by a stereotype.</p> <p><i>Vocabulary: behaviour, care, friendly, problem, stereotype</i></p>	<p>Lesson 1: Understanding my emotions To describe and understand my feelings and develop simple strategies for managing them.</p> <p>Lesson 2: What am I like? To recognise and celebrate my strengths and set simple but challenging goals.</p> <p>Lesson 3: Ready for bed To understand the benefits of physical activity and rest.</p> <p>Lesson 4: Relaxation To know how to relax in different ways.</p> <p>Lesson 5: Hand washing and personal hygiene To begin to understand how germs are spread and how we can stop them spreading.</p> <p>Lesson 6: Sun safety To begin to understand the risks associated with the sun.</p> <p>Lesson 7: Allergies To begin to understand allergies.</p> <p>Lesson 8: People who help us keep healthy To understand that there are people in the local community who help to keep us healthy.</p> <p><i>Vocabulary: allergy, germs, ill (poorly), qualities, relax</i></p>	<p>Lesson 1: Rules To begin to understand the importance of rules</p> <p>Lesson 2: Caring for others: Animals To understand that animals have different needs and how to care for them</p> <p>Lesson 3: The needs of others To begin to understand the needs of babies and young children</p> <p>Lesson 4: Similar, yet different To begin to recognise ways in which we are the same and different to other people</p> <p>Lesson 5: Belonging To understand the range of groups people belong to</p> <p>Lesson 6: Democratic decisions To begin to understand how democracy works</p> <p><i>Vocabulary: democracy, different, fair, responsibility, similar, unique, vote</i></p>	<p>Lesson 1: What is money? To discover what money is and how it helps us.</p> <p>Lesson 2: Keeping money safe To consider ways to keep coins safe.</p> <p>Lesson 3: What is a bank? To recognise the purpose of banks and building societies.</p> <p>Lesson 4: Saving and spending To begin to understand the differences between spending and saving money.</p> <p>Lesson 5: Jobs in schools To identify the different job roles adults have in school.</p> <p>Lesson 6: Jobs out of school To identify and describe different jobs.</p> <p><i>Vocabulary: bank, cash, earn, notes, pocket money, safe, save, spend, value</i></p>	<p>Lesson 1: Adults in school To know how to respond to adults in a safe and familiar context</p> <p>Lesson 2: Adults outside school To understand how to respond to adults in a range of situations</p> <p>Lesson 3: Getting lost To understand what to do if you get lost</p> <p>Lesson 4: Making an emergency phone call To know what an emergency is and how to make a phone call if needed</p> <p>Lesson 5: Appropriate contact To begin to understand the difference between acceptable and unacceptable physical contact</p> <p>Lesson 6: Safety with substances To begin to understand what is safe to put into or onto our bodies</p> <p>Lesson 7: Safety at home To understand that there are dangers at home and how these can be avoided</p> <p>Lesson 8: People who help to keep us safe To understand that there are people in the local community who help to keep us safe</p> <p><i>Vocabulary: accident, drug, emergency, medicine, physical contact, respect, trust</i></p>	<p>Lesson 1: Discover: Making Mistakes To discover that it is good to make mistakes</p> <p>Lesson 2: Take Notice: Sound To take notice of feelings and emotions when listening to music</p> <p>Lesson 3: Connect: Understanding others To connect with others by showing empathy</p> <p>Lesson 4: Give: Sharing To give through sharing</p> <p>Lesson 5: Move: Gardening To move to improve green space</p> <p><i>Vocabulary: empathy, feelings, mistakes, share, support, thoughts</i></p> <p>Lesson 1: Strengths and transition Children think about their individual strengths and new skills they have to prepare for their move from Year 1 to Year 2</p> <p><i>Vocabulary: strengths, skills, move</i></p>
<p><i>Additional lessons: Zones of Regulation (recap from EYFS)</i></p>					



Year 2

<p>Autumn 1 Families and Relationships</p>	<p>Autumn 2 Health and Wellbeing</p>	<p>Spring 1 Citizenship</p>	<p>Spring 2 Economic Wellbeing</p>	<p>Summer 1 Safety and the Changing Body</p>	<p>Summer 2 Wellbeing / Transition</p>
