

### YEAR 3

**Personal development, Relationships, Sex and my body, Financial Literacy, Healthy Living,**

**Living in the Wider World(citizenship, the environment and democracy).**

Theme A Living in the Wider World 10 sessions + 2 responsive sessions		Theme B Relationships and Sex Education 10 sessions + 2 responsive sessions		Theme C Healthy Living 10 sessions + 2 responsive sessions	
Y3 Aut 1	Y3 Aut 2	Y3 Spr 1	Y3 Spr 2	Y3 Sum 1	Y3 Sum 2
<p>*What would we like to have achieved by the end of Y3?</p> <p>*How do I set aspirational goals for myself?</p> <p>*How do we listen respectfully?</p> <p>*How do we work together?</p> <p>*Why do we have laws?</p> <p>*How do our actions affect others?</p> <p>*What responsibilities do we have?</p>	<p>*What traditions are special to people?</p> <p>*What are human rights?</p> <p>*What is our community?</p> <p>*What is anti-social behaviour?</p> <p>*Who lives in the UK?</p> <p>*How can we care for our environment?</p> <p>*How do people spend their money?</p> <p>*What else can you do with your money?</p>	<p>*What makes a good friend?</p> <p>*How do we show people that we value them?</p> <p>*How do we solve conflicts and disagreements?</p> <p>*How do we recognise bullying?</p> <p>*Is there one way to be a boy or a girl?</p> <p>*Do I have the right to say no?</p> <p>*What is a healthy relationship and how do I know?</p>	<p>*How does my body change?</p> <p>*What are the correct names for the different external parts of my body?</p> <p>*When is it OK to enter into a committed relationship?</p> <p>*How can we keep ourselves safe online?(alongside computing, "talking" to people on-line, critical literacy, age parameters, school supporting parents)</p>	<p>*What is a balanced diet?</p> <p>*Why is exercise so important?</p> <p>*What makes a balanced lifestyle?</p> <p>*What is a habit?</p> <p>*How can I use medicines and household products safely?</p>	<p>*What different feelings do we have?</p> <p>*How do we show our feelings?</p> <p>*When is it OK to share something personal?</p> <p>*How do we deal with change and loss?</p> <p>*Supporting others – how can I help the Y2 children transitioning into Y3?</p>

<p>*What is the BVS School Council? What do they do?</p>	<p>*School Council elections</p>				
<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 3.3 &amp; 3.2 &amp; 3.6 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• Educator Solutions RSE Solution (KS2) Year 3 Lessons My Feelings</li> <li>• <a href="https://educateagainsthate.com/">https://educateagainsthate.com/</a></li> </ul>		<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 3.5 &amp; 3.1 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• Educator Solutions RSE Solution (KS2) Year 3 Lessons My Relationships &amp; My Beliefs &amp; My Body &amp; My Rights and Responsibilities &amp; Asking for Help</li> </ul>		<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 3.4 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• PSHE Association Drugs and Alcohol Lessons Y3/4 lessons (first lesson)</li> </ul>	

#### YEAR 4

**Personal development, Relationships, Sex and my body, Financial Literacy, Healthy Living, Living in the Wider World (citizenship, the environment and democracy).**

Theme A Living in the Wider World 10 sessions + 2 responsive sessions		Theme B Relationships and Sex Education 10 sessions + 2 responsive sessions		Theme C Healthy Living 10 sessions + 2 responsive sessions	
Y4 Aut 1	Y4 Aut 2	Y4 Spr 1	Y4 Spr 2	Y4 Sum 1	Y4 Sum 2
<p>*What would we like to have achieved by the end of Y4?</p> <p>*Which rules at school would you change and why?</p> <p>*What values and customs do different cultures have?</p> <p>*How diverse is the UK community?</p> <p>*What are human rights?/How important are human rights?</p>	<p>*What is meant by <i>interest and loan</i>?</p> <p>*How do you decide whether to spend or save your money?</p> <p>*What is good value?</p> <p>*What does it mean to be enterprising?</p> <p>*How do we keep safe in our community?</p> <p>*How does anti-social behaviour affect people?</p> <p>*What are our responsibilities towards our environment?</p>	<p>*How has my body changed and how might it change as I move through puberty?</p> <p>*What are the names of different parts of my body</p> <p>*What causes these changes?</p> <p>*What emotions do I have and how do I respond to them?</p> <p>*What is the difference between acceptable and unacceptable physical behaviours?</p> <p>*Why is it important to keep personal boundaries?</p> <p>*How can we manage feeling</p>	<p>*How do we know how our friends are feeling and how can we help them?</p> <p>*How do we maintain healthy relationships including friendships?</p> <p>*What factors make us different from each other?</p> <p>*Why is it important to think before we act/</p> <p>*How can we see from someone else's point of view to resolve disputes?</p> <p>*How do we listen to someone we don't agree with?</p>	<p>*What can we do to help ourselves when we experience strong feelings?</p> <p>*What do we need to know to make a healthy choice about the food that we choose?</p> <p>*What action can I take to look after my dental health?</p> <p>*What are good/bad habits?</p> <p>*How can we break a habit that could be doing us harm?</p>	<p>*How do we know if something is "good" for us?</p> <p>*What effect can caffeine, cigarettes, e-cigarettes / vaping and alcohol have on the body?</p> <p>*How can we stop the spread of infections?</p> <p>*What is an emergency? (inc. injuries)</p> <p>*What would we do if there were an emergency? (inc 1<sup>st</sup> aid)</p> <p>*Pupil Leadership opportunities. How</p>

