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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | | Summer 1 | | Summer 2 |
| **Nursery** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind-Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind-Relate** | | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** |
| **Reception** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** |
| **Year 1** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** | |
| **Year 2** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** | |
| **Year 3** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** | |
| **Year 4** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind-**  **Relate** | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** | |
| **Year 5** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind-R Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | **Keeping Myself Safe**    **My Happy Mind-Engage** | | **Growing and Changing** | |
| **Year 6** | **Me and my Relationships**  **My Happy Mind-**  **Meet the Brain** | **Valuing Difference**  **My Happy Mind- Celebrate** | **Being My Best**  **My Happy Mind – Appreciate** | **Rights and Respect**  **My Happy Mind- Relate** | **Keeping Myself Safe**  **My Happy Mind-Engage** | | **Growing and Changing** | |

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| **Nur** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **PSED** | | | |
| Starting to identify feelings and follow rules  Handling new social experiences   |  | | --- | | Form positive relationships with adults and peers through cooperation | |  | |  | |  | |  | |  | |  | | | | |
| Unit:1A | **Me and My Relationships**  Children will be able to:   * Recognise that we are unique * Describe different feelings and use this skill to manage relationships * Understand that some families are different from theirs, but these families also love and care for one another | * **Lesson 1**   [**Marvellous me!**](https://www.coramlifeeducation.org.uk/scarf/lesson-plans/marvellous-me)   * **Lesson 2**   **I’m Special**   * **Lesson 3**   **People who are special to me** | |  | | --- | | special | | practice | | effort | | same | | different  favourite  special people  family  friends  feelings  happy  sad  kind  helpful | |
| Unit:1B | **Valuing Difference**  Children will be able to:   * Recognise that there are differences and similarities between themselves * Celebrate their friends and include them * Understand people have different cultures and religions | Lesson 1 **Me and my friends** Lesson 2 **Friends and family** Lesson 3 **Including everyone** | special  likes  dislikes  favourite  same  different  kind  unkind  family  home  kindness |
| **Spring Term** | | | |
| Unit:2A | **Being my Best**  Children will be able to:   * Talk about healthy choices and activities * Develop resilience and persistence in their learning * Working cooperatively with others when faced with a challenge | Lesson 1 **What does my body need?**  **I can keep trying** Lesson 3 **I can do it.** | Bounce back  Encourage  Try again  Food  Energy  Grow  Healthy  Fruit  Vegetable  Dairy  Sleep  Wash  Healthy  Exercise  Heart  Muscles  Routine  Calm |
| Unit:2B | **Rights and Respect**  Children will be able to:   * Learn about taking some responsibility for their own health * Describe ways in which they can help others and why they would do so * Take care of their home, their learning environment and the natural environment | Lesson 1 **Looking after myself.**  **Looking after others.** Lesson 3 **Looking after my environment**. | Family  Look after  Help each other  Be alone  Friends  Working together  Helpful  Responsible  Caring  Environment  Litter  Pollution  Recycling  Money  Pay  Shop  Cost  Buy  Save  Safe place |
| **Summer Term** | | | |
| Unit:3A | **Keeping Safe**  Children will be able to:   * + Explain what they should do if they feel unsafe   + Recognise potential dangers and how to stay safe, inside and outside   + Learn the importance of keeping safe around medicines and unknown products | Lesson 1 **People who keep me safe** Lesson 2 **Safety indoors and outdoors** Lesson 3 **What’s safe to go into my body?** | Keep clean  Keep safe  Safe  Unsafe  Sleep  Food  Water  Fresh air  Cuddle  Medicine  Chemist  Doctor  Grown up  Tummy feelings  Uncomfortable  Worried  Tell  Trust  Adult  Address |
| **Unit:3B** | **Growing and Changing**  Children will be able to:   * Talk about change in the environment * Describe the changes in babies, young animals and plants as they grow * Broaden their expectations beyond potential stereotypes of what girls and boys like, do or look like | Lesson 1 **Growing and changing in nature.** Lesson 2 **When I was a baby** Lesson 3 **Girls, boys and families** | Seasons  Spring  Summer  Autumn  Winter  Cycle  Growing  Life cycles  Baby  Child  Teenager  Adult  Grow  Private parts |

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| **Reception** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Development Matters- Personal, Social and Emotional Development  30-50 months • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. • Develop their sense of responsibility and membership of a community. • Become more outgoing with unfamiliar people, in the safe context of their setting. • Show more confidence in new social situations. • Play with one or more other children, extending and elaborating play ideas. • Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’. • Understand gradually how others might be feeling. • Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. • Make healthy choices about food, drink, activity and toothbrushing. 50+ See themselves as a valuable individual \*Build constructive and respectful relationships\* Express their feelings and consider the feelings of others\*Show resilience and perseverance in the face of challenge\*Identify and moderate their own feelings socially and emotionally\*Think about the perspective of others\*Manage their own needs-personal hygiene\*Talk about the different factors that support their overall health and well-being; regular physical activity; healthy eating; toothbrushing; sensible amounts of screen time; having a good sleep routine; being a safe pedestrian, throwing, catching or kicking it | | | |
| Unit:1A | **Me and My Relationships**  Children will be able to:   * Talk about similarities and differences. * Name special people in their lives. * Describe different feelings. * Identify who can help if they are sad, worried or scared. * Identify ways to help others or themselves if they are sad or worried. | Lesson 1 **All about me** Lesson 2 **What makes me special** Lesson 3 **Me and my special people** Lesson 4 **Who can help me?** Lesson 5 **My feelings (1)** Lesson 6 **My feelings (2)** | |  | | --- | | special | | practice | | effort | | same | | different  favourite  special people  family  friends  feelings  happy  sad  kind  helpful | |
| Unit:1B | **Valuing Difference**  Children will be able to:   * Be sensitive towards others and celebrate what makes each person unique. * Recognise that we can have things in common with others. * Use speaking and listening skills to learn about the lives of their peers. * Know the importance of showing care and kindness towards others. * Demonstrate skills in building friendships and cooperation. | Lesson 1 **I’m special, you’re special** Lesson 2 **Same and different** Lesson 3 **Same and different families** Lesson 4 **Same and different homes** Lesson 5 **I am caring** Lesson 6 **I am a friend** | special  likes  dislikes  favourite  same  different  kind  unkind  family  home  kindness |
| **Spring Term** | | | |
| Unit:2A | **Being my best**  **Children will be able to:**   * Feel resilient and confident in their learning. * Name and discuss different types of feelings and emotions. * Learn and use strategies or skills in approaching challenges. * Understand that they can make healthy choices. * Name and recognise how healthy choices can keep us well. | Lesson 1 **Bouncing back when things go wrong.** Lesson 2 **Yes, I can!** Lesson 3Healthy eating.Lesson 4 **My Healthy Mind** Lesson 5 **Move your body** Lesson 6 **A good night’s sleep** | Bounce back  Encourage  Try again  Food  Energy  Grow  Healthy  Fruit  Vegetable  Dairy  Exercise  Heart  Muscles  Routine  Calm  Sleep |
| Unit:2B | **Rights and Respect**  Children will be able to:   * Understand that they can make a difference. * Identify how they can care for their home, school and special people. * Talk about how they can make an impact on the natural world. * Talk about similarities and differences between themselves. * Demonstrate building relationships with friends. | Lesson 1 **Looking after my special people** Lesson 2 **Looking after my friends.** Lesson 3 **Being helpful at home and caring for our classroom.** Lesson 4 **Caring for our world.** Lesson 5 **Looking after money (1): recognising, spending, using.** Lesson 6 **Looking after money (2): saving money and keeping it safe.** | Friends  Look after  Help each other  Be alone  Responsibility  Helpful  Caring  Environment  Litter  Electricity  Pollution  Recycling  Money  Shop  Buy  Cost  Pay  Save  Safe place |
| **Summer Term** | | | |
