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| Happiness Responsibility Friendship Respect Courage |
| RHE |
| Family and Relationships  |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| **Families:****Knowledge:**I know who is in my immediate family **Skills:**I can name people in my family  | **Lesson 1***What is family?***Knowledge:**I know families can include different people who look after usI know some information about me and my family is personal **Skills:**I can use the correct names for relations | **Lesson 2** *Families are all different**BV – Mutual Respect***Knowledge:**I know there are a range of families I may encounter now and in the future.I know families can be made up of different people I know I should respect all types of families **Skills:**I can identify different types of families  | **Lesson 1***Healthy families* *BV – Mutual Respect***Knowledge:**I know that families love and support each other but sometimes problems can occurI know there is help available for families if it is needed **Skills:**I can explain ways in which families support each otherI can name people who can help if I am worried about anything in my family  |  | **Lesson 3***Marriage**BV – Rule of Law, Mutual Respect, Individual liberty, Tolerance of those with different faiths and beliefs* **Knowledge:**I know marriage is a legal commitment I know that marriage is an individual choice**Skills:**I can give reasons to why people might decide to get married **Lesson 5***Family life***Knowledge:**I know that sometimes families can make children feel unhappy or unsafeI know who can help me or my friends if something is making them feel unhappy or unsafe **Skills:**I can explain why keeping secrets is not a good thing to do  |  |
| **Friends:****Knowledge:**I know how my friends are the same and different from meI know how I can be a good friend**Skills**I can say some differences between me and my friend I can show how to be a nice friend **Working with others:****Knowledge:**I know how to resolve conflict and find a compromise**Skills:**I can work and play cooperativelyand take turns with others.I can form positive attachmentsto adults and friendshipswith peers. | **Lesson 2***What are friendships?***Knowledge:**I know some characteristics that make a good friendI know the importance of having positive friendships **Skills:**I can name some things that I like about my friends **Lesson 5***Friendship problems* *BV – Mutual Respect**Individual Liberty***Knowledge:**I know that friendships can have problems but we can overcome them.I know that sometimes I might need an adult to help solve the problem.**Skills:**I can explain ways I can overcome problems with my friends.**Lesson 6***Healthy Friendships**BV – Mutual Respect**Individual Liberty***Knowledge:**I know that being friendly to others makes them feel welcome and included.**Skills:**I can explain what friendly behaviour is.I can explain how being unfriendly can affect other people. | **Lesson 4***Unhappy friendships***Knowledge:**I know that friendships are not always positiveI know people in school who can help me with a friendship problem**Skills:**I can explain what I can do if a friendship is making me feel unhappy **Lesson 5***Introduction to manners and courtesy**BV – Mutual Respect***Knowledge:**I know the conventions of courtesy and manners.I know that manners are important wherever I am.**Skills:**I can explain where I might need to show extremely good manners. | **Use Expect Respect lesson***Resolving conflict and where to get help**BV – Mutual Respect***Knowledge:**I know that friendships have ups and downs and that problems can be resolvedI know that violence is never the right way to solve a problemI know that experiencing problems within a friendship is normal **Skills:**I can explain some steps I can take to resolve problems with my friends **Lesson 3***Friendship: conflict vs bullying* *BV – Mutual Respect***Knowledge:**I know what bullying isI am beginning to know the impact of bullyingI know what help is available in my school if someone is being bullied **Skills:**I can explain some of the possible effects of bullying **Lesson 5***Learning who to trust***Knowledge:**I know what trust isI know why trust in an important part of positive relationships**Skills:**I can name people I trust and explain whyI can explain what I can do if I don’t trust someone or they break my trust **Lesson 6***Respecting differences in others**BV – mutual respect, tolerance of those with different faiths/beliefs***Knowledge:**I know it is important to respect differences between peopleI know how I should treat people who are different to me**Skills:**I can identify similarities and differences between people  | **Lesson 1***Respect and manners***Knowledge:**I know how to use courtesy and manners in a range of situationsI know that expectations for manners change in different situations.