	<p>*What is the Aylsham Town Council? (Possible visit?)</p> <p>*School Council elections</p>	<p>under pressure to do something we don't want to do?</p> <p>*What is a stereotype and why is it important to challenge them?</p> <p>*When should I ask for help to manage a situation and how?</p>	<p>*What is bullying and what can we do about it?</p> <p>*When is it OK to break a promise or surprise?</p> <p>*How are rights related to responsibilities?</p> <p>*How can I keep safe on-line? (alongside computing revisit and build on Y3 learning, + trusting on-line sources, fake news, retouching of images)</p>		<p>can I contribute to school life?</p>
<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 4.2 &amp; 4.5 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• Educator Solutions RSE Solution (KS2) Year 4 Lessons</li> <li>• <a href="https://educateagainsthate.com/">https://educateagainsthate.com/</a></li> </ul>	<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 4.4 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• Educator Solutions RSE Solution (KS2) Year 4 Lessons: My feelings, My Body, My Relationships, My Beliefs, My Rights and Responsibilities, Asking for Help</li> </ul>	<p>Possible resources...</p> <ul style="list-style-type: none"> <li>• My Life LKS2 PSHE Handbook 4.1 &amp; 4.3 &amp; 4.6 (link to access PPT) <a href="https://collins.co.uk/pages/my-life-downloads">https://collins.co.uk/pages/my-life-downloads</a></li> <li>• PSHE Association Drugs and Alcohol Lessons Y3/4 lessons (second lesson)</li> </ul>			

**YEAR 5**

**Personal development, Relationships, Sex and my body, Financial Literacy, Healthy Living,**

**Living in the Wider World (citizenship, the environment and democracy).**

Theme A Living in the Wider World 10 sessions + 2 responsive sessions		Theme B Healthy Living 10 sessions + 2 responsive sessions		Theme C Relationships and Sex Education 10 sessions + 2 responsive sessions	
Y5 Aut 1	Y5 Aut 2	Y5 Spr 1	Y5 Spr 2	Y5 Sum 1	Y5 Sum 2
<p>*What did we achieve in Y4 and what would we like to have achieved by the end of Y5?</p> <p>*What are laws, where are they made and how are they changed – school, local, national</p> <p>*How do we take responsibility for our community?</p> <p>*What are the benefits of living in a diverse society like the UK?</p> <p>*Why do we need a UN Declaration of the Rights of the Child?</p>	<p>*What is meant by <i>debt, tax, interest and loan</i>?</p> <p>*How could we use our enterprise skills at school?</p> <p>*What is Parliament? How does it work? (government, opposition, Prime Minister,...)</p> <p>*School Council elections</p>	<p>*How are we influenced about our food and diet?</p> <p>*What choices can somebody make to help look after their body and mind?</p> <p>*Who is responsible for our health and wellbeing?</p> <p>*What's in the news about health and well-being?</p> <p>*What are habits and why are they difficult to change?</p>	<p>*What are conflicting emotions and how can we manage them?</p> <p>*What is independence and how do we keep safe as we get more independent?</p> <p>*What is an emergency and what would we do if there was an emergency?</p> <p>*Whose responsibility is it to prevent the spread of infection at school?</p>	<p>*How will my emotions change as I move through puberty?</p> <p>*What can we do to help others when they are feeling strong emotions?</p> <p>*How is my body likely to change as I go through puberty?</p> <p>*What do the terms: sex, gender and sexual orientation mean?</p> <p>*What are stereotypes and why is it important to challenge them?</p>	<p>*What skills do we need to maintain healthy relationships including friendships?</p> <p>*Why should we think about the consequences of our actions on others?</p> <p>*Who or what influences our behaviour and how do we resist unhelpful pressure?</p> <p>*How can I manage if someone dares me to do something risky?</p> <p>*How do we know if a relationship is unhealthy?</p>