<p>Lesson 1: Families offer stability and love To begin to understand the role of the family in their lives. Lesson 2: Families are all different To begin to understand the range of families they may encounter now and in the future. Lesson 3: Other peoples' feelings To recognise how others show feelings in different ways and how to respond. Lesson 4: Unhappy friendships To begin to understand that some friendships might make us feel unhappy and how to deal with this. Lesson 5: Introduction to manners and courtesy To begin to understand the conventions of courtesy and manners. Lesson 6: Change and loss To begin to understand how loss and change can affect us. Lesson 7: Gender stereotypes – Careers and jobs To develop an understanding of stereotypes and how these might affect job/career choices.</p> <p><i>Vocabulary: manners, emotions, family, stereotype, respect</i></p>	<p>Lesson 1: Experiencing different emotions To describe a range of feelings and develop simple strategies for managing them. Lesson 2: Being active To understand the benefits of physical activity. Lesson 3: Relaxation: breathing exercises To use breathing exercises to relax. Lesson 4: Steps to success To understand strengths and set achievable goals. Lesson 5: Developing a growth mindset To identify strategies to help overcome barriers or manage difficult emotions. To develop a growth mindset. Lesson 6: Healthy diet To understand what it means to have a healthy diet. Lesson 7: Looking after our teeth To understand ways of looking after our teeth.</p> <p><i>Vocabulary: diet, goal, growth mindset, physical activity, relaxation,</i></p>	<p>Lesson 1: Rules beyond school To understand the importance of rules Lesson 2: Our school environment To understand ways to look after the school environment Lesson 3: Our local environment To recognise the role people play in looking after the environment Lesson 4: Job roles in our local community To begin to understand the roles people have in the community. Lesson 5: Similar yet different – my local community To recognise similarities and differences between people in the local community Lesson 6: School council To begin to understand how democracy works in school Lesson 7: Giving my opinion To understand ways to share an opinion</p> <p><i>Vocabulary: election, environment, identity, opinion, school council, volunteer,</i></p>	<p>Lesson 1: Where does money come from? To explore the ways people receive money. Lesson 2: Exploring needs To identify basic needs essential for healthy growth. Lesson 3: Exploring wants To consider how people decide what they want. Lesson 4: Bank cards and accounts To explore how bank accounts and cards help with managing money. Lesson 5: My skills and talents To identify my skills and talents. Lesson 6: Everyone is welcome To describe how to make others feel included.</p> <p><i>Vocabulary: bank account, debit card, prioritise, survive, transaction, wages, withdraw</i></p>	<p>Lesson 1: Introduction to the internet To understand what the internet is and how it can help us Lesson 2: Communicating online To understand how to stay safe when using the internet Lesson 3: Secrets and surprises To begin to understand the difference between secrets and surprises Lesson 4: Appropriate contact: My private parts To begin to understand the concept of privacy and the correct vocabulary for body parts Lesson 5: Appropriate contact: My private parts are private To understand safe and unsafe touches Lesson 6: Respecting personal boundaries To know my body is important and belongs to me. Lesson 7: Road safety To understand ways to keep safe on and near roads Lesson 8: Crossing roads safely To understand ways to keep safe on and near roads Lesson 9: Staying safe with medicine To begin to understand how to stay safe with medicines</p> <p><i>Vocabulary: see planning</i></p>	<p>Lesson 1: Discover: Perseverance To discover the importance of perseverance Lesson 2: Take notice: Colour Expression To take notice of different feelings using colour and mark making techniques Lesson 3: Connect: Compliments To connect with others through giving and receiving compliments Lesson 4: Give: Generosity To give generously Lesson 5: Move: Nature walk To move through nature</p> <p><i>Vocabulary: attribute, compliment, generous, kind, persevere, self esteem</i></p> <p>Transition Lesson: To understand that change can cause mixed feelings</p> <p><i>Vocabulary: change, feelings</i></p>