**Skills:**I can identify some roles in society that are positions of authority.I can explain what manners might be appropriate in a given situation.**Lesson 2***Healthy friendships* *BV – mutual respect, individual liberty***Knowledge:**I know physical boundaries are different for different peopleI know I have the right to decide what happens to my body**Skills:**I can explain some boundaries in friendshipsI can explain what consent is **Lesson 4***Bullying***Knowledge:**I know the impact bullying can have on individuals I know the role bystanders can play in stopping bullyingI know the reasons some children may bully others**Skills**I can name things I can do if I observe bullying taking place  | **Lesson 2** *Friendship skills***Knowledge**I know that friendships have ups and downsI know that friendships can sometimes be strengthened after an issue has occurred **Skills:**I can provide solutions to friendship problems **Lesson 4***Respecting myself* *BV – individual liberty* **Knowledge:**I know that having respect for myself will help me make good choices**Skills**I can identify positive attributes in my peersI can identify positive attributes that make me who I am **Lesson 6***Bullying**BV – mutual respect* **Knowledge:**I know what might lead to someone bullying othersI know who I can talk to if I am worried about bullying**Skills:**I can explain how someone who is being bullied might feel  | **Lesson 1***Respect***Knowledge:**I know what respects means and why it is important I know that everyone deserves a basic level of respect **Skills**I can explain how I can earn respect from my peers and from adultsI can explain when respect might be lost **Lesson 2***Respectful relationships**BV – Mutual Respect***Knowledge:**I know respect is two-way and how we treat others is how we can be expected to be treated I know respect is an important part of relationships I know I should treat people how I wish to be treated **Skills:**I can explain how I want to be respected**Lesson 5** *Resolving conflict* **Knowledge:**I know how to resolve disputes and conflict through negation and compromise **Skills:**I can describe situations where conflict may ariseI can name different strategies to manage conflictI can describe what conflict, negotiate and compromise mean  |
| ‘ |  | **Lesson 6***Change and loss***Knowledge:**I am beginning to know how change and loss can affect peopleI know how memories can make us feelI know that remembering pets of people who have died or no longer live with us can be helpful**Skills:**I can explain how objects can help us to remember people or events.  |  | **Lesson 8***Change and loss***Knowledge:**I know what a bereavement isI know where to go for help if I or someone I know needs it following a bereavement **Skills:**I can explain some things that might help someone who has experienced a bereavement  |  | **Lesson 6***Change and loss***Knowledge:**I know that loss and change can cause a range of emotionsI know that grief is different for different people and in different situations **Skills:**I can explain what grief meansI can identify who I can talk to if I’m worried about anything relating to grief  |
|  | **Lesson 7***Gender stereotypes**BV – Mutual Respect***Knowledge**I am beginning to know what is meant by a stereotypeI know that stereotypes about boys and girls exists **Skills**I can explain why often stereotypes are incorrect | **Using Expect Respect lesson***Gender, careers and assumptions**BV – Mutual Respect***Knowledge:**I know that assumptions are sometimes made about whether a job is more suited to a male of female I know how stereotyping might affect a job/career choice **Skills:**I can explain what a gender stereotype is I can begin to challenge a gender stereotype using examples  | **Lesson 7***Stereotyping: gender* *BV – Mutual Respect***Knowledge:**I know that stereotypes are present in everyday life I know why stereotypes are negative**Skills:**I can explain why stereotypes are unfairI can explain how these stereotypes can be challenged  | **Lesson 6** *Stereotypes: disability* *BV – Mutual Respect***Knowledge:**I know that stereotypes can affect how I see people **Skills:**I can explain the negative impact of stereotypes I can talk about people who do not conform to stereotypes  | **Lesson 8** *stereotypes: Race and religion* *BV – mutual respect, Rule of Law, Tolerance of those with different faiths/beliefs* **Knowledge:**I know that stereotypes around race and religion can be harmful**Skills:**I can explain how stereotypes can affect the way people are treated and can lead to discrimination I can explain how we make assumptions about people based on how they look  | **Using Expect Respect Lesson***Court room game***Knowledge:**I know the impact that gender stereotyping can have I know I can challenge stereotypes **Skills:**I can listen to and respect other people’s opinions I can explain how people my age can make changes happen  |