| Unit:3A | **Keeping myself safe**  Children will be able to:   * Talk about how to keep their bodies healthy and safe. * Name ways to stay safe around medicines. * Know how to stay safe in their home, classroom and outside. * Know age-appropriate ways to stay safe online. * Name adults in their lives and those in their community who keep them safe. | Lesson 1 **What’s safe to go onto my body?** Lesson 2 **Keeping myself safe-what’s safe to go into my body (including medicines)** Lesson 3 **Safe indoors and outdoors** Lesson 4 **Listening to my feelings** Lesson 5 **Keeping safe online** Lesson 6 **People who help to keep me safe** | Keep clean  Keep safe  Safe  Unsafe  Sleep  Food  Water  Fresh air  Cuddle  Medicine  Chemist  Doctor  Grown up  Tummy feelings  Uncomfortable  Worried  Tell  Trust  Adult  Address |
| Unit:3B | **Growing and changing**  Children will be able to:   * Understand that there are changes in nature and humans. * Name the different stages in childhood and growing up. * Understand that babies are made by a man and a woman. * Use the correct vocabulary when naming the different parts of the body. * Know how to keep themselves safe. | Lesson 1 **Seasons** Lesson 2 **Life stages-plants, animals, humans.** Lesson 3 **Life stages: Human life stage-who will I be?** Lesson 4 **Where do babies come from?**   Lesson 5 **Getting bigger.** Lesson 6 **Me and my body-girls and boys** | |  |  | | --- | --- | | organ | | | Heart | | | lungs | | | intestines | | | brain | | | stomach | | | oxygen | | | digested | | | caring | | | love | | | attention | | | change | | | growing | | | unkind | | | unkindness | | | tease | | | teasing | | | bully | | | bullying | | | witness | | | experience | | | getting help | | | surprise | | Secret | | uncomfortable | | privates | | private | | penis | | vulva | | hygiene | |

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| **Year 1** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Unit:1A | **Me and my relationships**   |  |  | | --- | --- | | Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and  Health Education |  | | Lesson 1 **Why we have classroom rules**  Understand that classroom rules help everyone to learn and be safe;  Explain their classroom rules and be able to contribute to making these. Lesson 2 **How are you listening?**  Demonstrate attentive listening skills;  Suggest simple strategies for resolving conflict situations;  Give and receive positive feedback, and experience how this makes them feel. Lesson 3 **Thinking about feelings**  Recognise how others might be feeling by reading body language/facial expressions;  Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.) Lesson 4 **Our feelings**  Identify a range of feelings;  Identify how feelings might make us behave:  Suggest strategies for someone experiencing 'not so good' feelings to manage these. Lesson 5Feelings and bodiesRecognise that people's bodies and feelings can be hurt;Suggest ways of dealing with different kinds of hurt.Lesson 6Good friendsIdentify simple qualities of friendship;Suggest simple strategies for making up. | Rules  Safe  Responsibility  Together  Feelings  Body language  Emotions  Safe  Support  Behaviour  Hurt  Help  Heal  Family  Special people  Friendships  Making up  Listening |
| Unit:1B | **Valuing Difference**   |  |  | | --- | --- | |  |  | | Lesson 1 **Same or different?**  Identify the differences and similarities between people;  Empathise with those who are different from them;  Begin to appreciate the positive aspects of these differences. Lesson 2 **Unkind, tease or bully?**  Explain the difference between unkindness, teasing and bullying;  Understand that bullying is usually quite rare. Lesson 3 **Harold’s school rules.**  Explain some of their school rules and how those rules help to keep everybody safe. Lesson 4 **It’s not fair!**  Recognise and explain what is fair and unfair, kind and unkind;  Suggest ways they can show kindness to others. Lesson 5 **Who are our special people?**  Identify some of the people who are special to them;  Recognise and name some of the qualities that make a person special to them. Lesson 6Our special people balloons.Recognise that they belong to various groups and communities such as their family;Explain how these people help us and we can also help them to help us. | Same  Different  Difference  Respect  Unkind  Unkindness  Tease  Teasing  Bully  Bullying  Behaviour  Rules  Safe  Fair  Unfair  Special people  Qualities  Feelings |
| **Spring Term** | | | |
| Unit:2B | **Rights and respect** | Lesson 1 **Harold has a bad day.**  Recognise how a person's behaviour (including their own) can affect other people. Lesson 2 **Around and about the school**  Identify what they like about the school environment;  Recognise who cares for and looks after the school environment. Lesson 3 **Taking care of something**  Demonstrate responsibility in looking after something (e.g. a class pet or plant);  Explain the importance of looking after things that belong to themselves or to others. Lesson 4 **Harold’s money**  Explain where people get money from;  List some of the things that money may be spent on in a family home. Lesson 5 **How should we look after our money?**  Recognise that different notes and coins have different monetary value;  Explain the importance of keeping money safe;  Identify safe places to keep money;  Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it). Lesson 6Basic first aidHow to make a clear and efficient call to emergency services if necessary.Concepts of basic first-aid, for example dealing with common injuries, including head injuries. | Hygiene  Routine  Clean  Environment  Responsibility  Responsible  Rules  Needs  Money  Cost  Afford  Bills  Spending  Bank  Coin  Note  Worth  Saving  Safe  First aid  Risk  Accident  Danger  Hazard  Kettle  Burn  Scald  Accident  Emergency |
| **Summer Term** | | | |
| Unit:3A | **Keeping safe** | Lesson 1 **Super sleep**  Recognise the importance of sleep in maintaining a healthy, balanced lifestyle;  Identify simple bedtime routines that promote healthy sleep. Lesson 2 **Who can help? (1)**  Recognise emotions and physical feelings associated with feeling unsafe;  Identify people who can help them when they feel unsafe. Lesson 3 **Good or bad touches**  Understand and learn the PANTS rules;  Name and know which parts should be private;  Explain the difference between appropriate and inappropriate touch;  Understand that they have the right to say “no” to unwanted touch;  Start thinking about who they trust and who they can ask for help. Lesson 4 **Sharing pictures**  The importance of permission-seeking and giving in relationships with friends, peers and adults.  That people sometimes behave differently online, including by pretending to be someone they are not.  That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.  The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.  How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.  How information and data is shared and used online.  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.  How to ask for advice or help for themselves or others, and to keep trying until they are heard.   That for most people the internet is an integral part of life and has many benefits.  How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.  That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.  Where and how to report concerns and get support with issues online. Lesson 5 **What could Harold do?**  Understand that medicines can sometimes make people feel better when they’re ill;  Explain simple issues of safety and responsibility about medicines and their use. Lesson 6Harold loses GeoffreyRecognise the range of feelings that are associated with loss. | Energy  Food  Water  Air  Oxygen  Exercise  Sleep  Healthy  Diary  Fruit  Vegetables  Sugar  Salt  Cereal  Meat  Grow  Tired  Feelings  Worried  Nervous  Scared  Support  Unsafe  Emotions  Loss  Lost  Medicine  Safe  Harmful  Responsibility  Private  Trust  Privates |
| Unit:3B | **Growing and changing** | * **Lesson 1**   **Healthy me**  Understand that the body gets energy from food, water and air (oxygen);  Recognise that exercise and sleep are important parts of a healthy lifestyle.  **Lesson 2**  **Then and now**  Identify things they could do as a baby, a toddler and can do now;  Identify the people who help/helped them at those different stages.   * **Lesson 3**   **Taking care of a baby**  Understand some of the tasks required to look after a baby;  Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.   * **Lesson 4**   **Who can help? (2)**  Explain the difference between teasing and bullying;  Give examples of what they can do if they experience or witness bullying;  Say who they could get help from in a bullying situation.   * **Lesson 5**   **Surprises and secrets**  Explain the difference between a secret and a nice surprise;  Identify situations as being secrets or surprises;  Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.   * **Lesson 6**   **Keeping privates private**  Identify parts of the body that are private;  Describe ways in which private parts can be kept private;  Identify people they can talk to about their private parts | Organ  Heart  Lungs  Intestines  Brain  Stomach  Oxygen  Digested  Caring  Love  Attention  Change  Growing  Unkind  Unkindness  Tease  Teasing  Bullying  Experience  Getting help  Surprise  Secret  Uncomfortable  Private  Privates  Penis  Vulva  Vagina |