<p><i>Additional lessons: Zones of Regulation (lessons 1-3, Set 2 – recap, feelings, behaviours)</i></p>		<p><i>Additional lessons: Healthy Relationships (Safety Week)</i></p>			



Year 3

<p>Autumn 1 Families and Relationships</p>	<p>Autumn 2 Health and Wellbeing</p>	<p>Spring 1 Citizenship</p>	<p>Spring 2 Economic Wellbeing</p>	<p>Summer 1 Safety and the Changing Body</p>	<p>Summer 2 Wellbeing / Transition</p>
<p>Lesson 1: Healthy families To understand that families love and support each other but sometimes problems can occur and help is available if needed.</p> <p>Lesson 2: Friendship conflict To understand that friendships have ups and downs and that problems can be resolved.</p> <p>Lesson 3: Friendship: conflict versus bullying To begin to understand the impact of bullying.</p> <p>Lesson 4: Effective communication To listen and communicate effectively.</p> <p>Lesson 5: Learning who to trust To understand why trust is an important part of positive relationships.</p> <p>Lesson 6: Respecting differences in others To begin to understand the differences between people and why it is important to respect these differences.</p> <p>Lesson 7: Stereotyping: Gender To recognise that stereotypes are present in everyday life.</p> <p>Lesson 8: Stereotyping: Age To recognise that stereotypes exist based on a number of factors.</p> <p><i>Vocabulary: bullying, communicate, empathy, open questions, solve, sympathy,</i></p>	<p>Lesson 1: My healthy diary To understand and plan for a healthy lifestyle including physical activity, rest and diet.</p> <p>Lesson 2: Relaxation: stretches To perform a range of relaxation stretches.</p> <p>Lesson 3: Wonderful me To understand the different aspects of my identity.</p> <p>Lesson 4: My superpowers To identify my own strengths and begin to see how they can affect others.</p> <p>Lesson 5: Resilience: breaking down barriers To break down barriers into smaller, achievable goals.</p> <p>Lesson 6: Communicating my feelings To recognise when to give consent.</p> <p>Lesson 7: Diet and dental health To understand the benefits of healthy eating and dental health.</p> <p><i>Vocabulary: alone, balance, barriers, belonging, identity, resilience</i></p>	<p>Lesson 1: Rights of the child To begin to understand the UN convention on the rights of the child</p> <p>Lesson 2: Rights and responsibilities To understand the responsibilities of both children and adults to help all children benefit from their rights</p> <p>Lesson 3: Recycling To understand the environmental benefits of recycling</p> <p>Lesson 4: Local community groups To understand the groups which make up the community</p> <p>Lesson 5: Charity To understand that charities care for others and how people can support them</p> <p>Lesson 6: Local democracy To begin to understand how democracy works in the local area</p> <p>Lesson 7: Rules To understand why we have rules and the consequences of breaking rules at school and home</p> <p><i>Vocabulary: charity, consequence, council, councillor, law, recycling, United Nations (UN)</i></p>	<p>Lesson 1: How do people pay for things? To understand the different ways to pay for things and why people might choose them</p> <p>Lesson 2: What does budgeting mean? To understand how to put together a budget</p> <p>Lesson 3: How do people feel about money? To recognise that money has an impact on how we feel</p> <p>Lesson 4: What happens when people spend money? To begin to recognise how ethics can influence our spending decisions</p> <p>Lesson 5: What careers do people have? To understand that there are a range of jobs available and to think about what job they might want to do</p> <p>Lesson 6: Can anyone be anything? To understand that there are stereotypes in the workplace and these should not limit people's career aspirations.</p> <p><i>Vocabulary: assumption, budget, career, continuum, digital trade, fair trade, profession</i></p>	<p>Lesson 1: First Aid: Emergencies and calling for help To understand the role I can take in an emergency situation.</p> <p>Lesson 2: First Aid: bites and stings To understand how to help if someone has been stung or bitten.