Curriculum Overview RSHE & PSHE

Overview (All classes)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS C1	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Class 3	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Class 4	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Class 5	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Class 6	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?

Class 7	My Healthy Self: How can we look after our bodies?	Growing up: How can we look after ourselves and our bodies as we grow?	The online world: How are things shared online?	My healthy self How can I take care of my mind and body?	Health protection How can we prevent illness and injury and respond if they happen?	Citizenship 1 What rights and responsibilities do we have?
Class 8	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Class 9	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents and carers?

Class 1 - EYFS

	Content	Objectives	Vocabulary
Autumn 1	Self-regulation: My feelings 6 lessons Recognising and describing different feelings, and learning strategies to regulate and feel calm. Lesson 1: Identifying my feelings. Lesson 2: Feelings jars. Lesson 3: Coping Strategies. Lesson 4: Describing feelings. Lesson 5: Facial expressions. Lesson 6: Creating a calm Corner.	**Early learning goals** **Personal, Social and Emotional Development** **ELG: Self-regulation** Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Lesson 1: To name different feelings. Lesson 2: To talk about how I feel. Lesson 3: To talk about what I can do when I have big feelings. Lesson 4: To talk about different feelings in my body. Lesson 5: To use faces to help me understand how people feel. Lesson 6: To find ways to help me feel calm.	angry body calm calm corner excited eyebrows feelings happy head heart mouth sad tummy worried

Autumn 2

Building relationships: Special relationships

6 lessons

Learning about families, friendships and positive relationships by exploring the importance of special people in the children's lives. They consider the value of sharing, learn strategies for sharing fairly and recognise their own strengths as individuals.

Lesson 1: My family.

Lesson 2: Special people.

Lesson 3: Sharing

Lesson 4: I am unique

ELG: Building Relationships:

Work and play cooperatively and take turns with others.

Lesson 1: To talk about our families and understand all families are valuable and special.

Lesson 2: To talk about people that hold a special place in children's lives and know what it means to be a valuable person.

Lesson 3: To understand why it is important to share and cooperate with others. To develop strategies to help when trying to share with others.

Lesson 4: To see themselves a s a valuable individual.

To know it is okay to like different things.

Lesson 5: To see themselves as a valuable individual. To share their interests with the group.

family

love

valuable

special

unique

different

mummy

daddy

sister

brother

grandpa

grandma

uncle

auntie

Lesson 5: My interests

Lesson 6: Similarities and differences

Lesson 6: To explore diversity by thinking about similarities and differences.

share

sharing

friend

take turns

timer

interests

hobby

passion

like

dislike

enjoy

different

similar

unique

special

			individual diversity
Spring 1	Managing self: Taking on challenges 6 lessons Considering the value of perseverance in facing challenges, the children learn to communicate effectively with others, recognise the importance of rules and practise simple coping strategies. Lesson 1: Why do we have rules? Lesson 2: Building towers. Lesson 3: Team den building. Lesson 4: Grounding.	ELG: Managing Self: Explain the reasons for rules, know right from wrong and try to behave accordingly. Lesson 1: To understand why we have rules. Lesson 2: To understand the importance of persistence in the face of challenges. To develop confidence in their own ability to solve problems. Lesson 3: To work together as a group to overcome challenges. To communicate effectively with others. Lesson 4: To learn and practise 'grounding' coping strategies. Lesson 5: To understand the importance of perseverance in the face of challenge.	rules reason right wrong safe confident comfortable fair equal enjoyable calm orderly challenge

	Lesson 5: Team races. Lesson 6: Circus skills.	Lesson 6: To learn new skills, showing resilience and perseverance in the face of challenge.	difficulty persistence perseverance trial and error coping strategy grounding technique worried anxious frustrated upset
Spring 2	Self-regulation: Listening and following instructions 6 lessons	**ELG: Managing Self** Children at the expected level of development will:	Listen Listening Understanding

Developing listening and communication skills through stories and games that encourage careful attention to spoken language. The children explore how information can change as it is passed from person to person and how rumours spread.

Lesson 1: Simon says.

Lesson 2: Listening to a story.

Lesson 3: Pass the whisper.

Lesson 4: Obstacle races.

Lesson 5: Blindfold walk.

Lesson 6: Treasure hunt.

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Lesson 1: To understand why it is important to listen carefully.

Lesson 2: To listen attentively to a story.

To talk about and retell parts of a story they have deep familiarity with.

Lesson 3: To understand why it is important to listen carefully.

To understand why it is important to tell the truth and think about the feelings of others.

Lesson 4: To follow instructions involving several ideas or actions. To persevere when things are difficult.

friends

truth

feelings

honest

instructions

obstacle course

challenge

persevere

persist

team

blindfold

explain

odd

different

listen

		Lesson 5: To follow instructions involving several ideas or actions. To give simple instructions. Lesson 6: To listen and respond to phrases and instructions that involve several ideas or actions.	clue hunt
Summer 1	Building relationships: My family and friends 6 lessons Developing an understanding of sharing, turn-taking and positive relationships. The children consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills. Lesson 1: Festivals. Lesson 2: Sharing.	ELG - PSED: Building Relationships Show sensitivity to their own and to others' needs. Lesson 1: To understand that we all have different beliefs and celebrate special times in different ways. To think about the perspectives of others in the class.	festival special event religion culture beliefs tradition share sharing friend take turns friendly kind

Lesson 3: What makes a good friend.

Lesson 4: Being a good friend.

Lesson 5: Teamwork.

Lesson 6: Celebrating friendships.

Lesson 2: To understand why sharing is important.

To think about the perspectives of others in the class.

Lesson 3: To understand the characteristics that make a good friend. To think about why it might be difficult for others to be a good friend all of the time.

Lesson 4: To consider why it is important to support each other by being kind.

Lesson 5: To learn how to help, listen to and support others when working in a team.