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| **Year 2** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Unit: 1A | Me and my relationships  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | * **Lesson 1**   **Our Ideal classroom (1)**  Suggest actions that will contribute positively to the life of the classroom;  Make and undertake pledges based on those actions.   * **Lesson 2**   **Our Ideal classroom (2)**  Take part in creating and agreeing classroom rules.   * **Lesson 3**   **How are you feeling today?**  Use a range of words to describe feelings;  Recognise that people have different ways of expressing their feelings;  Identify helpful ways of responding to other's feelings.   * **Lesson 4**   **Let’s all be happy**  Recognise, name and understand how to deal with feelings (e.g. anger, loneliness);  Explain where someone could get help if they were being upset by someone else’s behaviour.   * **Lesson 5**   **Being a good friend**  Recognise that friendship is a special kind of relationship;  Identify some of the ways that good friends care for each other.   * **Lesson 6**   **Types of bullying**  Explain the difference between bullying and isolated unkind behaviour;  Recognise that that there are different types of bullying and unkind behaviour;  Understand that bullying and unkind behaviour are both unacceptable ways of behaving.   * **Lesson 7**   **Don’t do that**  Understand and describe strategies for dealing with bullying:  Rehearse and demonstrate some of these strategies.   * **Lesson 8**   **Bullying or teasing?**  Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two;  Identify situations as to whether they are incidents of teasing or bullying. | Happy  Safe  Caring  Friendly  Rules  Feelings  Showing feelings  Help  Bullying  Teasing  Repeated  Regular  Help  Don’t do that  Friendship |
| Unit: 1B | **Valuing Difference** | * **Lesson 1**   What makes us who we are  Identify some of the physical and non-physical differences and similarities between people;  Know and use words and phrases that show respect for other people.   * **Lesson 2**   **My Special People**  Identify people who are special to them;  Explain some of the ways those people are special to them.   * **Lesson 3**   **How do we make others feel?**  Recognise and explain how a person's behaviour can affect other people.   * **Lesson 4**   **When someone is feeling left out**  Explain how it feels to be part of a group;  Explain how it feels to be left out from a group;  Identify groups they are part of;  Suggest and use strategies for helping someone who is feeling left out.   * **Lesson 5**   **An act of kindness**  Recognise and describe acts of kindness and unkindness;  Explain how these impact on other people's feelings;  Suggest kind words and actions they can show to others;  Show acts of kindness to others in school.   * **Lesson 6**   **Solve the problem**  Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted);  Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships. | Unique  Respect  Behaviour  Calm  Aggressive  Solve  Special people  Co-operate  Kind  Kindness  Unkind  Listening  Being listened to  Problem |
| **SPRING Term** | | | |
| Unit: 2A | **Being My Best** | Lesson 1 **You can do it!**  Explain the stages of the learning line showing an understanding of the learning process;  Help themselves and others develop a positive attitude that support their wellbeing;  Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning**.** Lesson 2 **My day**  Understand and give examples of things they can choose themselves and things that others choose for them;  Explain things that they like and dislike, and understand that they have choices about these things;  Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health. Lesson 3 **Harold’s postcard- helping us to keep clean and healthy**  Explain how germs can be spread;  Describe simple hygiene routines such as hand washing;  Understand that vaccinations can help to prevent certain illnesses. Lesson 4 **Harold’s bathroom**  Explain the importance of good dental hygiene;  Describe simple dental hygiene routines.   * **Lesson 5**   **What does my body do?**  Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);  Describe how food, water and air get into the body and blood. Lesson 6 **My Body Needs**  Understand that the body gets energy from food, water and oxygen;  Recognise that exercise and sleep are important to health   * **Lesson 7**   **Basic first aid**  How to make a clear and efficient call to emergency services if necessary.  Concepts of basic first-aid, for example dealing with common injuries, including head injuries. | **Practise**  **Encourage**  **Goal**  **Achieve**  **Challenge**  **Choose**  **Choices**  **Healthy**  **Unhealthy**  **Vaccination**  **Disease**  **Germs**  **Hygiene**  **Teeth**  **Dental**  **Oxygen**  **Water**  **Food**  **Exercise**  **Rest**  **Brain**  **Heart**  **Stomach**  **Large intestine**  **Small intestine**  **Food**  **Water** |
| **Rights and respect** | Lesson 1 **Getting on with others**  Describe and record strategies for getting on with others in the classroom.   * **Lesson 2**   **When I feel like erupting**  Explain, and be able to use, strategies for dealing with impulsive behaviour. Lesson 3 **Feeling safe**  Identify special people in the school and community who can help to keep them safe;  Know how to ask for help. Lesson 4 **Playing games**  That people sometimes behave differently online, including bypretending to be someone they are not.  That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.  The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.  How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.  How information and data is shared and used online.  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.  How to ask for advice or help for themselves or others, and to keep trying until they are heard.  That for most people the internet is an integral part of life and has many benefits.  About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.  How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.  hat the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.  Where and how to report concerns and get support with issues online. Lesson 5 **Harold saves for something special**  Understand that people have choices about what they do with their money;  Know that money can be saved for a use at a future time;  Explain how they might feel when they spend money on different things. Lesson 6 **Harold goes camping**  Recognise that money can be spent on items which are essential or non-essential;  Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this**.**   * **Lesson 7**   How can we look after our environment?  Identify what they like about the school environment;  Identify any problems with the school environment (e.g. things needing repair);  Make suggestions for improving the school environment;  Recognise that it's everyone's job - including all adults and children - to respect and therefore help to look after the school environment. | Responsibilities  Help  Share  Take turns  Listen  Feelings  Control  Erupt  Safe  Unsafe  Uniform  Ask for help  Environment  Money  Spending  Saving |
| **Summer Term** | | | |
| Unit: 3A | **Keeping Myself Safe**  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | Lesson 1 **Harold’s picnic**  Understand that medicines can sometimes make people feel better when they’re ill;  Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;  Explain simple issues of safety and responsibility about medicines and their use. Lesson 2 **How safe would you feel?**  Identify situations in which they would feel safe or unsafe;  Explain simple issues of safety and responsibility about medicines and their use. Lesson 3 **What should Harold say?** Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.Lesson 4 **I don’t like that!**  Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation;  Identify the types of touch they like and do not like; Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.Lesson 5 **Fun or not?**  Recognise that some touches are not fun and can hurt or be upsetting;  Know that they can ask someone to stop touching them; Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.Lesson 6 **Should I tell?**  Identify safe secrets (including surprises) and unsafe secrets;  Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable. | Sleep  Medicine  Safety  Safe  Unsafe  Getting help  Touch  Uncomfortable  Surprise  Secret  Tell  Penis  Vulva  Private  Private parts  Consent  Permission |
| Unit 3B | **Growing and Changing** | Lesson 1﻿ **A helping hand**  Demonstrate simple ways of giving positive feedback to others. Lesson 2﻿ **Sam moves away**  Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to. Lesson 3﻿﻿ **Haven’t you grown!**  Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);  Understand and describe some of the things that people are capable of at these different stages. Lesson 4 **My body, your body**  Identify which parts of the human body are private;  Explain that a person's genitals help them to make babies when they are grown up;  Understand that humans mostly have the same body parts but that they can look different from person to person. Lesson 5 **Respecting privacy**   Explain what privacy means;  Know that you are not allowed to touch someone’s private belongings without their permission;  Give examples of different types of private information.   * **Lesson 6**   **Some secrets should never be kept**  Identify how inappropriate touch can make someone feel;  Understand that there are unsafe secrets and secrets that are nice surprises;  Explain that if someone is being touched in a way that they don’t like they have to tell someone in their safety network so they can help it stop. | Help  Support  Supportive  Change  Loss  Feelings  Emotions  Nervous  Frightened  Growing  Food  Rest  Sleep  Care  Learning  Unique  Special  Penis  Testicles  Nipples  Vulva  Private  Privacy  Consent  Permission |