</p> <p>Lesson 3: Be kind online To understand the importance of being kind online and what this looks like.</p> <p>Lesson 4: Cyberbullying To understand that cyberbullying involves being unkind online.</p> <p>Lesson 5: Fake emails To understand that not all emails are genuine.</p> <p>Lesson 6: Making choices To understand the choices people can make and those which are made by others.</p> <p>Lesson 7: Influences To begin to recognise who and what can influence our decisions.</p> <p>Lesson 8: Keeping safe out and about To develop an understanding of safety on or near roads.</p> <p><i>Vocabulary: allergic, anaphylaxis, casualty, cyberbullying, fake, influence, injuries</i></p>	<p>Lesson 1: Discover: Practice makes progress To discover that practice makes progress</p> <p>Lesson 2: Take notice: Making a difference To take notice of opportunities to make a positive change</p> <p>Lesson 3: Connect: Shared interests To connect with others through shared interests</p> <p>Lesson 4: Give: Appreciation To give appreciation</p> <p>Lesson 5: Move: Motion detection To move using motion detection</p> <p><i>Vocabulary: appreciation, gratitude, hobby, practise, progress, relationship</i></p> <p>Transition Lesson: Coping strategies Children learn that, as they get older, the number of opportunities and responsibilities they have are likely to increase as situations change, and that this is a good thing.</p> <p><i>Vocabulary: opportunity, responsibility, change, cope, strategies</i></p>
<p><i>Additional lessons: Zones of Regulation (lessons 4-6, Set 2 - positive interactions, how my body feels)</i></p>					



Year 4

Autumn 1 Families and Relationships	Autumn 2 Health and Wellbeing	Spring 1 Citizenship	Spring 2 Economic Wellbeing	Summer 1 Safety and the Changing Body	Summer 2 Wellbeing / Transition
<p>Lesson 1: Respect and manners To develop an understanding of courtesy and manners in a range of situations.</p> <p>Lesson 2: Healthy friendships To begin to understand the physical and emotional boundaries in friendships.</p> <p>Lesson 3: How my behaviour affects others To understand that my behaviour can have an impact on others.</p> <p>Lesson 4: Bullying To understand the impact of bullying and the responsibility of bystanders to help.</p> <p>Lesson 5: Stereotypes: Gender To explore stereotypes in fictional characters and think about how these might influence us.</p> <p>Lesson 6: Stereotypes: Disability To recognise that stereotypes can relate to a number of factors.</p> <p>Lesson 7: Families in the wider world To begin to understand that families are very varied, in this country and across the world.</p> <p>Lesson 8: Change and loss To explore how we can help following a bereavement.</p> <p><i>Vocabulary: act of kindness, authority, bereavement, boundaries, bystander, permission</i></p>	<p>Lesson 1: Looking after our teeth To understand how we can look after our teeth.</p> <p>Lesson 2: Relaxation: Visualisation To understand what relaxation feels like and to know that relaxation techniques can be used anywhere.</p> <p>Lesson 3: Celebrating mistakes To develop a growth mindset and understand that mistakes are useful.</p> <p>Lesson 4: Meaning and purpose: My role To identify individual strengths and begin to see how they can affect others.</p> <p>Lesson 5: My happiness To identify what is important to me and to take responsibility for my own happiness.</p> <p>Lesson 6: My emotions To understand a range of emotions.</p> <p>Lesson 7: Mental health To begin to understand what mental health is and who can help if I need it.</p> <p><i>Vocabulary: fluoride, intense emotions, mental health, relaxation, skill, visualise</i></p>	<p>Lesson 1: What are human rights? To begin to understand the Human Rights convention</p> <p>Lesson 2: Caring for the environment To understand how reusing items benefits the environment</p> <p>Lesson 3: Community To understand the role of groups in the wider community</p> <p>Lesson 4: Contributing To understand the contribution groups make to a community</p> <p>Lesson 5: Diverse communities To understand the value of diversity in a community</p> <p>Lesson 6: Local councillors To develop an understanding of the role of local government</p> <p><i>Vocabulary: authority, cabinet, council officer, human rights, local government, reuse, volunteer</i></p>	<p>Lesson 1: What is value for money? To recognise factors influencing value for money.