Lesson 6: To plan a party to celebrate the special friendships within the class.

polite

emotions

compliment

support

loved

appreciated

happy

team

teamwork

teammate

collaborate

work together

listen

support

encourage

			classmates celebrate celebration party
Summer 2	Managing self: My wellbeing 6 lessons Identifying why exercise is important for physical and mental health, the children discuss ways to take care of themselves, learn how to be safe pedestrians and consider the importance of a balanced diet. Lesson 1: What is exercise. Lesson 2: Yoga and relaxation.	Personal, Social and Emotional Development ELG: Managing Self Children at the expected level of development will: Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Lesson 1: To learn about the importance of exercise. To explore how exercise affects different parts of the body.	exercise movement healthy heart rate breathing heart lungs brain bones muscles yoga

Lesson 3: Looking after ourselves. Lesson 4: Being a safe pedestrian. Lesson 5: Eating healthy. Lesson 6: A rainbow of food.	Lesson 2: To learn how yoga can help our bodies to stretch, relax and stay healthy. To explore guided meditation and relaxation. Lesson 3: To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene. To know and discuss the factors that support their overall health and well-being. Lesson 4: To understand what it means to be a safe pedestrian. Lesson 5: To understand what it means to eat healthily. Lesson 6: To understand the importance of healthy food choices. To explore what it means to have a balanced diet.	pose relax meditate breathe independent care well-being health routine breathe walk hazard safe careful listen

alert

crossing

sensible

pedestrian

healthy
balanced

diet

vitamins

nutrients

heart

muscles

bones

energy

superfood

Class 3

	Content	Objectives	Vocabulary
Autumn 1			anger (Y1/2)
	My healthy self: How can we look after our emotions? 6 lessons Recognising and naming a range of emotions, pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions.	Lesson 1: To name and recognise the six emotions. Lesson 2: To recognise that people may show different emotions in a situation and understand why. Lesson 3: To describe emotions and how they change. Lesson 4: To explore what makes me and others feel excited and calm. Lesson 5: To explore what makes us feel worried, annoyed or upset. Lesson 6: To talk about how we can get help with our feelings.	body clues (Y1/2) comfortable (Y1/2) disgust (Y1/2) emotions (Y1/2) face clues (Y1/2) fear (Y1/2)

Lesson 1: What emotions can we recognise?

Lesson 2: When and why do people show different emotions?

Lesson 3: How can emotions change?

Lesson 4: What helps us to feel calm or excited?

Lesson 5: What might make us feel worried, annoyed or upset?

Lesson 6: What can we do when our feelings get tricky?

happiness (Y1/2)

relax (Y1/2)

sadness (Y1/2)

safe (Y1/2)

surprise (Y1/2)

trust (Y1/2)

trusted adult (Y1/2)

			uncomfortable (Y1/2)
Autumn 2	Connecting with others: How can I help myself and others feel happy and safe? 6 lessons Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships.	Lesson 1: To recognise what makes me special and talk about my strengths. Lesson 2: To explore how families care for and support each other. Lesson 3: To understand that families should help me feel safe and cared for. Lesson 4: To explain how to be a good friend. Lesson 5: To explore how to be kind even when you are angry or upset. Lesson 6: To explore kind and respectful behaviours.	calm (Y1/2) care (Y1/2) fair (Y1/2) family (Y1/2) friendly (Y1/2) kind (Y1/2) lonely (Y1/2)

Lesson 1: What makes me special?

Lesson 2: How do families show love and care for each other?

Lesson 3: What helps me feel safe and cared for?

Lesson 4: What is a friend?

Lesson 5: How can we have a kind and friendly class?

Lesson 6: How should people behave towards others?

polite (Y1/2)

safe (Y1/2)

share (Y1/2)

strengths (Y1/2)

trust (Y1/2)

trusted adult (Y1/2)

unfair (Y1/2)

Spring 1

The online world: How do we spend time online?

6 lessons

Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content.

Lesson 1: When am I online?

Lesson 2: What can I do online and what can I do in person?

Lesson 1: To recognise when we are online.

Lesson 2: To recognise online activities and in-person activities.

Lesson 3: To recognise that polite behaviour online is the same as polite behaviour in person.

Lesson 4: To explain why it is good to balance screen time with in-person activities.

Lesson 5: To understand when and how I should tell an adult about something I see online.

Lesson 6: To describe how I can stay safe online.

balance (Y1/2)

digital device (Y1/2)

healthy (Y1/2)

internet (Y1/2)

online (Y1/2)

polite (Y1/2)

rule (Y1/2)

safe (Y1/2)

		Lesson 3: How should I behave when I use a device? Lesson 4: How can I balance screen time with in-person activities? Lesson 5: What should I do if I see something online that worries me? Lesson 6: How can I stay safe online?	screen time (Y1/2)
<u>Spring 2</u>	<u>Citizenship: How can I help others and the environment?</u>	Lesson 1: To recognise some of the needs of babies and toddlers. Lesson 2: To understand that animals have different needs and how to care for them.	care (y1/2) need (y1/2)

6 lessons

Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. Pupils investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them.

Lesson 1: What do babies and toddlers need?

Lesson 2: What do animals need?

Lesson 3: How can we look after our school environment?

Lesson 3: To identify ways to look after the school environment.

Lesson 4: To show respect when sharing ideas and opinions.

Lesson 5: To recognise how people help look after the school and local environments.

Lesson 6: To recognise how rules help people, animals and places.

rule (y1/2)

safe (y1/2)

		Lesson 4: How can I share my ideas respectfully? Lesson 5: Who helps look after our local environment? Lesson 6: How do rules help everyone?	
Summer 1	Health protection: How can I protect myself and others in daily life? 6 lessons Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help.	Lesson 1: To explain how and why we wash our hands. Lesson 2: To describe how to protect myself in any weather. Lesson 3: To recognise people who help keep us healthy. Lesson 4: To talk about how my body feels when I am ill. Lesson 5: To recognise if an injury is serious or not. Lesson 6: To identify who can help with serious illnesses and injuries.	999 dentist doctor emergency

Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency.