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| **Year 3** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Unit: 1A | **Me and My Relationships**  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | Lesson 1As a rule Explain why we have rules;  Explore why rules are different for different age groups, in particular for internet-based activities;  Suggest appropriate rules for a range of settings;  Consider the possible consequences of breaking the rules. Lesson 2Looking after our special people Identify people who they have a special relationship with; Suggest strategies for maintaining a positive relationship with their special people.Lesson 3 **How can we solve this problem?**  Rehearse and demonstrate simple strategies for resolving given conflict situations. Lesson 4Tangram Team Challenge Define and demonstrate cooperation and collaboration;  Identify the different skills that people can bring to a group task;  Demonstrate how working together in a collaborative manner can help everyone to achieve success. Lesson 5Friends are specialIdentify qualities of friendship;Suggest reasons why friends sometimes fall out;Rehearse and use, now or in the future, skills for making up again.Lesson 6 Thunks  Express opinions and listen to those of others;  Consider others' points of view; Practise explaining the thinking behind their ideas and opinionsLesson 7 **Dan’s dare**  Explain what a dare is;  Understand that no-one has the right to force them to do a dare;  Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare. Lesson 8 **My Special Pet**  Explain some of the feelings someone might have when they lose something important to them;  Understand that these feelings are normal and a way of dealing with the situation. | |  | | --- | | safety | | care | | loss | | feelings | | collaborate | | falling out | | making up | | compromise | | point of view | | persuade | | feelings | | opinions | | respectful | | courteous | | challenging | | calm | | apologise | | listen | |
| Unit:1B | **Valuing Difference** | Lesson 1 **Respect and challenge**  Reflect on listening skills;  Give examples of respectful language;  Give examples of how to challenge another's viewpoint, respectfully.   * **Lesson 2**   **Family and friends**  Recognise that there are many different types of family;  Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.' Lesson 3 **My community**  Define the term 'community';  Identify the different communities that they belong to;  Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.   * **Lesson 4**   **Our Friends and neighbours**  Explain that people living in the UK have different origins;  Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;  Identity some of the qualities that people from a diverse range of backgrounds need in order to get on together**.** Lesson 5 **Let’s celebrate our differences**  Recognise the factors that make people similar to and different from each other;  Recognise that repeated name calling is a form of bullying;  Suggest strategies for dealing with name calling (including talking to a trusted adult). Lesson 6 **Zeb**  Understand and explain some of the reasons why different people are bullied;  Explore why people have prejudiced views and understand what this is. | |  | | --- | | adoption | | fostering | | same-sex couple | | blended family | | belonging | | cooperation | | listening skills | | politeness | | courtesy | | manners | | differences | | identity | | respect | | name calling | | bullying | | disability | | gender | | race | | colour | | sexuality | |
| **Spring Term** | | | |
| Unit:2A | **Being My Best** | Lesson 1 **Derek cooks dinner!**  Explain how each of the food groups on the **Eatwell Guide** (formerly Eatwell Plate) benefits the body;  Explain what is meant by the term 'balanced diet';  Give examples what foods might make up a healthy balanced meal. Lesson 2 **Poorly Harold**  Explain how some infectious illnesses are spread from one person to another;  Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;  Suggest medical and non-medical ways of treating an illness. Lesson 3 **Body Teamwork**  Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain); Describe how food, water and air get into the body and blood.Lesson 4For or against?Develop skills in discussion and debating an issue;Demonstrate their understanding of health and wellbeing issues that are relevant to them;Empathise with different view points;Make recommendations, based on their research.Lesson 5 **I am fantastic!**  Identify their achievements and areas of development;  Recognise that people may say kind things to help us feel good about ourselves;  Explain why some groups of people are not represented as much on television/in the media. Lesson 6 **Top Talents**  Explain some of the different talents and skills that people have and how skills are developed;  Recognise their own skills and those of other children in the class. Lesson 7 **Getting on with your nerves!**  Demonstrate how working together in a collaborative manner can help everyone to achieve success;  Understand and explain how the brain sends and receives messages through the nerves. | |  | | --- | | proteins | | muscles | | dairy | | teeth | | bones | | starchy carbohydrates | | energy | | fruit & veg | | healthy | | cleanliness | | hygiene | | rest | | sleep | | water | | medicine | | drug | | dose | | safety | | instructions | | discussion | | continuum | | courteous | | respectful | | justify | | ambitions | | improve | | achieve | | cooperation | | teamwork | | talents | | skills | | intelligence | |
| Unit:2B | **Rights and Respect** | Lesson 1 **Helping each other to stay safe**  Identify key people who are responsible for them to stay safe and healthy;  Suggest ways they can help these people.   * **Lesson 2**   **Recount task**  Understand the difference between 'fact' and 'opinion';  Understand how an event can be perceived from different viewpoints;  Plan, draft and publish a recount using the appropriate language.   * **Lesson 3**   **Our helpful volunteers**  Define what a volunteer is;  Identify people who are volunteers in the school community;  Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer. Lesson 4 **Can Harold afford it?**  Understand the terms 'income', 'saving' and 'spending';  Recognise that there are times we can buy items we want and times when we need to save for items;  Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.) Lesson 5 **Earning money**  Explain that people earn their income through their jobs;  Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.) Lesson 6 **Harold’s environment project**  Define what is meant by the environment;  Evaluate and explain different methods of looking after the school environment;  Devise methods of promoting their priority method. Lesson 7 **Let’s have a tidy up!**  Explain whose responsibility it is to look after the local environment;  Plan and carry out an event which will benefit the local environment. | |  | | --- | | responsible | | safe | | Healthy  Mental health  benefit  fact | | opinion | | saving | | spending | | income | | Waste  environment  volunteer | |
| **Summer Term** | | | |
| Unit:3A | **Keeping safe** | Lesson 1 **Safe or unsafe?**  Identify situations which are safe or unsafe;  Identify people who can help if a situation is unsafe;  Suggest strategies for keeping safe. Lesson 2 **Danger or risk?**  Define the words danger and risk and explain the difference between the two;  Demonstrate strategies for dealing with a risky situation. Lesson 3 **The risk robot**  Identify risk factors in given situations;  Suggest ways of reducing or managing those risks. Lesson 4 **Super searcher**  Evaluate the validity of statements relating to online safety;  Recognise potential risks associated with browsing online;  Give examples of strategies for safe browsing online. Lesson 5Help or harm?Understand that medicines are drugs and suggest ways that they can be helpful or harmful.Lesson 6 **Alcohol and cigarettes: the facts**  Identify some key risks from and effects of cigarettes and alcohol;  Know that most people choose not to smoke cigarettes; (Social Norms message)  Define the word 'drug' and understand that nicotine and alcohol are both drugs. Lesson 7Raisin ChallengeDemonstrate strategies for assessing risksUnderstand and explain decision-making skillsUnderstand where to get help from when making decisions | |  | | --- | | safe | | unsafe | | risk (risky) | | feelings | | strategies | | consequence | | safer | | drugs | | cigarettes | | nicotine | | alcohol | | browsing | | phishing | | search engine | | fake news | | internet safety | | private | | public | | profile | | personal information | | harmful | | helpful | | instructions | |
