



Cranbrook
Primary School

PSHE & RHE

KEY:

Highlighted Yellow= Teacher notes

Writing in Red= RHE Plans

What is PSHE & RHE?

PSHE stands for Personal, Social, Health and Economic Education. RHE stands for Relationships and Health Education. Schools may use different names for these subjects.

The Kapow Primary scheme covers the full breadth of learning pupils need to stay healthy, safe and prepared for life. This includes:

- Personal.
- Social.
- Health.
- Economic.
- Relationships.
- Citizenship.

The scheme is organised into strands and key areas to ensure a broad and balanced curriculum.

Key areas group learning into meaningful themes and ensure that all statutory content is covered. The strands weave throughout all units, demonstrating how pupils develop lifelong skills in managing themselves, regulating their emotions, building positive relationships and thinking critically.

Together, the strands and key areas help pupils revisit important ideas over time, building their confidence and understanding in a structured way

PSHE Curriculum Intent

At Cranbrook Primary we highly value the Personal, Social, Health and Economic (PSHE) wellbeing of all our pupils. Our approach to PSHE is to develop our children through the use of pupil voice so that they become articulate and **confident communicators**.

We are wholeheartedly committed to the Equalities agenda and believe that **all** children have the right to high quality education and that this should begin as early as possible.

Our curriculum **intent** at Cranbrook is designed to provide opportunities to **widen their horizons** through raising **aspirations** to enable our children to reach their full potential to become successful life-long learners.

Our schools' ethos, values (Kindness, Equality, Resilience and Respect- KERR) and teaching of PSHE will further **empower** our children to live **safe**, happy, healthy and productive lives.

Our curriculum will support and guide children to become critical thinkers and build resilience so that they are able to develop an understanding to achieve and succeed in an ever changing and challenging society. In turn, they will be able to develop the skills necessary to take an active role in their community and manage their lives effectively.

*The PSHE curriculum provision encompasses the **core themes**:*

- **Citizenship** – *developing an understanding of rights and responsibilities, environmental issues, money management, and participation in the wider world.*
- **Relationships** - *covers feelings and emotions, healthy relationships and valuing differences*
- **Health and Wellbeing** - *covers topics of healthy lifestyles, growing and changing and keeping safe.*
- **The Online World** – *exploring online safety, digital communication, responsible technology use and understanding the opportunities and risks of life in a connected world.*

We actively promote British Values and the United Nations Convention on the Rights of the Child. We believe that these underpin us as good citizens and as a result are interwoven within the whole of our curriculum provision at Cranbrook.

*The curriculum at Cranbrook, is enveloped within the core principles of SMSC (Spiritual, Moral, Social and Cultural). **SMSC is fundamental for children and young people's personal development**, as well as the development of society as a whole and this will ensure that every child at our school is given a good chance to become positive, confident and responsible individuals and thus citizens.*

Our policy for PSHE is used in conjunction with the Equality Policy, Safeguarding Policy, Anti Bullying Policy, Online Safety Policy, Behaviour and Discipline Policy and RSHE Policy.

Long Term Plan- PSHE and RHE

PSHE/RHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends RHE lessons-- Lesson 1, 2, 3, 4, 5 and 6	Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe? RHE lessons- Lessons 2, 3 and 4	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe? RHE lessons- Lesson 2 and Year 2-Summer 2- Lesson 2: How can I keep my body safe? To recognise simple rules that help keep my body safe- NSPCC PANTS
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others? RHE lesson- Lesson 2	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow? RHE lessons- Lesson 1, 2, 3, 4, 5 and 6	Staying safe: How can I make safe choices in different places? RHE lessons- Lesson 1 and 5
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why? Release date - 21 st September 2026