Lesson 1: How and why do we wash our hands?

Lesson 2: How can I protect myself in any weather?

Lesson 3: Who helps us stay healthy?

Lesson 4: What should I do if I feel unwell?

Lesson 5: How serious are different injuries?

first aid

germs

illness

injury

medicine

prevent

protect

	Lesson 6: How can we get help for serious illnesses or injuries?		serious spread unwell urgent
<u>Summer 2</u>	<u>Staying safe: How can I stay safe?</u> 6 lessons Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that	Lesson 1: To identify what is safe and unsafe in the home. Lesson 2: To identify what is safe and unsafe for our bodies. Lesson 3: To explain how rules can keep us safe. Lesson 4: To describe how to stay safe near roads. Lesson 5: To notice how I feel when something is unsafe.	body clues (Y1/2) comfortable (Y1/2) danger (Y1/2) emergency (Y1/2)

could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.

Lesson 1: How can I stay safe at home?

Lesson 2: What is safe for our bodies?

Lesson 3: What rules can keep me safe?

Lesson 4: How can I stay safe near roads?

Lesson 5: How might my body feel when something is unsafe?

Lesson 6: To recognise who and how to ask for help.

harm (Y1/2)

road safety (Y1/2)

rule (Y1/2)

safe (Y1/2)

trusted adult (Y1/2)

uncomfortable (Y1/2)

unsafe (Y1/2)

Lesson 6: Who can keep me safe?

999 (Y1/2)

Class 4

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How can we look after our bodies? 6 lessons Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine. Lesson 1: How does moving my body make me feel? Lesson 2: Why is sleep important? Lesson 3: What foods can help me stay healthy?	Lesson 1: To describe how being active makes me feel. Lesson 2: To explain why sleep is important and how a bedtime routine can help. Lesson 3: To recognise and explain that fruits and vegetables help keep our bodies healthy. Lesson 4: To explain how healthy food and drink choices help the body and mind. Lesson 5: To identify ways to keep my teeth clean and healthy. Lesson 6: To use what I know about looking after my body to create a healthy daily routine.	active (y1/2) calm (y1/2) dentist (y1/2) exercise (y1/2) five-a-day (y1/2) healthy (y1/2) healthy habits (y1/2)

	Lesson 4: How can I make some healthy food and drink choices? Lesson 5: What can I do to keep my teeth clean and healthy? Lesson 6: How can I make healthy choices every day?		protect (y1/2)
Autumn 2	Connecting with others: How can I build safe, kind and caring relationships with others? 6 lessons Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind	Lesson 1: To recognise and celebrate how people are different. Lesson 2: To recognise that all families are different and all are special. Lesson 3: To solve a falling-out kindly.	belong (Y1/2) bullying (Y1/2) calm (Y1/2)

behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe.	Lesson 4: To practise telling others when something feels okay or not okay to me. Lesson 5: To name who I can talk to and what I can say if something feels unsafe or wrong. Lesson 6: To recognise bullying behaviour and know what to do if it happens.	care (Y1/2) carer (Y1/2) fair (Y1/2) family (Y1/2) share (Y1/2) trust (Y1/2) trusted adult (Y1/2)
Lesson 1: How are we all different and the same? Lesson 2: How are families different and the same? Lesson 3: How can I show my feelings kindly and calmly? Lesson 4: How can I let others know what is okay or not okay for me? Lesson 5: Who can I talk to if something does not feel right?		

		Lesson 6: What should I do if someone is being unkind again and again?	
Spring 1	The online world: How can we stay safe online? 6 lessons Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help.	Lesson 1: To describe some things people can do online and how to use devices safely. Lesson 2: To understand that sharing information online means it can be seen by many people. Lesson 3: To recognise that private information should not be shared online. Lesson 4: To identify when private information has been shared online. Lesson 5: To understand that not everything we see online is real. Lesson 6: To explain what to do if something online worries me.	digital device (Y1/2) internet (Y1/2) online (Y1/2) private information (Y1/2) rule (Y1/3)

Lesson 1: What can we do online and how can we do it safely?

Lesson 2: Who can see information shared online?

Lesson 3: What is private information?

Lesson 4: How do I know if private information has been shared online?

Lesson 5: Is everything we see online real?

Lesson 6: What should I do if something online worries me?

safe (Y1/2)

sharing online (Y1/2)

trusted adult (Y1/2)

uncomfortable (Y1/2)

Spring 2

Citizenship: How do people belong to a community and earn money?

6 lessons

Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from.

Lesson 1: Where do we belong?

Lesson 2: How can different people contribute to my community?

Lesson 3: What jobs do people do in our local community?

Lesson 1: To identify the communities that people belong to.

Lesson 2: To explain how people contribute to a community.

Lesson 3: To describe jobs people do to help my local community.

Lesson 4: To describe how different jobs help people and communities.

Lesson 5: To understand what money is and how people use it.

Lesson 6: To recognise different ways adults get money.

Community (Y1/2)

Skills (Y1/2)

		Lesson 4: What other jobs might people do?	
		Lesson 5: What is money?	
		Lesson 6: Where does money come from?	
Summer 1	Growing up: How can we look after and respect our bodies as we grow? 6 lessons Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.	Lesson 1: To identify how we grow and change as we get older.	body (Y1/2)
		Lesson 2: To describe what people can do as they grow older.	change (Y1/2)
		Lesson 3: To express personal boundaries using simple language.	grow (Y1/2)
		Lesson 4: To talk about body parts correctly.	
		Lesson 5: To talk about how to respect other people's belongings and bodies.	nipples (Y1/2)
		Lesson 6: To describe how to get help if you feel unsafe or uncomfortable.	penis (Y1/2)

Lesson 1: How do we grow and change?