</p> <p>Lesson 2: Why keep track of money? To understand the importance of monitoring money.</p> <p>Lesson 3: What ways are there to look after money? To describe different ways of keeping money safe.</p> <p>Lesson 4: What influences career choices? To understand how different factors can influence career choices.</p> <p>Lesson 5: Why make a career change? To explain why people can have more than one career in their life.</p> <p>Lesson 6: How can workplace stereotypes be challenged? To identify and challenge stereotyping in the workplace.</p> <p><i>Vocabulary: bank statement, career satisfaction, influence, password, perspective, satisfaction, security</i></p>	<p>Lesson 1: Internet safety: Age restrictions To understand that age restrictions are designed to protect people.</p> <p>Lesson 2: Share aware To understand the benefits and risks of sharing material online.</p> <p>Lesson 3: First Aid: asthma To understand how to help someone with asthma.</p> <p>Lesson 4: Privacy and secrecy To develop understanding of privacy and the difference between secrets and surprises.</p> <p>Lesson 5: Consuming information online To understand that not all information on search engines is valuable.</p> <p>Lesson 6: Growing up To recognise that change is part of growing up.</p> <p>Lesson 7: Introducing puberty To recognise the physical differences between children and adults.</p> <p>Lesson 8: Tobacco To begin to understand the risks of smoking and the benefits of being a non-smoker.</p> <p><i>Vocabulary: see planning</i></p>	<p>Lesson 1: Discover: Resilience To discover how to overcome mental or physical hurdles</p> <p>Lesson 2: Take notice: My thoughts To take notice of my thoughts</p> <p>Lesson 3: Connect: Pen pals To connect with others by writing to them</p> <p>Lesson 4: Give: Giving to my community To give through an act of kindness</p> <p>Lesson 5: Move: Making a beat To move to a beat</p> <p><i>Vocabulary: appreciation, communicate, community, hurdles, resilience</i></p> <p>Transition Lesson: Setting goals Children create goals and challenges that they want to set themselves before entering Year 5.</p> <p><i>Vocabulary: goal, achievement, change</i></p>
<p><i>Additional lessons: Zones of Regulation (lessons 7-9, Set 2 – sensory calming tools, thinking strategies)</i></p>					



Year 5

Autumn 1 Families and Relationships	Autumn 2 Health and Wellbeing	Spring 1 Citizenship	Spring 2 Economic Wellbeing	Summer 1 Safety and the Changing Body	Summer 2 Wellbeing / Transition
<p>Lesson 1: Build a friend To understand how to form and maintain positive relationships.</p> <p>Lesson 2: Friendship skills To explore the ups and downs of friendships.</p> <p>Lesson 3: Marriage To understand the concept of marriage.</p> <p>Lesson 4: Respecting myself To begin to understand self-respect.</p> <p>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.</p> <p>Lesson 6: Bullying To understand more about bullying and how to get help.</p> <p>Lesson 7: Stereotyping: Gender To recognise how attitudes to gender have changed over time.</p> <p>Lesson 8: Stereotypes: Race and religion To explore the impact of stereotypes and how they can lead to discrimination.</p> <p><i>Vocabulary: attributes, bystander, cyberbullying, marriage, secret, wedding</i></p>	<p>Lesson 1: Relaxation: yoga To use yoga poses and breathing to relax.</p> <p>Lesson 2: The importance of rest To understand the benefits of sleep.</p> <p>Lesson 3: Embracing failure To understand the purpose of failure.</p> <p>Lesson 4: Going for goals To learn how to set short-term, medium-term and long-term goals.</p> <p>Lesson 5: Taking responsibility for my feelings To take responsibility for your own feelings and actions and to use vocabulary to describe these.</p> <p>Lesson 6: Healthy meals To understand and be able to plan healthy meals.</p> <p>Lesson 7: Sun safety To understand risks associated with the sun and how these can be avoided, taking independence for my own sun protection.