| Unit:3B | **Growing and Changing** | * **Lesson 1**   **Relationship tree**  Identify different types of relationships;  Recognise who they have positive healthy relationships with.   * **Lesson 2**   Body Space  Understand what is meant by the term body space (or personal  space);  Identify when it is appropriate or inappropriate to allow  someone into their body space;  Rehearse strategies for when someone is inappropriately in their  body space.   * **Lesson 3**   **None of your business**  Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;  Recognise and describe appropriate behaviour online as well as offline;  Identify what constitutes personal information and when it is not appropriate or safe to share this;  Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.   * **Lesson 4**   **Secret or surprise?**  Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;  Recognise how different surprises and secrets might make them feel;  Know who they could ask for help if a secret made them feel uncomfortable or unsafe.   * **Lesson 5**   **My changing body**  Recognise that babies come from the joining of an egg and  sperm;  Explain what happens when an egg doesn’t meet a sperm;  Understand that for girls, periods are a normal part of puberty.   * **Lesson 6**   **Basic first aid**  How to make a clear and efficient call to emergency services if  necessary.  Concepts of basic first-aid, for example dealing with common  injuries, including head injuries. | |  | | --- | | positive | | healthy | | trust | | caring | | body space | | invade | | uncomfortable | | stop | | respect | | touch | | surprise | | feelings | | uncomfortable | | angry | | upset | | jealous | | worried | | excited | | scared | | talk | | sperm | | puberty | | period | | ovary | | fallopian tube | | uterus (womb) | | lining | | vagina | | period/menstruation pad | | tampon | | penis | | breasts | | genitals | | testicles | | womb | | penis | |

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| **Year 4** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Unit: 1A | **Me and My Relationships**  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | Lesson 1 **Human machines**  Demonstrate strategies for working on a collaborative task; Define successful qualities of teamwork and collaboration.Lesson 2 **Ok or not ok? (1)**  Explain what we mean by a ‘positive, healthy relationship’;  Describe some of the qualities that they admire in others. Lesson 3 **Ok or not ok (2)**  Recognise that there are times when they might need to say 'no' to a friend;  Describe appropriate assertive strategies for saying 'no' to a friend. Lesson 4 **An email from Harold**  Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;  Explain how different words can express the intensity of feelings. Lesson 5 **Different feelings**  Identify a wide range of feelings;  Recognise that different people can have different feelings in the same situation; Explain how feelings can be linked to physical state. Lesson 6 **When feelings change**  Demonstrate a range of feelings through their facial expressions and body language;  Recognise that their feelings might change towards someone or something once they have further information. Lesson 7 **Under pressure**  Give examples of strategies to respond to being bullied, including what people can do and say;  Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from. | Feelings  Physical effects  Sad  Unhappy  Devastated  Miserable  Distressed  Lonely  Alone  Ignored  Isolated  Abandoned  Apologetic  Regretful  Repentant  Aching  Sore  Excrutiating  Positive relationships  Repect  Responsibilities  Qualities  Excluded  Assertive  Aggressive  Negotiate  Agonising  Painful  Happy  Delighted  Ecstatic  Joyful  Calm  Untroubled  Assured  Confident  Peaceful  Scared  Frightened  Petrified  Terrified  Bothered  Rude  Compromise  Respectful  Collaborate  Collaborative  Teamwork  Feelings  Physical effects  Facial expressions  Body language  Unkind  Tease  Bully  Pressure  Independent |
| Unit:1B | **Valuing Difference** | Lesson 1 **Can you sort it?**  Define the terms 'negotiation' and 'compromise';  Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise. Lesson 2 **What would I do?**  List some of the ways that people are different to each other (including differences of race, gender, religion);  Recognise potential consequences of aggressive behaviour;  Suggest strategies for dealing with someone who is behaving aggressively. Lesson 3 **The people we share our world with**  List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);  Define the word *respect* and demonstrate ways of showing respect to others' differences. Lesson 4 **That is such a stereotype** Understand and identify stereotypes, including thosepromoted in the media.Lesson 5Friend or acquaintance Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);  Give examples of features of these different types of relationships, including how they influence what is shared. Lesson 6 **Islands**  Understand that they have the right to protect their personal body space;  Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;  Suggest people they can talk to if they feel uncomfortable with other people's actions towards them. | Negotiation  Compromise  Body space  Invade  Sharing  Acquaintances  Aggressive  Apologise  Similarities  Differences  Respect  Stereotype |
| **Spring Term** | | | |
| Unit:2A | **Being My Best** | Lesson 1 **What makes ME!**  Identify ways in which everyone is unique;  Appreciate their own uniqueness;  Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. Lesson 2 **Making Choices**  Give examples of choices they make for themselves and choices others make for them;  Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. Lesson 3 **SCARF Hotel**  Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;  Plan a menu which gives a healthy balanced of foods from across the food groups on the **Eatwell Guide** (formerly Eatwell Plate). Lesson 4 **Harold’s seven ‘R’s**   |  |  | | --- | --- | | Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);  Suggest ways the Seven Rs recycling methods can be applied to different scenarios. |  |  Lesson 5 **My school community (1)**  Define what is meant by the word 'community';  Suggest ways in which different people support the school community;  Identify qualities and attributes of people who support the school community.   * **Lesson 6**   **Basic first aid**  How to make a clear and efficient call to emergency services if necessary.  Concepts of basic first-aid, for example dealing with common injuries, including head injuries**.**   * **Lesson 7**   **Volunteering is cool**  Define what a volunteer is;  Use the Five Ways to Wellbeing theory to suggest some of the reasons why people volunteer. | Individual  Unique  Choices  Balanced diet  Well being  Menta; health  Refuse  Reduce  Re-use  Re-cycle  Rot  Repair  Re-think  Community  First-aid  Minor  Injury  Accident  Emergency  Blood  Choking  Breathing  Airway  Scald  Wound  Recovery  Bleed  Nose bleed  Casualty  Unresponsive  Burn  Wound  Recovery  Practise |
| Unit:2B | **Rights and Respect** | Lesson 1 **Who helps us to stay healthy and safe?**   |  |  | | --- | --- | | Explain how different people in the school and local community help them stay healthy and safe;  Define what is meant by 'being responsible';  Describe the various responsibilities of those who help them stay healthy and safe;  Suggest ways they can help the people who keep them healthy and safe |  |  Lesson 2 **It’s your right**  Understand that humans have rights and also responsibilities;  Identify some rights and also responsibilities that come with these. Lesson 3 **How do we make a difference?**  Understand the reason we have rules;  Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council);  Recognise that everyone can make a difference within a democratic process. Lesson 4 **In the news!**  Define the word *influence*;  Recognise that reports in the media can influence the way they think about a topic;  Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner. Lesson 5 **Safety in numbers**  Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;  Recognise that they can play a role in influencing outcomes of situations by their actions. Lesson 6Harold’s expenses Define the terms 'income' and 'expenditure';  List some of the items and services of expenditure in the school and in the home;  Prioritise items of expenditure in the home from most essential to least essential. Logo quiz Understand some of the ways that various national and international environmental organisations work to help take care of the environment;  Understand and explain the value of this work. Lesson 7Why pay taxes? Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';  Understand how a payslip is laid out showing both pay and deductions;  Prioritise public services from most essential to least essential. Lesson 8Logo quizUnderstand some of the ways that various national andinternational environmental organisations work to help take care ofthe environment;Understand and explain the value of this work. | Be responsible  Reliable  Trustworthy  Safe healthy  Rules  Laws  Rights  Democracy  Influence  Opinion  Respectful  Courteous  Anti-social behaviour  Witness  Environment  Conservation  Income  Expenditure  Essential  Income tax  National insurance  VAT  Deductions  Public service  Rights  Responsibilities  United Nations |