Lesson 2: How will I change as I grow up?

Lesson 3: Do I make the rules about my own body?

Lesson 4: How can I talk about my body?

Lesson 5: How can we show respect for each others bodies?

Lesson 6: Who can I talk to if I do not feel safe?

private parts (Y1/2)

respect (Y3/4)

scrotum (Y1/2)

testicles (Y1/2)

trusted adult (Y1/2)

vagina (Y1/2)

vulva (Y1/2)

Summer 2

Staying safe: How can I make safe choices in different places?

6 lessons

Understanding that unsafe situations at home and in public, including common hazards and behaviours that can make someone feel unsafe. Pupils identify when words, actions or touch are not okay, practise saying no and learn how and when to seek help from a trusted adult.

Lesson 1: What makes my body special?

Lesson 2: How can I keep my body safe?

Lesson 3: How can I make safe choices at home?

Lesson 1: To understand that my body is special and belongs to me.

Lesson 2: To recognise simple rules that help keep my body safe.

Lesson 3: To understand how to stay safe at home.

Lesson 4: To identify how to stay safe in different places.

Lesson 5: To understand what to do if I cannot find my trusted adult.

Lesson 6: To recognise how to stay safe around water.

body (Y1/2)

body clues (Y1/2)

danger (Y1/2)

emergency (Y1/2)

harm (Y1/2)

healthy (Y1/2)

nipples (Y1/2)

Lesson 4: How can I stay safe in different places?

Lesson 5: What can I do if I cannot find my trusted adult?

Lesson 6: How can I stay safe around water?

penis (Y1/2)

private parts (Y1/2)

rule (Y1/2)

safe (Y1/2)

safe adult (Y1/2)

scrotum (Y2)

testicles (Y1/2)

trusted adult (Y1/2)

uncomfortable (Y1/2)

unsafe (Y1/2)

vagina (Y1/2)

vulva (Y1/2)

999 (Y1/2)

Class 5

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How can I take care of my mind and body? 6 lessons Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed. Lesson 1: How do emotions affect my body?	Lesson 1: To describe how emotions can affect our bodies. Lesson 2: To recognise how others might be feeling using clues. Lesson 3: To understand that our minds and bodies are connected. Lesson 4: To understand why sleep is important and how we can sleep well. Lesson 5: To identify strategies that may be helpful when experiencing strong emotions. Lesson 6: To understand how to support ourselves and get help with our feelings.	body clues (Y1/2) bullying (Y1/2) emotions (Y1/2) face clues (Y1/2) feelings (Y3/4) health (Y3/4) mind (Y3/4)

Lesson 2: How can I tell how someone else might be feeling?	mood (Y3/4)
Lesson 3: How are my mind and body connected?	respect (Y3/4)
Lesson 4: How does sleep help my mind and body?	routine (Y3/4)
Lesson 5: What can I do when I experience strong emotions?	safe (Y1/2)
Lesson 6: When should I ask an adult for emotional support?	support (Y3/4)
	trust (Y1/2)
	trusted adult (Y1/2)

Autumn 2	Connecting with others: What helps us feel safe and included? 6 lessons Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair friendships and identify different types of bullying and how to respond to them. Lesson 1: How can I respect myself? Lesson 2: What are personal boundaries?	Lesson 1: To recognise what self-respect is and why it is important. Lesson 2: To identify my personal boundaries. Lesson 3: To identify how families can spend time together and support each other. Lesson 4: To describe what makes a good friend. Lesson 5: To explore fair ways to respond after a falling-out with a friend. Lesson 6: To identify what bullying is and how it might make someone feel.	behaviour (Y3/4) boundaries (Y3/4) bullying (Y1/2) comfortable (Y1/2) communicate (Y3/4) falling-out (Y3/4) family (Y1/2) friendship (Y3/4)

Lesson 3: What makes a family?

Lesson 4: How can I be a good friend?

Lesson 5: How can we repair a friendship after a falling-out?

Lesson 6: What are the different types of bullying?

relationship (Y3/4)

respect (Y3/4)

self-respect (Y3/4)

strengths (Y1/2)

support (Y3/4)

unfair (Y1/2)

value (Y1/2)

Spring 1

The online world: How should we communicate online?

6 lessons

Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Pupils identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online.

Lesson 1: How do we communicate online?

Lesson 1: To identify ways people communicate online and in person.

Lesson 2: To describe respectful ways to communicate online.

Lesson 3: To explain how online communication can be misunderstood.

Lesson 4: To understand how to respond safely to online bullying.

Lesson 5: To explain why we must be careful when communicating online.

Lesson 6: To explain and practise ways to stay safe online and seek help.

age restriction (Y3/4)

anonymous (Y3/4)

block (Y3/4)

communicate (Y3/4)

report (Y3/4)

respect (Y3/4)

respectful (Y3/4)

screenshot (Y3/4)

Lesson 2: How can we be respectful when we communicate online?	trusted adult (Y1/2)
Lesson 3: How can communication online sometimes be misunderstood?	online (Y1/2)
Lesson 4: How should I respond to online bullying?	internet (Y1/2)
Lesson 5: Why do we need to be careful when communicating online?	
Lesson 6: How can I keep myself safe online?	

Spring 2

Citizenship: What rights and responsibilities do we have?

6 lessons

Learning about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. Pupils explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet the needs of their communities.

Lesson 1: What are human rights?

Lesson 1: To recognise that everyone has rights and responsibilities.

Lesson 2: To recognise that children have rights and why they matter.

Lesson 3: To understand how reducing what we use helps protect the environment.

Lesson 4: To understand how reusing items helps protect the environment.

Lesson 5: To recognise our responsibility to recycle at home, school and in the local area.