			<p>*How do we keep safe in our community?</p> <p>*How can the correct use of medicines, vaccinations and immunisation, maintain our health and wellbeing?</p> <p>*What do we mean by the term <i>drugs</i>?</p> <p>*What are <i>legal</i> and <i>illegal</i> drugs?</p> <p>*What are some of the effects of using <i>legal</i> and <i>illegal</i> drugs?</p>	<p>*What are the different types of bullying (inc. gender identity and sexual orientation) and why are they unacceptable?</p>	<p>*What should we do if someone makes us feel unsafe (even if it is someone we trust)?</p> <p>*How do people in a close relationship show commitment to each other?</p> <p>*How can I make sure that I am safe online? (revisit and build on Y4 learning)</p> <p>*How can I ask for help about upsetting online material?</p> <p>*What should we consider before sharing pictures of ourselves, and others, online?</p> <p>*What is the right to privacy?</p> <p>*How can we keep safe and well using a mobile phone?</p> <p>*What is <i>consent</i> with regard to your image?</p>
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Possible resources...		Possible resources...		Possible resources...	
<ul style="list-style-type: none"> <li>• Educator Solutions RSE Solution (KS2) Year 5 Lessons</li> <li>• <a href="https://educateagainsthate.com/">https://educateagainsthate.com/</a></li> </ul>		<ul style="list-style-type: none"> <li>• PSHE Association Drugs and Alcohol Lessons Y5/6 lessons (lesson1 &amp; 2)</li> </ul>		<ul style="list-style-type: none"> <li>• Educator Solutions RSE Solution (KS2) Year 5 Lessons</li> </ul>	

## YEAR 6

**Personal development, Relationships, Sex education and my body, Financial Literacy, Healthy Living, Living in the Wider World (citizenship, the environment and democracy).**

<p>Theme A</p> <p>Living in the Wider World</p> <p>10 sessions</p> <p>+ 2 responsive sessions</p>		<p>Theme B</p> <p>Relationships and Sex Education</p> <p>10 sessions</p> <p>+ 2 responsive sessions</p>		<p>Theme C</p> <p>Healthy Living</p> <p>10 sessions</p> <p>+ 2 responsive sessions</p>	
Y6 Aut 1	Y6 Aut 2	Y6 Spr 1	Y6 Spr 2	Y6 Sum 1	Y6 Sum 2

<p>*What would we like to have achieved by the end of Y6?</p> <p>*What is meant by personal finance?</p> <p>*How can we look after our money?</p> <p>*How can we put our enterprise skills into action? (smoothie project?)</p> <p>*What are our responsibilities towards our environment?</p> <p>*Who is the MP for Aylsham? What is their role? How can we contact them?</p>	<p>*How does anti-social behaviour affect people and how can it be handled?</p> <p>*What does it mean to be a part of our community?</p> <p>*How is the diversity of the UK celebrated?</p> <p>*Why and how should we promote human rights?</p> <p>*School Council elections</p>	<p>Social Media and other media</p> <p>*How do images in the media affect how people feel about themselves? (include the positive aspects – body positivity, diverse ethnicities etc.)</p> <p>*How might the media influence our lifestyle? (consider <i>paid content</i>)</p> <p>*How is data gathered about us? Review <i>consent</i>.</p> <p>*How can we keep safe and well using a mobile phone? (revisit and build on Y5 learning)</p> <p>*How can we manage feeling under pressure to do something we don't want to do?</p> <p>*How do we recognise if a relationship is unhealthy?</p> <p>*Why is it unacceptable to use</p>	<p>*What helps us to decide whether or not to behave a certain way?</p> <p>*How can we use negotiation and feedback without making the situation worse?</p> <p>*What can we do to help others when they experience strong feelings and emotions?</p> <p>*What skills can be used to resolve conflicts peacefully?</p> <p>*What helps us to manage if someone disagrees with us?</p> <p>*What do the terms: sex, gender and sexual orientation mean?</p> <p>*What are stereotypes and why is it important to challenge them?</p> <p>(repeated from Y5)</p>	<p>*What are the different strategies can we use to manage complex emotions?</p> <p>*How can we cope with grief?</p> <p>*What are risks and how do we manage them?</p> <p>*What is an emergency and what would you do if there was an emergency? (Crucial Crew?)(inc. 1<sup>st</sup> Aid)</p> <p>*What are the risks and effects of legal and illegal drugs?</p> <p>*Why do people use legal and illegal drugs?</p> <p>*How can we make informed decisions about using legal and illegal drugs?</p> <p>*What is a habit and why is it hard to change? (linked</p>	<p>*Why is good hygiene important to stop the spread of infection?</p> <p>*Why do people decide which food and drink is better for their health and wellbeing?</p> <p>*What's in the news about health and well-being?</p> <p>*Preparing for change – transition to high school</p>
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		<p>discrimination including prejudice-based language?</p> <p>*What is sexual intercourse?</p> <p>*What are the correct terms for the male and female organs?</p> <p>*When, who and how should I ask for help?</p>	<p>*What is the effect of bullying, discrimination, teasing and aggressive behaviour on other people?</p> <p>*When is it OK to break a confidentiality?</p>	to Drugs and Alcohol Education)	
Possible resources...		Possible resources...		Possible resources...	
<ul style="list-style-type: none"> <li><a href="https://educateagainsthate.com/">https://educateagainsthate.com/</a></li> </ul>		<ul style="list-style-type: none"> <li>Educator Solutions RSE Solution (KS2) Year 6 Lessons</li> <li><a href="https://www.norfolkscb.org/children-young-people/tricky-friends/">https://www.norfolkscb.org/children-young-people/tricky-friends/</a> (for managing peer relationships)</li> </ul>		<ul style="list-style-type: none"> <li>PSHE Association Drugs and Alcohol Lessons Y5/6 lessons (lessons 3 &amp; 4)</li> </ul>	