| Expect Respect |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| *Looking at and challenging gender expectations using toys***Knowledge:**I know some toys are seen as boys’ or girls’ toys but anyone can choose to play with what they like **Skills:**I can say what I like to play with at home and school  | *Friends, secrets and people who can help us* **Knowledge:**I know how my behaviour can affect othersI know where or who I can go to, to get help. **Skills:**I can say what is a good secret and what is a bad secretI can distinguish between friendly and unfriendly behaviour  | *Gender, careers and assumptions***Knowledge:**I know that assumptions are sometimes made about whether a job is more suited to a male of female I know how stereotyping might affect a job/career choice **Skills:**I can explain what a gender stereotype is I can begin to challenge a gender stereotype using examples | *Resolving conflict and where to get help***Knowledge:**I know that friendships have ups and downs and that problems can be resolvedI know that violence is never the right way to solve a problemI know that experiencing problems within a friendship is normal **Skills:**I can explain some steps I can take to resolve problems with my friends  | *Examining violence, Excuses and responsibilities* **Knowledge:**I know violence is illegal I know we must all take responsibility for our own actions**Skills:**I can say how my behaviour affects othersI can name some ways to avoid violent reactions  | *Secrets and stories***Knowledge:**I know some secrets are unsafe and I know who I can talk to about theseI know I may need to tell a secret to keep someone else safe**Skills:**I can discuss my feelings about secrets and friendships in a class group  | *Court room game***Knowledge:**I know the impact that gender stereotyping can have I know I can challenge stereotypes **Skills:**I can listen to and respect other people’s opinions I can explain how people my age can make changes happen  |
| Safety and the changing body |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| **Road safety:****Knowledge:**I know simple road safety – stop, look, and listen,crossing points. | **Lesson 1***Adults in school***Knowledge:**I know how to respond to adults in a safe and familiar context.I know who I can talk to if I am worried about anything an adult says or does **Skills:**I can identify the DSLs in school I can explain our school’s lanyard system **Lesson 2***Adults outside school***Knowledge:**I know how to respond to adults in a range of situations.I can explain how I should speak to adults.I can say who I should speak to if I am worried about anything an adult says or does.**Lesson 4***Making an emergency phone call***Knowledge:**I know what an emergency isI know the number to call in an emergency I know my address and postcode **Lesson 6***Safety with substances***Knowledge:**I know what I can safely put into my bodyI know what I can safely put onto my body**Skills:**I can explain why I should never put some things into my body | **Lesson 8***Staying safe with medicine* **Knowledge:**I know I should only take medicines if a grown up whom I trust says it is OK **Skills:**I can explain how I feel if I’m unwellI can explain things that make me feel better  | **Lesson 1***First Aid: Emergencies and calling for help***Knowledge:**I know it is most important to ensure the safety of myself and others in the event of an emergency.I know the information I need to give to emergency services if they are called to an incident.**Skills:**I can assist in an emergency by correctly calling for help.**Lesson 8***Keeping safe out and about* **Knowledge:**I know the basic rules for keeping safe on or near roads.**Skills:**I can explain rules for keeping safe.**NSPCC PANTs***Aged 7-9**Building Confidence***Knowledge:**I know the PANTs ruleI know my body belongs to meI know no means no and know different ways to express this **Skills:**I can give examples of appropriate and inappropriate touchI can name people who I can trust and talk to if I have worries  |  | **Lesson 6***First Aid: Bleeding* **Knowledge:**I know that it is important to ensure the safety of myself and others.I know how to comfort and reassure a casualty who is bleeding.**Skills:**I can assess a casualty’s condition calmly.I can explain how to seek medical help if required.**NSPCC PANTs***Aged 9-11**How can the PANTs rule help us?***Knowledge:**I know the importance of treating others respectfully and how the PANTs rule can help meI know that other people’s bodies belong to them and can respect this**Skills:**I can challenge language and behaviour that I think un unacceptableI can identify when it is right to break a confidence or share a secretI can explain how to get help for myself or a friend  | **Lesson 8***First aid: Basic Life Support***Knowledge:**I know how to seek medical help**Skills:**I can explain how to conduct a primary survey.I can place a casualty who is unresponsive and breathing normally into the recovery position. |