| **Summer Term** | | | |
| Unit:3A | **Keeping Safe** | Lesson 1 **Danger, risk or hazard?**  Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;  Identify situations which are either dangerous, risky or hazardous;  Suggest simple strategies for managing risk. Lesson 2 **How dare you!**  Identify images that are safe/unsafe to share online;  Know and explain strategies for safe online sharing;  Understand and explain the implications of sharing images online without consent. Lesson 3 **Keeping ourselves safe**  Describe stages of identifying and managing risk;  Suggest people they can ask for help in managing risk. Lesson 4 **Raisin Challenge (2)**   |  |  | | --- | --- | | Understand that we can be influenced both positively and negatively;  Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way. |  |  Lesson 5 **Picture wise**  Identify images that are safe/unsafe to share online;  Know and explain strategies for safe online sharing;  Understand and explain the implications of sharing images online without consent. Lesson 6 **Medicines: Check the label**  Understand that medicines are drugs;  Explain safety issues for medicine use;  Suggest alternatives to taking a medicine when unwell;  Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines). Lesson 7 **Know the norms**  Understand some of the key risks and effects of smoking and drinking alcohol;  Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).   * **Lesson 8**   **Traffic Lights**  Identify strategies for keeping personal information safe online;  Describe safe behaviours when using communication technology. | Danger  **Dangerous**  **Risk**  **Risky**  **Hazard**  **Privacy**  **Privacy settings**  **Security**  **Dare**  **Assertive**  **Medicine**  **Drug**  **Choices**  **Social norm**  **Persevere**  **Influence**  **Consequences** |
| Unit:3B | **Growing and Changing** | Lesson 1 **Moving house**  Describe some of the changes that happen to people during their lives;  Explain how the Learning Line can be used as a tool to help them manage change more easily;  Suggest people who may be able to help them deal with change. Lesson 2 **My feelings are all over the place**  Name some positive and negative feelings;  Understand how the onset of puberty can have emotional as well as physical impact  Suggest reasons why young people sometimes fall out with their parents;  Take part in a role play practising how to compromise. Lesson 3 **All change!**  Identify parts of the body that males and females have in common and those that are different;  Know the correct terminology for their genitalia;  Understand and explain why puberty happens. Lesson 4 **Preparing for changes at puberty**  Know the key facts of the menstrual cycle;  Understand that periods are a normal part of puberty for girls;  Identify some of the ways to cope better with periods. Lesson 5 **Secret or surprise?**  Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;  Recognise how different surprises and secrets might make them feel;  Know who they could ask for help if a secret made them feel uncomfortable or unsafe. Lesson 6 **Together**  Understand that marriage is a commitment to be entered into freely and not against someone's will;  Recognise that marriage includes same sex and opposite sex partners;  Know the legal age for marriage in England or Scotland;  Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony. | Learning line  Practise  Compromise  Uncomfortable feelings  Hormones  Puberty  Pubic hair  Eggs  Sperm  Penis  Testicles  Breasts  Ovaries  Womb  Vulva  Menstrual cycle  Menstruation  Eggs  Menstruation pad  Live together  Civil partnerships |

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| **Year 5** | **National Curriculum** | | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | | |
| Unit:1A | **Me and My Relationships**  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | | Lesson 1 **Collaboration challenge**  Explain what collaboration means;  Give examples of how they have worked collaboratively;  Describe the attributes needed to work collaboratively. Lesson 2 **Give and take**  Explain what is meant by the terms negotiation and compromise;  Describe strategies for resolving difficult issues or situations. Lesson 3 **How good a friend are you?**  Demonstrate how to respond to a wide range of feelings in others;  Give examples of some key qualities of friendship;  Reflect on their own friendship qualities. Lesson 4 **Relationships cake recipe**  Identify what things make a relationship unhealthy;  Identify who they could talk to if they needed help. Lesson 5 **Our emotional needs**  Recognise basic emotional needs, understand that they change according to circumstance; Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.Lesson 6 **Being assertive**  Identify characteristics of passive, aggressive and assertive behaviours;  Understand and rehearse assertiveness skills. | Collaborate  Negotiation  Compromise  Conflict  Resolution  Sensitive  Insensitive  Verbal abuse  Physical abuse  Sexual abuse  Uncomfortable touching  Unsafe  Emotions  Emotional needs  Assertive  Passive  Aggressive  Non-verbal  Body language  Tone of voice  Face-to-face |
| Unit:1B | **Valuing Differences** | | Lesson 1 **Qualities of friendship**  Define some key qualities of friendship;  Describe ways of making a friendship last;  Explain why friendships sometimes end. Lesson 2 **Kind conversations**  Rehearse active listening skills:  Demonstrate respectfulness in responding to others;  Respond appropriately to others. Lesson 3 **Happy being me**  Develop an understanding of discrimination and its injustice, and describe this using examples;  Empathise with people who have been, and currently are, subjected to injustice, including through racism;  Consider how discriminatory behaviour can be challenged. Lesson 4 **The land of red people**  Identify and describe the different groups that make up their school/wider community/other parts of the UK;  Describe the benefits of living in a diverse society;  Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this. Lesson 5 **Is it true?**  Understand that the information we see online, either text or images, is not always true or accurate;  Recognise that some people post things online about themselves that aren’t true, sometimes this is so that people will like them;  Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.   * **Lesson 6**   **Stop, Start, Stereotypes**  Recognise that some people can get bullied because of the way they express their gender;  Give examples of how bullying behaviours can be **stopped.** Lesson 7 **It could happen to anyone**  Identify the consequences of positive and negative behaviour on themselves and others;  Give examples of how individual/group actions can impact on others in a positive or negative way. | Friendship  Talking  Listening  Listening skills  Respect  Excluded  Discrimination  Prejudice  Metaphor  Diverse  Multicultural society  Sex  Sexual orientation  Gender identity  Embarrassed  Reactions  Consequences |
| **Spring Term** | | | | |
| Unit:2A | **Being My Best** | | Lesson 1 **It all adds up!**  Know the basic functions of the four systems covered and know they are inter-related.  Explain the function of at least one internal organ.  Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health. Lesson 2 **Different skills**  Identify their own strengths and talents;  Identify areas that need improvement and describe strategies for achieving those improvements. Lesson 3 **My school community (2)**  State what is meant by community;  Explain what being part of a school community means to them;  Suggest ways of improving the school community. Lesson 4 **Independence and responsibility**  Identify people who are responsible for helping them stay healthy and safe;  Identify ways that they can help these people. Lesson 5 **Star qualities?**  Describe 'star' qualities of celebrities as portrayed by the media;  Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;  Describe 'star' qualities that 'ordinary' people have.   * **Lesson 6**   **Basic first aid, including sepsis awareness**  How to make a clear and efficient call to emergency services if necessary.  Concepts of basic first-aid, for example dealing with common injuries, including head injuries. | |  | | --- | | healthy choices | | organs | | body systems | | perseverence | | commitment | | resilience | | determination | | patience | | interpersonal skills | | community | | school community | | independence | | responsibility | | personal qualities | | celebrities | |