</p> <p><i>Vocabulary: fail, goal, protect, responsibility, steps</i></p>	<p>Lesson 1: Breaking the law To begin to understand what happens when the law is broken</p> <p>Lesson 2: Rights and responsibilities To explore the links between rights and responsibilities</p> <p>Lesson 3: Protecting the planet To understand how reducing our use of materials and energy will help the environment</p> <p>Lesson 4: Contributing to the community To understand how we recognise and value the contribution people make to the community</p> <p>Lesson 5: Pressure groups To recognise the role of pressure groups</p> <p>Lesson 6: Parliament To begin to understand how parliament works</p> <p><i>Vocabulary: defendant, freedom of expression, government, House of Commons, Member of Parliament (MP), parliament, Prime Minister, trial</i></p>	<p>Lesson 1: Why prioritise needs over wants? To prioritise needs over wants.</p> <p>Lesson 2: What is a weekly budget? To create a weekly budget.</p> <p>Lesson 3: What is borrowing and loaning? To identify the significance of borrowing and loaning money.</p> <p>Lesson 4: What are the risks of handling money online? To examine the risks associated with handling money online.</p> <p>Lesson 5: Why challenge workplace stereotypes? To identify and challenge stereotyping in the workplace.</p> <p>Lesson 6: What makes a suitable career? To explore how personal interests and skills align with different careers.</p> <p><i>Vocabulary: borrow, commitment, expenditure, income, loan, prioritise, repayment,</i></p>	<p>Lesson 1: Online friendships To begin to understand some issues related to online friendships including the impact of actions.</p> <p>Lesson 2: Staying safe online To learn about staying safe online.</p> <p>Lesson 3: Puberty To understand physical changes during puberty.</p> <p>Lesson 4: Menstruation To understand the menstrual cycle.</p> <p>Lesson 5: Emotional changes in puberty To understand emotional changes during puberty.</p> <p>Lesson 6: First Aid: Bleeding and head injuries To understand how to help someone who is bleeding.</p> <p>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.</p> <p><i>Vocabulary: see planning</i></p>	<p>Lesson 1: Discover: Growth mindset To discover the benefits of having a growth mindset</p> <p>Lesson 2: Take notice: Others around me To take notice of others</p> <p>Lesson 3: Connect: Working together To connect with others as part of a team</p> <p>Lesson 4: Give: paying it forward To give and receive kindness</p> <p>Lesson 5: Move: Adaptive sports To move in adapted ways</p> <p><i>Vocabulary: cooperation, collaboration, growth mindset, pay it forward, reciprocate, team work</i></p> <p>Transition Lesson: Roles and responsibilities Children think about the responsibilities and opportunities that they might take on when moving into Year 6, including head boy/girl, school council, prefects, monitors and peer mentors.</p> <p><i>Vocabulary: skill, responsibility, role achievement</i></p>
<p><i>Additional lesson: Zones of Regulation (recap)</i></p>					



Year 6

<p>Autumn 1 Families and Relationships</p>	<p>Autumn 2 Health and Wellbeing</p>	<p>Spring 1 Citizenship</p>	<p>Spring 2 Economic Wellbeing</p>	<p>Summer 1 Safety and the Changing Body</p>	<p>Summer 2 Wellbeing / Transition</p>
<p>Lesson 1: Respect To understand what we mean by respect and why it is important .</p> <p>Lesson 2: Respectful relationships To understand that respect is two-way and how we treat others is how we can expect to be treated.</p> <p>Lesson 3: Stereotypes: Attitudes To explore other people's attitudes and ideas and to begin to challenge these.</p> <p>Lesson 4: Challenging stereotypes To understand stereotypes and be able to share information on them.</p> <p>Lesson 5: Resolving conflict To resolve disputes and conflict through negotiation and compromise.</p> <p>Lesson 6: Change and loss To begin to understand the process and emotions relating to grief.</p> <p>Lesson 7: CSE and Grooming To identify the warning signs of grooming and CSE. To identify trusted adults they would talk to about grooming and CSE</p> <p><i>Vocabulary: conflict, earn, expectation, grief, grieving, resolve, respect, grooming, CSE</i></p>	<p>Lesson 1: What can I be? To identify long term goals and how to work towards them.