|  | **Lesson 5***Appropriate contact* *NSPCC PANTs lesson 1 (aged 5-7)***Knowledge:**I know the difference between acceptable and unacceptable physical contactI know that some types of physical contact are never appropriate  | **Lesson 3***Secrets and surprises***Knowledge:**I know the difference between secrets and surprises**Skills:**I can explain what a secret isI can explain what a surprise is **Lesson 4***Appropriate contact: My private parts***Knowledge:**I know what ‘private’ means**Skills:**I can name parts of the body I can name the private parts of my body correctly **Lesson 5***NSPCC PANTs lesson 2(Aged 5-7)***Knowledge:**I know the PANTS ruleI know safe and unsafe touch**Skills:**I can name someone I can talk to if I am worried about something | **Lesson 7***Influences**BV individual liberty***Knowledge:**I know that there are people who will influence what I choose.**Skills:**I can explain how someone’s influence might not be good for me. | **Lesson 4***Privacy and secrecy* **Knowledge:**I know who I can talk to if I am worried or uncomfortable about something an adult doesI know the difference between private and public.**Skills:**I can explain the difference between a secret and a surprise.**Lesson 7***Introducing puberty***Knowledge:**I know that my body will change as I become an adult.I know that different changes happen to males and females.**Skills:**I can identify some physical differences between child and adult bodies.I can explain ways to look after my personal hygiene.**Lesson 8***Tobacco* **Knowledge:**I know the possible risks of smoking tobacco.I know the benefits of being a non-smoker.I know what the law states about buying tobacco. | **Lesson 3***Puberty***Knowledge:**I know how the body changes as a child becomes an adult.**Skills:**I can accurately label sexual external parts of the body.I can accurately label internal reproductive organs.**Lesson 4***Menstruation* **Knowledge:**I know the process of the menstrual cycle.I know who I can go to for help if I need to.**Skills:,’**I can explain some changes I will go through during puberty.**Lesson 5***Emotional changes in puberty***Knowledge:**I know that puberty changes my feelings as well as my bodyI know everybody is different and differences are normalI know who I can talk to if I’m worried about anything**Lesson 7***Alcohol, drugs and tobacco: making decisions***Knowledge:**I know that other people might try to influence my decisions and choicesI know some strategies I can use to overcome pressure from others**Skills:**I can explain some things I can make my own decisions about | **Lesson 4***Physical and emotional changes in puberty***Knowledge:**I know changes that happen during puberty, for girls and boys.**Skills:**I can name parts of the bodyI can use my knowledge to answer other people’s problems **Lesson 5***Conception* ***\*PARENT’S CAN WITHDRAW*****Knowledge:**I know the menstrual cycle.I know how a baby is conceived.**Lesson 6***Pregnancy and birth****\*PARENT’S CAN WITHDRAW*****Knowledge:**I know how a baby develops in the womb during pregnancy.**Skills:**I can identify some of the things a baby needs.Alcohol, Drugs and Tobacco – covered in Science and by the STAR programme.  |
| Health and wellbeing |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| **Feelings and emotions:****Knowledge**I know some different emotionsI know some actions and words hurt others feelings **Skills**:I can talk about how I am feelingI can control my emotions using a range of techniques**Celebrating me:****Skills:**I can set my own targets and reflects on progress throughout.I can see myself as a valuable individual and recognise my strengths. | **Lesson 1***Understanding my emotions***Knowledge:**I know simple strategies to help me deal with my emotions**Skills:**I can describe how I feelI can recognise what might cause these feelingsI can identify different ways of responding to emotions  | **Lesson 1***Experiencing different feelings***Knowledge:**I know a range of feelingsI know we often feel more than one emotion at a timeI know not everyone feels the same**Skills:**I can use colours to describe feelingsI can imagine how I would feel in a particular situation **Lesson 5***Resilience: developing a growth mindset***Knowledge:**I know that everybody fails