Lesson 6: To recognise how local councils look after local communities.

budget

business

community (Y1/2)

environment

human rights

local council

respect

responsibilities

Lesson 2: What rights should children have?

Lesson 3: How can we help the environment by reducing what we use?

Lesson 4: How can reusing items help the environment?

Lesson 5: Why is recycling important?

Lesson 6: How do local councils help look after their communities?

Summer 1

This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance.

Health protection: How can we prevent illness and injury and respond if they happen?

0 lessons

Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing. Pupils apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999. These lessons will be live from 21st September.

The lesson content will be published by 21 September 2026 (Kapow curriculum).

Summer 2

Citizenship: What careers do people choose and why?

0 lessons

Learning about the world of work by exploring different jobs and career routes, what can influence career choices and how strengths and skills can be useful across different roles. Pupils develop an understanding of gender stereotypes and how they can be challenged, while considering why people may change careers and how existing skills and experience can support new opportunities.

This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance. The lesson content will be published by 21 September 2026 (Kapow curriculum).

Class 6

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How can I make healthy choices? 6 lessons Understanding how healthy choices, including exercise, nutrition and hydration, support physical and mental wellbeing. Pupils identify strategies for developing a growth mindset and consider how kindness and helping others can positively affect their own wellbeing and that of others.	Lesson 1: To explore the importance of having a balanced diet. Lesson 2: To investigate how physical activity affects the body. Lesson 3: To examine how daily habits and choices can affect our energy levels. Lesson 4: To recognise when someone may need support and how to seek help. Lesson 5: To understand how a growth mindset helps us respond to challenges. Lesson 6: To understand that being kind can help me too.	active (Y1/2) balanced diet (Y3/4) dehydrated (Y3/4) exercise (Y1/2) fixed mindset (Y3/4) growth mindset (Y3/4) health (Y3/4)

Lesson 1: What is a balanced diet and why does having one matter?

Lesson 2: How can being active help my mind and body?

Lesson 3: How can I keep my energy up throughout the day?

Lesson 4: How can I get support for myself or others?

Lesson 5: How can I respond when things feel hard?

Lesson 6: Why is helping others good for me too?

hydrated (Y3/4)

lonely (Y1/2)

mental health (Y3/4)

mindset (Y3/4)

nutrients (Y3/4)

physical health (Y3/4)

resilience (Y3/4)

			support (Y3/4) trust (Y1/2) trusted adult (Y1/2)
Autumn 2	Connecting with others: How can we respect each other? 6 lessons Examining respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Pupils develop strategies for building trust and resolving friendship challenges, practise responding to bullying and learn	Lesson 1: To use positive thoughts and words when things are challenging. Lesson 2: To practise being respectful in different settings. Lesson 3: To describe a range of ways to build trusting friendships. Lesson 4: To consider how actions help us look after our friendships. Lesson 5: To explain when and how to ask for help if I see bullying.	assertive (Y3/4) bullying (Y1/2) compromise (Y3/4) disrespect (Y3/4) loneliness (Y1/2)

	how stereotypes can negatively affect people and communities.	Lesson 6: To describe what stereotypes are and why they are unfair.	manners (Y3/4) respect (Y3/4) self-respect (Y3/4) trust (Y1/2) trusted adult (Y1/2)
	Lesson 1: How can I show self-respect? Lesson 2: How can I show respect to others? Lesson 3: How can I build trusting friendships? Lesson 4: How can we solve friendship challenges? Lesson 5: How should I respond to bullying? Lesson 6: What is a stereotype?		
<u>Spring 1</u>		Lesson 1: To recognise how the internet can be helpful and challenging.	age-restriction

The online world: How can we decide what to trust online?

6 lessons

Developing critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe.

Lesson 1: How can the internet be helpful and challenging?

Lesson 2: Is all online content appropriate for me?

Lesson 3: Why should we be careful what we trust online?

Lesson 2: To recognise that not all online content is appropriate for children.

Lesson 3: To recognise that some online information can be misleading.

Lesson 4: To check whether online information is reliable.

Lesson 5: To evaluate multiple sources of online information.

Lesson 6: To recognise the importance of questioning online content.

online content

reliable

search engine

search result

Lesson 4: How can we check if online information is reliable?

Lesson 5: How can we use multiple sources to check online information?

Lesson 6: Why should we question what we see online?

Spring 2

Citizenship: How can I spend money responsibly?

0 lessons

Learning about managing money by examining the different ways people pay for things, including

This Kapow curriculum unit is being updated and is not available yet, but will be available and ready to teach before Spring 2 – It is being refreshed in line with new statutory guidance by Kapow.

	cash and bank cards. Pupils develop an understanding of budgeting, value for money and responsible financial decision-making, while considering how money can influence people's feelings and choices.		
Summer 1	Growing up: How will my body and emotions change as I grow up? 6 lessons	Lesson 1: To explain what body boundaries are and how to communicate them. Lesson 2: To explore how bodies change during puberty. Lesson 3: To explain how to manage emotions and feelings during puberty.	boundaries (Y3/4) breasts (Y3/4) communicate (Y3/4)

Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.

Lesson 1: What are body boundaries?

Lesson 2: How will I grow and change during puberty?

Lesson 3: Which emotional changes could I experience when growing up?

Lesson 4: What is a period?

Lesson 4: To explain what a period is and what happens when you have one.

Lesson 5: To describe how and why we should treat others with kindness and respect.