| Unit:2B | **Rights and Respect** | | Lesson 1 **What’s the story?**  Identify, write and discuss issues currently in the media concerning health and wellbeing;  Express their opinions on an issue concerning health and wellbeing;  Make recommendations on an issue concerning health and wellbeing. Lesson 2 **Fact or opinion?**  Understand the difference between a fact and an opinion;  Understand what biased reporting is and the need to think critically about things we read. Lesson 3 **Mo makes a difference**  Explain what we mean by the terms voluntary, community and pressure (action) group;  Give examples of voluntary groups, the kind of work they do and its value. Lesson 4 **Rights, responsibilities and duties**  Define the differences between responsibilities, rights and duties;  Discuss what can make them difficult to follow;  Identify the impact on individuals and the wider community if responsibilities are not carried out. Lesson 5 **Spending wisely**  State the costs involved in producing and selling an item;  Suggest questions a consumer should ask before buying a product. Lesson 5 **Lend us a fiver!**  Define the terms loan, credit, debt and interest;  Suggest advice for a range of situations involving personal finance. Lesson 6 **Local councils**  Explain some of the areas that local councils have responsibility for;  Understand that local councillors are elected to represent their local community | |  | | --- | | responsibility | | fact | | opinion | | biased | | unbiased | | rights | | responsibility | | duties | | voluntary group | | community group | | pressure (action) group | | costs | | wages | | salaries | | rent | | Fair Trade | | borrow | | loan | | credit | | debit | | interest | | public services | | council | | vote | | elections | | councillors | |
| **Summer Term** | | | | |
| Unit:3A | **Keeping Safe** | Lesson 1Spot bullyingDemonstrate strategies to deal with both face-to-face and online bullying;Demonstrate strategies and skills for supporting others who are bullied;Recognise and describe the difference between online and face-to-face bullying.  * **Lesson 2** * **Play, Like, Share**   Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private;  Recognise that people aren’t always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face;  Know how to protect personal information online;  Recognise disrespectful behaviour online and know how to respond to it. Lesson 3Decision Dilemmas Recognise which situations are risky;  Explore and share their views about decision making  when faced with a risky situation;  Suggest what someone should do when faced with a risky situation Lesson 4 **Ella’s diary dilemmas**  Define what is meant by a dare;  Explain why someone might give a dare;  Suggest ways of standing up to someone who gives a dare. Lesson 5Vaping: healthy or unhealthy?Describe some of the health risks caused by vaping;Understand that there are potential health risks of vaping that are not yet fully known;Use critical thinking skills when reading information/media;Understand that companies selling vaping products do so to make money;Describe some of the possible outcomes of taking a risk.Lesson 6Would you risk it?Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.  * **Lesson 7**   **Thunking about habits**  Explain what a habit is, giving examples;  Describe why and how a habit can be hard to change.   * **Lesson 8**   **Drugs: true or false?**  Understand some of the complexities of categorising drugs;  Know that all medicines are drugs but not all drugs are medicines;  Understand ways in which medicines can be helpful or harmful and used safely or unsafely.   * **Lesson 9**   **Smoking: what is normal?**  Understand the actual norms around smoking and the reasons for common misperceptions of these. | | |  | | --- | | habit | | addiction | | pros | | cons | | weigh up risk | | bullying | | cyberbullying | | dare | | pressure | | resist pressure | | assessing risk | | pressure | | influence | | risk taking | | personal information | | privacy settings | | drugs | | cigarettes | | Alcohol  Nicotine  Vaping | | norms |   Perception  Risk taking  Assertive |
| Unit:3B | **Growing and Changing** | * **Lesson 1**   **How are they feeling?**  Use a range of words and phrases to describe the intensity of  different feelings  Distinguish between good and not so good feelings, using  appropriate vocabulary to describe these;  Explain strategies they can use to build resilience.   * **Lesson 2**   **Taking notice of our feelings**  Identify people who can be trusted;  Understand what kinds of touch are acceptable or unacceptable;  Describe strategies for dealing with situations in which they would  feel uncomfortable, particularly in relation to inappropriate  touch.   * **Lesson 3**   **Dear Ash**  Explain the difference between a safe and an unsafe secret;  Identify situations where someone might need to break a  confidence in order to keep someone safe.   * **Lesson 4**   **Growing up and changing bodies**  Identify some products that they may need during puberty and  why;  Know what menstruation is and why it happens.   * **Lesson 5**   **Changing bodies and feelings**  Know the correct words for the external sexual organs;  Discuss some of the myths associated with puberty.   * **Lesson 6**   **Help I’m a teenager-get me out of here!**  Recognise how our body feels when we’re relaxed;  List some of the ways our body feels when it is nervous or sad;  Describe and/or demonstrate how to be resilient in order to find  Someone who will listen to you.   * **Lesson 7**   **Dear Hetty**  Explain how someone might feel when they are separated from  someone or something they like;  Suggest ways to help someone who is separated from someone or  something they like. | | |  | | --- | | embarrassed | | reactions | | consequences | | hormones | | compromise | | respect | | mood swings | | prejudice | | biological sex | | sexual orientation | | gender identity | | gender expression | | verbal abuse | | physical abuse | | hormones | | compromise | | respect | | mood swings | | in confidence | | break a confidence | | confidential |  |  | | --- | | pubic hair | |  | | vulva | | vaginal opening | | urinary opening | |  | | penis | | scrotum | | testicles | |  | | anus | | Wet dream | | erection | | stretch marks | | crush | | puberty | | genitalia | | semen | | menstruation | | period | | period/menstruation pads | | tampon | | menstruation cup | | sanitary protection | |

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| **Year 6** | **National Curriculum** | **Progression steps** | **Vocabulary** |
| **Autumn Term** | | | |
| Unit: 1A | **Me and My Relationships**  Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education | Lesson 1 **Working together**  Demonstrate a collaborative approach to a task;  Describe and implement the skills needed to do this. Lesson 2 **Let’s negotiate**  Explain what is meant by the terms 'negotiation' and 'compromise';  Suggest positive strategies for negotiating and compromising within a collaborative task;  Demonstrate positive strategies for negotiating and compromising within a collaborative task. Lesson 3 **Solve the friendship problem**  Recognise some of the challenges that arise from friendships;  Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach. Lesson 4 **Dan’s day**  Describe the consequences of reacting to others in a positive or negative way;  Suggest ways that people can respond more positively to others. Lesson 5 **Behave yourself**  Recognise and empathise with patterns of behaviour in peer-group dynamics;  Recognise basic emotional needs and understand that they change according to circumstance;  Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about. Lesson 6Assertiveness skillsList some assertive behaviours;Recognise peer influence and pressure;Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.Lesson 7 **Don’t force me**  Describe ways in which people show their commitment to each other;  Know the ages at which a person can marry, depending on whether their parents agree;  Understand that everyone has the right to be free to choose who and whether to marry. Lesson 8 **Acting Appropriately**  Recognise that some types of physical contact can produce strong negative feelings;  Know that some inappropriate touch is also illegal. | Collaboration  Teamwork  Negotiation  Compromise  Balanced friendship  Respectful  Assertive  Peer pressure  Assertiveness  Resolution  Sensitive  Thoughtful  Response  Marriage  Civil partnership  Forced marriage  Illegal  Privacy settings  Identity theft  Secure |
| Unit:1B | **Valuing Differences** | Lesson 1 **Ok to be different**  Identify strategies for keeping personal information safe online;  Describe safe and respectful behaviours when using communication technology. Lesson 2 **We have more in common than not**  Know that all people are unique but that we have far more in common with each other than what is different about us;  Consider how a bystander can respond to someone being rude, offensive or bullying someone else;  Demonstrate ways of offering support to someone who has been bullied. Lesson 3 **Respecting differences**  Demonstrate ways of showing respect to others, using verbal and non-verbal communication. Lesson 4 **Tolerance and respect for others**  Understand and explain the term prejudice;  Identify and describe the different groups that make up their school/wider community/other parts of the UK;  Describe the benefits of living in a diverse society;  Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this. Lesson 5 **Advertising friendships**  Explain the difference between a friend and an acquaintance;  Describe qualities of a strong, positive friendship;  Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative). Lesson 6 **Boys will be boys-challenging gender stereotypes**  Define what is meant by the term stereotype;  Recognise how the media can sometimes reinforce gender stereotypes;  Recognise that people fall into a wide range of what is seen as normal;  Challenge stereotypical gender portrayals of people. | Witness   |  | | --- | | Bystander | | unique | | positive feedback | | confidence | | self-esteem | | unique | | diversity | | biological sex | | sexual orientation | | gender identity | | gender expression | | stereotype | | point of view | | cultural norms | | respect | | disrespect | | body language | | empathy | | unique | | identity | | prejudice | | respect | | diversity | | tolerance | | relationships | | friend | | acquaintance | | stereotype | | gender stereotype | | media influence | | assumption | |