sometimesI know that failing isn’t the end of a processI know what a growth mindset is**Skills:**I can describe how I feel when I find something difficult  | **Lesson 3***Wonderful me***Knowledge:**I know the different aspects of my identity.I know I am part of different groups and communities I know my identity is linked to the groups I am a member of I know that I can help other people **Skills:**I can say what I am good at I can say how I can use my strengths to help others**Lesson 5***Resilience: breaking down barriers***Knowledge:**I know I can break down barriers into small, achievable steps **Skills:**I can identify a problem or barrierI can break down a problem into smaller goalsI can create a plan to overcome a barrier or issue  | **Lesson 3***Celebrating mistakes***Knowledge:**I know why mistakes are important**Skills:**I can describe how it feels to failI can learn from mistakes or failures **Lesson 5***My happiness* **Knowledge:**I know that all emotions are importantI know I can control some things and not others**Skills:**I can take action to affect my own happiness**Lesson 6***Emotions***Knowledge:**I know a range of emotionsI know it is normal to experience a range of emotions**Skills:**I can identify a range of emotionsI can explain some emotions people may feel in different situations**Lesson 7***Mental Health***Knowledge:**I know we all have mental health as well as physical health I know sometimes people need help with their mental healthI know who I can talk to if I am worried about mine or someone else’s mental health |  | **Lesson 5***Resilience Toolbox* **Knowledge:**I know what resilience is**Skills:**I can describe a range of resilience strategiesI can describe why resilience is important  |
| **Health and wellbeing**:**Knowledge:**I know that regular exercise, healthy eating andsensible amounts of screen time, support my overall health and wellbeing.I know the importance of good dental hygiene.**Skills:**I can wash my hands independentlyI can name healthy and unhealthy foods | **Lesson 3***Ready for bed***Knowledge:**I know the benefits of physical activity and restI know I can affect the quality of sleep that I can get I know the importance of sleep**Skills:**I can think of ways to get ready for sleep **Lesson 5***Hand washing and personal hygiene* **Knowledge:**I know how germs are spread and how we can stop them spreading I know why I need to wash my hands**Skills:**I can explain how to wash my hands properly **Lesson 6***Sun safety* **Knowledge:**I know the risks associated with the sun I know the sun can be good for me**Skills:**I can explain the things I need to do to keep myself safe in the sun **Lesson 7***Allergies* **Knowledge:**I know that people can be allergic to things in food or things around them **Skills:**I can explain what to do if I have an allergic reaction or one if my friends does  |   |  |  | **Lesson 2***The importance of sleep* **Knowledge:**I know I can take responsibility for my own sleepI know what affects sleep**Skills:**I can describe why sleep in beneficial **Lesson 7***Sun Safety***Knowledge:**I know the risks of exposure to the sunI know as I get older I need to take responsibility for my safety in the sun**Skills:**I can explain the things I need to do to keep myself safe in the sun  | **Lesson 3 (**Covered in Science & Spanish)*Taking responsibility for my health***Knowledge:**I know the importance of a healthy diet, good oral hygiene, rest and relaxation and physical activity**Skills:**I can take responsibility for my mental and physical health**Lesson 4 (**Covered in Science & Spanish)*The impact of technology on health***Knowledge:**I know the potent ial impact of technology on physical and mental health.**Skills:**I can understand that technology can have an impact on my health both physical and mental.I can explain the pressures the use of technology can bring.I can understand that developers design technology to make it as engaging as possible.I can explain strategies to reduce the negative impact of technology on health.**Lesson 6***Immunisation* **Knowledge:**I understand ways that I can prevent myself being ill**Skills:**I can explain some benefits of immunisationI can explain how vaccination works**Lesson 8***Physical health concerns***Knowledge:**I understand that changes in my body could be due to illness**Skills:**I can identify who I can talk to if I am worried about anythingI can explain some things I can do for myself if I am ill |
| Identity |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|  |  |  |  |  |  | **Lesson 2***Identity and body image***Knowledge:**I know that images can be manipulated and are not realistic**Skills:**I can explain why seeing these images all the time might be harmfulI can explain what I can do about these images |