Lesson 6: To identify trusted adults and explain how they can help with worries about growing up and change.

emotions (Y1/2)

feelings (Y1/2)

period (Y3/4)

permission (Y3/4)

physical changes (Y3/4)

puberty (Y3/4)

respect (Y3/4)

	Lesson 5: How can we show kindness and understanding about body changes?		trusted adult (Y1/2)
	Lesson 6: Who can I talk to about growing up and changes?		uncomfortable (Y1/2)
Summer 2	Staying safe: What signs help me recognise what is safe or unsafe? 6 lessons Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Pupils identify safe ways to cross roads, explore the dangers of water and learn how to distinguish between medicines and harmful substances.	Lesson 1: To identify warning signs that a situation may be unsafe. Lesson 2: To respond to an uncomfortable situation safely. Lesson 3: To identify common risks and explain how to stay safe when walking, cycling or scooting. Lesson 4: To explain how to stay safe in, on and around water. Lesson 5: To explain when drugs and medicines can be helpful or harmful. Lesson 6: To recognise hazards and explain how thinking ahead reduces risk.	alcohol boundaries cigarettes crossing current

Lesson 1: How can I tell if a situation is unsafe?

Lesson 2: What do I do if a situation feels unsafe?

Lesson 3: How can I stay safe around traffic?

Lesson 4: Why can water be dangerous?

Lesson 5: What drugs are safe or unsafe?

Lesson 6: How can I prevent accidents?

hazard

inappropriate

operator

personal space

pressure

risks

tide

vape

Class 7

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How can I make healthy choices? 6 lessons Understanding how healthy choices, including exercise, nutrition and hydration, support physical and mental wellbeing. Pupils identify strategies for developing a growth mindset and consider how kindness and helping others can positively affect their own wellbeing and that of others.	Lesson 1: To explore the importance of having a balanced diet. Lesson 2: To investigate how physical activity affects the body. Lesson 3: To examine how daily habits and choices can affect our energy levels. Lesson 4: To recognise when someone may need support and how to seek help. Lesson 5: To understand how a growth mindset helps us respond to challenges. Lesson 6: To understand that being kind can help me too. ***In greater detail than C6 Aut 1 – See suggested further activities in Kapow links.***	active (Y1/2) balanced diet (Y3/4) dehydrated (Y3/4) exercise (Y1/2) fixed mindset (Y3/4) growth mindset (Y3/4) health (Y3/4)

Lesson 1: What is a balanced diet and why does having one matter?

Lesson 2: How can being active help my mind and body?

Lesson 3: How can I keep my energy up throughout the day?

Lesson 4: How can I get support for myself or others?

Lesson 5: How can I respond when things feel hard?

Lesson 6: Why is helping others good for me too?

hydrated (Y3/4)

lonely (Y1/2)

mental health (Y3/4)

mindset (Y3/4)

nutrients (Y3/4)

physical health (Y3/4)

resilience (Y3/4)

			support (Y3/4) trust (Y1/2) trusted adult (Y1/2)
Autumn 2	Growing up – How can we look after and respect our bodies as we grow? 6 lessons Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone. Focus on how to look after and respect our bodies during these times.	Lesson 1: To explain what body boundaries are and how to communicate them. Lesson 2: To explore how bodies change during puberty. Lesson 3: To explain how to manage emotions and feelings during puberty. Lesson 4: To explain what a period is and what happens when you have one. Lesson 5: To describe how and why we should treat others with kindness and respect.	boundaries (Y3/4) breasts (Y3/4) communicate (Y3/4) emotions (Y1/2) feelings (Y1/2)

Lesson 1: What are body boundaries?

Lesson 2: How will I grow and change during puberty?

Lesson 3: Which emotional changes could I experience when growing up?

Lesson 4: What is a period?

Lesson 5: How can we show kindness and understanding about body changes?

Lesson 6: Who can I talk to about growing up and changes?

Lesson 6: To identify trusted adults and explain how they can help with worries about growing up and change.

period (Y3/4)

permission (Y3/4)

physical changes (Y3/4)

puberty (Y3/4)

respect (Y3/4)

trusted adult (Y1/2)

uncomfortable (Y1/2)

Spring 1

The online world: How am I influenced by what I see online?

6 lessons

Considering how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion.

Lesson 1: What is a balanced diet and why does having one matter?

Lesson 1: To analyse how online adverts influence what we click, buy or watch.

Lesson 2: To explain how online adverts are targeted.

Lesson 3: To recognise how different types of online content influence choices and behaviour.

Lesson 4: To explain how online trends influence behaviour.

Lesson 5: To analyse how opinions shared online can shape our views.

Lesson 6: To recognise that online messages can be misleading.

advert

fact

influence

mislead

opinion

scam

sponsored

	Lesson 2: How can being active help my mind and body? Lesson 3: How can I keep my energy up throughout the day? Lesson 4: How can I get support for myself or others? Lesson 5: How can I respond when things feel hard? Lesson 6: Why is helping others good for me too?		targeted advert
Spring 2	My healthy self: How can I take care of my mind and body? 6 lessons	Lesson 1: To describe how emotions can affect our bodies. Lesson 2: To recognise how others might be feeling using clues.	body clues (Y1/2) bullying (Y1/2)

Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.

Lesson 1: How do emotions affect my body?

Lesson 2: How can I tell how someone else might be feeling?

Lesson 3: How are my mind and body connected?

Lesson 4: How does sleep help my mind and body?

Lesson 3: To understand that our minds and bodies are connected.

Lesson 4: To understand why sleep is important and how we can sleep well.

Lesson 5: To identify strategies that may be helpful when experiencing strong emotions.

Lesson 6: To understand how to support ourselves and get help with our feelings.

emotions (Y1/2)

face clues (Y1/2)

feelings (Y3/4)

health (Y3/4)

mind (Y3/4)

mood (Y3/4)

respect (Y3/4)

routine (Y3/4)

Lesson 5: What can I do when I experience strong emotions?

Lesson 6: When should I ask an adult for emotional support?

safe (Y1/2)

support (Y3/4)

trust (Y1/2)

trusted adult (Y1/2)

Summer 1

Health protection: How can we prevent illness and injury and respond if they happen?

0 lessons

This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance. The lesson content will be published by 21 September 2026 (Kapow curriculum).

	Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing. Pupils apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999. These lessons will be live from 21st September.		
Summer 2	Citizenship: What rights and responsibilities do we have? 6 lessons	Lesson 1: To recognise that everyone has rights and responsibilities. Lesson 2: To recognise that children have rights and why they matter. Lesson 3: To understand how reducing what we use helps protect the environment.	budget business community (Y1/2)

Learning about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. Pupils explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet the needs of their communities.

Lesson 1: What are human rights?

Lesson 2: What rights should children have?

Lesson 3: How can we help the environment by reducing what we use?

Lesson 4: To understand how reusing items helps protect the environment.

Lesson 5: To recognise our responsibility to recycle at home, school and in the local area.

Lesson 6: To recognise how local councils look after local communities.

environment

human rights

local council

respect

responsibilities

Lesson 4: How can reusing items help the environment?

Lesson 5: Why is recycling important?

Lesson 6: How do local councils help look after their communities?

Class 8

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How can I support my mind and body as I grow? 6 lessons Understanding how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation. Pupils learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed. Lesson 1: What do food labels really tell us?	Lesson 1: To explore how food labels can help in making healthier choices. Lesson 2: To reflect on how active I am. Lesson 3: To compare the impact of different physical activities on the body. Lesson 4: To recognise a range of complex feelings. Lesson 5: To recognise and respond to strong and complex feelings. Lesson 6: To recognise how to look after mental health.	active (Y1/2) emotions (Y1/2) exercise (Y1/2) feelings (Y3/4) light activity (5/6) mental health (Y3/4)

	Lesson 2: How active am I and how can I move more?		moderate activity (Y5/6)
	Lesson 3: What are the different types of physical activity and how do they affect us?		nutrients (Y3/4)
	Lesson 4: How can I recognise complex feelings?		regulate (Y5/6)
	Lesson 5: How can I respond to strong and complex feelings?		response (Y5/6)
	Lesson 6: How can we tell when someone might need support with their mental health?		vigorous activity (Y5/6)
Autumn 2		Lesson 1: To describe how our identities are influenced by different factors.	civil partnership
	Connecting with others: Why are healthy relationships important?	Lesson 2: To understand what commitment means and how it is shown in family relationships.	commitment

6 lessons

Investigating identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develop strategies for building and maintaining healthy friendships.

Lesson 1: What makes me who I am?

Lesson 2: How do families show commitment to each other?

Lesson 3: How can families support and protect each other?

Lesson 4: What helps us make and maintain healthy friendships?

Lesson 5: How can we manage challenges in friendships?

Lesson 3: To identify different ways that families can support and protect each other.

Lesson 4: To evaluate healthy and unhealthy friendships.

Lesson 5: To develop and apply positive ways to respond to friendship challenges.

Lesson 6: To reflect on what assertive communication looks like and why it is important.

influence

marriage

Lesson 6: How can I be assertive and respectful?

Spring 1

The online world: How am I influenced by what I see online?

6 lessons

Considering how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion.

Lesson 1: To analyse how online adverts influence what we click, buy or watch.

Lesson 2: To explain how online adverts are targeted.

Lesson 3: To recognise how different types of online content influence choices and behaviour.

Lesson 4: To explain how online trends influence behaviour.

Lesson 5: To analyse how opinions shared online can shape our views.

Lesson 6: To recognise that online messages can be misleading.

advert

fact

influence

mislead

opinion

scam

	Lesson 1: How do adverts try to influence us online?		sponsored
	Lesson 2: How are adverts chosen for me online?		targeted advert
	Lesson 3: How else am I influenced online?		
	Lesson 4: How do online trends shape our choices offline?		
	Lesson 5: How does what we see online influence our viewpoints?		
	Lesson 6: How can some online messages be misleading?		
Spring 2	Citizenship: How can we make a difference in our communities and beyond? 6 lessons Developing active citizenship skills through exploring how people can make a difference	***This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance. The lesson content will be published by 1 November 2026.***	

in their communities and beyond. Pupils learn how individuals, community and pressure groups, local councillors and MPs can influence change in government.

Give examples of people who have contributed to their community.

Identify issues they care about.

Describe how community groups can help make a difference.

Describe how the UK government is made up of elected people.

Name different parts of the UK government and what they do.

Recognise that taxes help fund government and local spending.

Understand the role of local councillors.

Role-play a local council surgery.

	Explain how pressure groups try to persuade the public or the government to make changes. Describe ways they can influence what happens in Parliament.		
<u>Summer 1</u>	<u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u> 6 lessons Understanding the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. Pupils explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.	Lesson 1: To discuss the physical and emotional changes that happen during puberty. Lesson 2: I can explain how good hygiene helps me look after my body, including my private parts. Lesson 3: To recognise how to treat others with kindness during puberty. Lesson 4: To identify emotions that may change during puberty and know who to talk to for support. Lesson 5: To describe what a period is and how to manage it. Lesson 6: To recognise personal boundaries and know how to respond when they are crossed.	egg erection genitals hormones hygiene menstrual cup

Lesson 1: How will my body grow during puberty?

Lesson 2: How can I keep myself clean and hygienic?

Lesson 3: How can we treat others with kindness during puberty?

Lesson 4: How can I manage my emotions and feelings during puberty?

Lesson 5: What is a period?

Lesson 6: How can I challenge behaviour which crosses personal boundaries?

period pad

period pants

self-conscious

sensitive

tampon

wet dream

womb/uterus

Summer 2

This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance. The lesson content will be published by 1 November 2026.

Citizenship: How can we be in control of our money?

0 lessons

Distinguish between needs and wants when making spending decisions.

Identify different sources of income and types of expenditure.

Allocate money within a weekly budget while prioritising needs.

Explain how a loan works.

Evaluate whether taking out a loan is sensible, including the consequences of late repayment.

Identify situations where money may be at risk online or offline.

Recommend suitable strategies for keeping money safe.