</p> <p>Lesson 2: Relaxation: Mindfulness To use mindfulness to manage emotions.</p> <p>Lesson 3: Taking responsibility for my health To understand and plan for a healthy lifestyle.</p> <p>Lesson 4: The impact of technology on health To understand the potential impact of technology on physical and mental health.</p> <p>Lesson 5: Resilience toolbox To reflect on skills they have developed to identify and respond to difficult situations.</p> <p>Lesson 6: Immunisation To understand ways that people can help prevent themselves and others becoming ill.</p> <p>Lesson 7: Good and bad habits To understand how habits can impact health.</p> <p>Lesson 8: Physical health concerns To understand what happens when people are ill and know when to seek support.</p> <p><i>Vocabulary: antibodies, growth mindset, habit, qualities, responsibility, vaccination</i></p>	<p>Lesson 1: Human rights To understand human rights, including the right to education.</p> <p>Lesson 2: Food choices and the environment To understand some environmental issues relating to food and food production</p> <p>Lesson 3: Caring for others To understand how to show care and concern for others</p> <p>Lesson 4: Prejudice and discrimination To recognise prejudice and discrimination and learn how this can be challenged</p> <p>Lesson 5: Valuing diversity To understand diversity and the value different people bring to a community</p> <p>Lesson 6: National democracy To begin to understand how government works</p> <p><i>Vocabulary: conflict, expectation, protected characteristics</i></p>	<p>Lesson 1: How do people navigate their feelings about money? To identify feelings around money and discuss their impact.</p> <p>Lesson 2: How do people keep money safe? To recognise how to safeguard money in digital and physical environments.</p> <p>Lesson 3: What money responsibilities are there in secondary school? To identify how money-related matters develop at secondary school.</p> <p>Lesson 4: What are the risks of gambling? To recognise the risks of gambling.</p> <p>Lesson 5: What is a workplace? To explore how different careers operate in a workplace.</p> <p>Lesson 6: What career routes are there? To explore different career routes and their requirements.</p> <p><i>Vocabulary: earnings, educational requirements, , gambling, safeguard, university, valuables, workplace</i></p>	<p>Lesson 1: Alcohol To begin to understand the risks of alcohol.</p> <p>Lesson 2: Critical digital consumers To start to become a discerning consumer of information online</p> <p>Lesson 3: Social media To understand that online relationships should be treated in the same way as face-to-face relationships</p> <p>Lesson 4: Physical and emotional changes of puberty Further developing children's understanding of the physical and emotional changes that happen during puberty.</p> <p>Lesson 5: Conception The biology of conception (Parents can withdraw their child from part of this lesson)</p> <p>Lesson 6: Pregnancy and birth To understand the development of the baby during pregnancy (Parents can withdraw their child from this lesson)</p> <p>Lesson 7: First Aid: Choking To understand how to help someone who is choking</p> <p>Lesson 8: First Aid: Basic life support To understand how to help someone who is unresponsive</p> <p><i>Vocabulary: see planning</i></p>	<p>Lesson 1: Discover: Goal setting To discover how to set achievable goals</p> <p>Lesson 2: Take notice: myself To take notice of what I need</p> <p>Lesson 3: Connect: Community To connect with others within a community</p> <p>Lesson 4: Give: Apologising To give an authentic apology</p> <p>Lesson 5: Move: Brain Breaks To move to increase focus</p> <p><i>Vocabulary: achievable, apology, authentic, commitment, community, volunteer</i></p> <p>Transition Lesson 1: What is identity? To understand what factors contribute to identity</p> <p>Transition Lesson 2: Identity and body image To understand that the media manipulates images</p> <p>Transition Lesson 3: Dealing with change Children learn that the change to secondary school can seem like a big one and that they are likely to have mixed feelings about it.</p>
<p><i>Additional lesson: Zones of Regulation (recap)</i></p>		<p><i>Additional lessons: Healthy Relationships (Safety Week)</i></p>			