| **Spring Term** | | | |
| Unit:2A | **Being My Best** | Lesson 1 **This will be your life!**  Identify aspirational goals;  Describe the actions needed to set and achieve these. Lesson 2 **Our recommendations**  Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues. Lesson 3 **What’s the risk? 1**  Identify risk factors in a given situation;  Understand and explain the outcomes of risk-taking in a given situation, including emotional risks. Lesson 4 **What’s the risk? 2**  Recognise what risk is;  Explain how a risk can be reduced;  Understand risks related to growing up and explain the need to be aware of these;  Assess a risk to help keep themselves safe. Lesson 5 **Basic first aid, including sepsis awareness**  How to make a clear and efficient call to emergency services if necessary.  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.   * **Lesson 6**   **Five ways to wellbeing project**  Explain what the five ways to wellbeing are;  Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives | **Connect**  **Be active**  **Take notice**  **Keep learning**  **Give**  **Aspirations**  **Goal setting**  **Perseverance**  **Health**  **Well being**  **Accurate**  **Reliable**  **Sources**  **Assessing risk**  **Weigh up**  **Dilemma**  **Choices**  **Influence**  **Red Cross**  **First aid**  **Emergency**  **999**  **Ambulance**  **Operator**  **Information**  **Serious**  **Adult**  **Scenario**  **Script**  **Role**  **Panic**  **Clam**  **Responsive**  **Unresponsive** |
| Unit:2B | **Rights and Respect** | Lesson 1 **Two sides to every story**  Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;  Describe the language and techniques that make up a biased report;  Analyse a report also extract the facts from it. Lesson 2 **Fakebook friends**  Know the legal age (and reason behind these) for having a social media account;  Understand why people don’t tell the truth and often post only the good bits about themselves, online;  Recognise that people’s lives are much more balanced in real life, with positives and negatives. Lesson 3 **What’s it worth?**  Explain some benefits of saving money;  Describe the different ways money can be saved, outlining the pros and cons of each method;  Describe the costs that go into producing an item;  Suggest sale prices for a variety of items, taking into account a range of factors;  Explain what is meant by the term *interest*. Lesson 4 **Jobs and taxes**  Recognise and explain that different jobs have different levels of pay and the factors that influence this;  Explain the different types of tax (income tax and VAT) which help to fund public services;  Evaluate the different public services and compare their value.   * **Lesson 5**   **Happy shoppers- Caring for the environment**  Explain what is meant by living in an environmentally sustainable way;  Suggest actions that could be taken to live in a more environmentally sustainable way. Lesson 6 **Action stations!**  Explain what we mean by the terms voluntary, community and pressure (action) group;  Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group. Lesson 7 **Democracy in Britain (1)**   * **Lesson 8**   **Democracy in Britain (2)** | |  | | --- | | unbiased | | fact | | opinion | | stereotype | | social media | | profile | | image | | online safety | | sharing | | saving | | bank (building society) account | | Junior ISA | | interest | | debit card | | cash | | value | | tax | | income tax (PAYE) | | VAT | | public services | | voluntary group | | community group | | pressure (action) group | | mission statement | | values | | beneficiary | | campaign bid | | mission statement | | pitch | | grant | | beneficiary |  |  | | --- | | composting | | recycling | | energy | | materials | | waste | | transport | | shop local | | food miles | | Fair Trade | | Reuse   |  | | --- | | democracy | | election | | manifesto | | candidate | | voting | | policies | | voting booth | | ballot slip | | ballot box | | constituencies | | House of Commons | | MP | | proposal | | debate | | amendments | | penalties | | enforcement | | majority | | House of Lords | | Royal Assent | | |
| **Summer Term** | | | |
| Unit:3A | **Keeping Safe** | Lesson 1 **Think before you click**  Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;  Understand and describe the ease with which something posted online can spread   * **Lesson 2**   **It’s a puzzle**  Identify strategies for keeping personal information safe online;  Describe safe and respectful behaviours when using communication technology.   * **Lesson 3**   **To share or not to share**  Know that it is illegal to create and share sexual images of children under 18 years old;  Explore the risks of sharing photos and films of themselves with other people directly or online;  Know how to keep their information private online. Lesson 4 **Rat park**  Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;  Understand that all humans have basic emotional needs and explain some of the ways these needs can be met. Lesson 5 **What sort of drug is.....?**  Explain how drugs can be categorised into different groups depending on their medical and legal context;  Demonstrate an understanding that drugs can have both medical and non-medical uses;  Explain in simple terms some of the laws that control drugs in this country. Lesson 6 **Drugs-it’s the law!**  Understand some of the basic laws in relation to drugs;  Explain why there are laws relating to drugs in this country. Lesson 7 **Alcohol: what is normal?**  Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;  Describe some of the effects and risks of drinking alcohol. Lesson 8 **Joe’s story (part 1)**  Understand that all humans have basic emotional needs and explain some of the ways these needs can be met;  Explain how these emotional needs impact on people's behaviour;  Suggest positive ways that people can get their emotional need met. Lesson 9 **Joe’s story (part 2)**  Understand and give examples of conflicting emotions;  Understand and reflect on how independence and responsibility go together | |  | | --- | | parental consent | | trolling | | online safety | | sharing | | privacy | | personal information | | online safety | | right to privacy | | sharing online | | permission | | illegal | | sexual images | | habit | | addiction | | emotional needs | | drug | | legal | | illegal | | medical | | non-medical | | drug laws | | age restrictions | | possess | | supply | | produce | | illegal | | penalties | | alcohol | | short-term effects | | long-term effects | | risks | | emotional needs | | Independence  physical needs | | responsibility | | conflicting emotions | |
| Unit:3B | **Growing and Changing** | Lesson 1 **I look great!**  Understand that fame can be short-lived;  Recognise that photos can be changed to match society's view of perfect;  Identify qualities that people have, as well as their looks.  Helpful or unhelpful?  Recognise some of the changes they have experienced and their emotional responses to those changes;  Suggest positive strategies for dealing with change;  Identify people who can support someone who is dealing with a challenging time of change. Lesson 2Media ManipulationDefine what is meant by the termstereotype;Recognise how the media can sometimes reinforce gender stereotypes;Recognise that people fall into a wide range of what is seen as normal;Challenge stereotypical gender portrayals of people.Lesson 3 **Pressure on-line**  Understand the risks of sharing images online and how these are hard to control, once shared;  Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;  Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be. Lesson 4Helpful or unhelpful? Managing changeRecognise some of the changes they have experienced and their emotional responses to those changes;Suggest positive strategies for dealing with change;Identify people who can support someone who is dealing with a challenging time of change.Lesson 5 **Is this normal?**  Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;  Suggest strategies that would help someone who felt challenged by the changes in puberty;  Know where someone could get support if they were concerned about their own or another person's safety. Lesson 6 **Making babies**  Identify the changes that happen through puberty to allow sexual reproduction to occur;  Know a variety of ways in which the sperm can fertilise the egg to create a baby;  Know the legal age of consent and what it means. | |  | | --- | | support | | conversation | | discuss | | body image | | self esteem | | manipulation | | media manipulation | | stereotype | | gender stereotype | | peer pressure | | right to privacy | | sharing online | | online safety | | puberty | | physical changes | | emotional changes | | Rights | | change | | in confidence | | break a confidence | | confidential | | Egg | | ovaries | | Sperm | | testicles | | puberty | | vagina | | penis | | orgasm | | embryo | | womb | | sexual intercourse | | sexual contact  in confidence  break confidence  confidential | |