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

*What is the BVS School Council? What do they do?	*School Council elections		supporting parents)		
Possible resources… • My Life LKS2 PSHE Handbook 3.3 & 3.2 & 3.6 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • Educator Solutions RSE Solution (KS2) Year 3 Lessons My Feelings • https://educateagainsthate.com/		Possible resources… • My Life LKS2 PSHE Handbook 3.5 & 3.1 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • Educator Solutions RSE Solution (KS2) Year 3 Lessons My Relationships & My Beliefs & My Body & My Rights and Responsibilities & Asking for Help		Possible resources… • My Life LKS2 PSHE Handbook 3.4 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • PSHE Association Drugs and Alcohol Lessons Y3/4 lessons (first lesson)	

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

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

		do something we don't want to do? *What is a stereotype and why is it important to challenge them? *When should I ask for help to manage a situation and how?	a promise or surprise? *How are rights related to responsibilities? *How can I keep safe on-line? (alongside computing revisit and build on Y3 learning, + trusting on-line sources, fake news, retouching of images)		
Possible resources… • My Life LKS2 PSHE Handbook 4.2 & 4.5 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • Educator Solutions RSE Solution (KS2) Year 4 Lessons • https://educateagainsthate.com/		Possible resources… • My Life LKS2 PSHE Handbook 4.4 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • Educator Solutions RSE Solution (KS2) Year 4 Lessons: My feelings, My Body, My Relationships, My Beliefs, My Rights and Responsibilities, Asking for Help		Possible resources… • My Life LKS2 PSHE Handbook 4.1 & 4.3 & 4.6 (link to access PPT) https://collins.co.uk/pages/my-life-downloads • PSHE Association Drugs and Alcohol Lessons Y3/4 lessons (second lesson)	

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

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

			n, maintain our health and wellbeing? *What do we mean by the term *drugs*? *What are *legal* and *illegal* drugs? *What are some of the effects of using *legal* and *illegal* drugs?		someone we trust)? *How do people in a close relationship show commitment to each other? *How can I make sure that I am safe online? (revisit and build on Y4 learning) *How can I ask for help about upsetting online material? *What should we consider before sharing pictures of ourselves, and others, online? *What is the right to privacy? *How can we keep safe and well using a mobile phone?

					*What is *consent* with regard to your image? *How is data gathered about us? *Pupil Leadership opportunities. How can I contribute to school life?
Possible resources… • Educator Solutions RSE Solution (KS2) Year 5 Lessons • https://educateagainsthate.com/		Possible resources… • PSHE Association Drugs and Alcohol Lessons Y5/6 lessons (lesson1 & 2)		Possible resources… • Educator Solutions RSE Solution (KS2) Year 5 Lessons	

YEAR 6

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

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

Theme A	Theme B	Theme C
Living in the Wider World	Relationships and Sex Education	Healthy Living
10 sessions	10 sessions	10 sessions
+ 2 responsive sessions	+ 2 responsive sessions	+ 2 responsive sessions

Y6 Aut 1	Y6 Aut 2	Y6 Spr 1	Y6 Spr 2	Y6 Sum 1	Y6 Sum 2

*What would we like to have achieved by the end of Y6? *What is meant by personal finance? *How can we look after our money? *How can we put our enterprise skills into action? (smoothie project?) *What are our responsibilities towards our environment? *Who is the MP for Aylsham? What is their role? How can we contact them?	*How does anti-social behaviour affect people and how can it be handled? *What does it mean to be a part of our community? *How is the diversity of the UK celebrated? *Why and how should we promote human rights? *School Council elections	<u>Social Media and other media</u> *How do images in the media affect how people feel about themselves? (include the positive aspects – body positivity, diverse ethnicities etc.) *How might the media influence our lifestyle? (consider *paid content*) *How is data gathered about us? Review *consent*. *How can we keep safe and well using a mobile phone? (revisit and build on Y5 learning) *How can we manage feeling under pressure to do something we don't want to do?	*What helps us to decide whether or not to behave a certain way? *How can we use negotiation and feedback without making the situation worse? *What can we do to help others when they experience strong feelings and emotions? *What skills can be used to resolve conflicts peacefully? *What helps us to manage if someone disagrees with us? *What do the terms: sex, gender and sexual orientation mean? *What are stereotypes and why is it important to challenge them?	*What are the different strategies can we use to manage complex emotions? *How can we cope with grief? *What are risks and how do we manage them? *What is an emergency and what would you do if there was an emergency? (Crucial Crew?) (inc. 1st Aid) *What are the risks and effects of legal and illegal drugs?	*Why is good hygiene important to stop the spread of infection? *Why do people decide which food and drink is better for their health and wellbeing? *What's in the news about health and well-being? *Preparing for change – transition to

		*How do we recognise if a relationship is unhealthy? *Why is it unacceptable to use discrimination including prejudice-based language? *What is sexual intercourse? *What are the correct terms for the male and female organs? *When, who and how should I ask for help?	(repeated from Y5) *What is the effect of bullying, discrimination, teasing and aggressive behaviour on other people? *When is it OK to break a confidentiality?	*Why do people use legal and illegal drugs? *How can we make informed decisions about using legal and illegal drugs? *What is a habit and why is it hard to change? (linked to Drugs and Alcohol Education)	high school
Possible resources… . https://educateagainsthate.com/		Possible resources… ● Educator Solutions RSE Solution (KS2) Year 6 Lessons ● https://www.norfolklscb.org/children-young-people/tricky-friends/ (for managing peer relationships)		Possible resources… ● PSHE Association Drugs and Alcohol Lessons Y5/6 lessons (lessons 3 & 4)	