Assess the possible risks and consequences of different forms of gambling.

Class 9

	Content	Objectives	Vocabulary
Autumn 1	My healthy self: How do my choices today shape my future health? 6 lessons Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Pupils think critically about healthy eating, including calories as a unit of energy, and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mindset can build confidence and resilience when facing challenges.	Lesson 1: To understand how daily habits protect long-term dental health. Lesson 2: To interpret nutritional information to help make informed choices about food. Lesson 3: To describe how habits can influence long-term health. Lesson 4: To recognise and regulate strong and complex feelings. Lesson 5: To explain how our mindset can affect our personal growth. Lesson 6: To understand how my actions can impact myself and others.	active (Y3/4) bullying (Y1/2) calories (Y5/6) dental hygiene (Y5/6) fixed mindset (Y3/4) flossing (Y5/6) growth mindset (Y3/4)

Lesson 1: Why do healthy teeth matter for the future?

Lesson 2: How can I eat for a healthier future?

Lesson 3: What habits might support my future health?

Lesson 4: How can I recognise and regulate complex feelings?

Lesson 5: How does my mindset affect my personal growth?

Lesson 6: How can I support self-esteem for myself and others?

long-term (Y5/6)

mental health (Y5/6)

mindset (Y3/4)

nutrients (Y3/4)

regulate (Y5/6)

resilience (Y3/4)

self-esteem (Y5/6)

			short-term (Y5/6) support (Y3/4) tooth decay (Y5/6)
<u>Autumn 2</u>	<u>Connecting with others: What does it mean to stand up for myself and others?</u> 6 lessons Developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. Pupils build skills	Lesson 1: To make links between values and personal growth. Lesson 2: To evaluate how to be respectful in different situations. Lesson 3: To set and respect personal boundaries, including seeking and giving consent. Lesson 4: To evaluate safe, respectful ways to challenge unfairness in everyday situations. Lesson 5: To describe how to respond to bullying safely.	bystander consent discrimination empathy self-esteem

in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services.

Lesson 1: How does self-respect help me?

Lesson 2: How can I be respectful in different situations?

Lesson 3: How can I set and respect boundaries?

Lesson 4: How can we challenge unfairness?

Lesson 5: How should we work together to stop bullying?

Lesson 6: When and how should I seek help?

Lesson 6: To explain when to seek help for yourself or someone else.

stereotype

threat

upstander

Spring 1

The online world: How do I feel about the things I see online?

6 lessons

Exploring how online experiences can influence our thoughts, feelings and behaviour, and recognising online risks to support safe decision-making, including learning how to respond to online bullying and other harmful behaviour.

Lesson 1: How do online platforms keep users engaged?

Lesson 2: How can I make safe choices if I am gaming online?

Lesson 1: To understand how online platforms engage users and recognise ways to manage online activity.

Lesson 2: To recognise why some online gaming can be risky and how to make safe choices.

Lesson 3: To analyse how online content can influence how people think and feel.

Lesson 4: To recognise and respond to harmful online behaviours.

Lesson 5: To understand how what we share online can affect ourselves and others.

Lesson 6: To recognise the impact of online experiences on wellbeing and how to respond positively.

harmful

online bullying

online reputation

realistic

unrealistic

upstander

Lesson 3: Is online content always realistic?

Lesson 4: What is harmful online behaviour?

Lesson 5: Does what we post online matter?

Lesson 6: How does being online make me feel?

Spring 2

Citizenship: How can we protect everyone's rights?

0 lessons

Exploring human rights, laws and how the legal system helps uphold fairness in society. Pupils consider the consequences of breaking laws,

This unit is part of the new RSE & PSHE scheme, developed in line with the updated government Relationships, Sex and Health Education guidance. The lesson content will be published by 1 November 2026.

	examine prejudice and discrimination, and identify ways to challenge stereotypes to promote equality and inclusion.		
Summer 1	Staying safe: How can I stay safe as I grow up? 3 lessons Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure,	Lesson 1: To manage risk in, on and around water by following the water safety code. Lesson 2: To recognise and respond to peer pressure. Lesson 3: To recognise the risks of drug misuse and how to make safe choices.	addictive (Y5/6) bystander (Y5/6) cautious (Y5/6) coastguard (Y5/6)

consent, boundaries and drug misuse can affect decisions and learn strategies to protect themselves and others.

Lesson 1: How can I stay safe in, on and around water?

Lesson 2: How can I stay safe when I feel peer pressure?

Lesson 3: How can I stay safe around drugs?

consent (Y5/6)

current (Y3/4)

drugs (Y5/6)

emergency services (Y5/6)

hazard (Y3/4)

illegal (Y3/4)

legal (Y3/4)

			peer pressure (Y5/6) public transport (Y5/6) threat (Y5/6) upstander (Y5/6) violence (Y5/6)
Summer 2	***All Y6 in for this unit of work.*** Sex education: How do people become parents and carers? 6 lessons	Lesson 1: To use the correct scientific vocabulary to name private body parts respectfully. Lesson 2: To describe how a baby is made using scientific vocabulary.	conception consent

Learning the correct terminology for body parts, pupils develop an understanding of how babies are conceived, grow during pregnancy and are born. They learn about consent and the legal age of consent, explore different types of families, and understand the responsibilities and lifelong commitment involved in having a baby.

Lesson 1: Which words can we use to describe our private body parts?

Lesson 2: How are babies made?

Lesson 3: What happens in pregnancy and how are babies born?

Lesson 3: To understand the stages of pregnancy and the different ways babies are born.

Lesson 4: To recognise that families can be formed in different ways.

Lesson 5: To consider some of the responsibilities of having a baby.

Lesson 6: To understand what consent means.

ovary

pregnant

sexual intercourse

sperm

Lesson 4: How are families formed?

Lesson 5: How does life change after having a baby?

Lesson 6: What is consent?