	RHE lesson- Lesson 6	RHE lessons- Lesson 2,3 and 4			Release date- 21 st September 2026	Year 4- Summer 1- Lesson 2: How will I grow and change during puberty? To explore how bodies change during puberty.
PSHE/RHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money responsibly? Release date - 21 st September 2026	Growing up: How will my body and emotions change as I grow up? RHE lessons: Lesson 2, 3, 4 and 6	Staying safe: What signs help me recognise what is safe or unsafe? RHE lessons- Lesson 5
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important? RHE lessons- Lesson 2, 4 and 5.	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up? RHE Lessons: Lesson 3, 4, 5 (girls only) and 6	Citizenship: How can we be in control of our money? Release date - 21 st September 2026
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights? Release date - 21 st September 2026	Staying safe: How can I stay safe as I grow up? RHE lessons: Year 6- Lesson 5 Year 5- Summer 1- Lesson 1 and lesson 2	Health Education: Mutual respect and consent RHE lesson: Lesson 6

EYFS

Autumn 1	<u>Self-regulation: My feelings</u> (6 lessons) Recognising and describing different feelings, and learning strategies to regulate and feel calm. Lesson 1: Identify my feelings- To name different feelings Lesson 2: Feeling jaws- To talk about how I feel Lesson 3: Coping Strategies- To talk about what I can do when I have big feelings. Lesson 4: Describing Feelings- To talk about different feelings in my body. Lesson 5: Facial expressions- To use faces to help me understand how people feel. Lesson 6: Creating a calm corner- To find ways to keep me feel calm.	<u>Building relationships: Special relationships</u> (6 lessons) Learning about families, friendships and positive relationships by exploring the importance of special people in the children's lives. They consider the value of sharing, learn strategies for sharing fairly and recognise their own strengths as individuals. Lesson 1: My family- To talk about our families. To understand that all families are valuable and special Lesson 2: Special People- To talk about people that hold a special place in children's lives and think about what it means to be a valued person. Lesson 3: Sharing- Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion. Lesson 4: I am unique- Learning to see themselves as valuable individuals and understanding that it is a positive thing to enjoy and like different things to others. Lesson 5: My interests- Exploring how they see themselves as individuals through discussion, drawing and sharing their interests in pairs, as a group, and as a class. Lesson 6: Similarities and differences- Exploring diversity through activities and discussion about similarities and differences and understanding that we are all unique.
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Spring 1	<u>Managing self: Taking on challenges</u> (6 lessons) Considering the value of perseverance in facing challenges, the children learn to communicate effectively with others, recognise the importance of rules and practise simple coping strategies. Lesson 1: Why do we have rules? To understand why we have rules. Lesson 2: Building towers- Learning to understand the importance of persistence in the face of challenge through teamwork activities, developing confidence in their own ability to solve problems. Lesson 3: Team den building- Learning to work together as a team to overcome challenges and communicating effectively with others to build a den. Lesson 4: Grounding- To learn and practice 'grounding' coping strategies. Lesson 5: Team races- To understand the importance of perseverance in the face of challenge. Lesson 6: Circus skills- To learn new skills, showing resilience and perseverance in the face of challenge.	Spring 2 <u>Self-regulation: Listening and following instructions</u> (6 lessons) Developing listening and communication skills through stories and games that encourage careful attention to spoken language. The children explore how information can change as it is passed from person to person and how rumours spread. Lesson 1: Simon says- Learning the importance of listening carefully by playing recall games. Lesson 2: Listening to a story- Listening attentively to a story; answering questions and retelling parts of a story. Lesson 3: Pass the whisper- Understanding the importance of listening carefully, telling the truth and thinking of others' feelings. Lesson 4: Obstacle races- Following instructions or actions and persevering when things get difficult. Lesson 5: Blindfold walk- Learning to follow instructions involving several ideas or actions and giving simple instructions. Lesson 6: Treasure hunt- Learning to listen and respond to phrases and instructions.
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Summer 1	<u>Building relationships: My family and friends (6 lessons)</u> Developing an understanding of sharing, turn-taking and positive relationships. The children consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills. Lesson 1: Festivals- Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times. Lesson 2: Sharing- Understanding why sharing is important. Lesson 3: What makes a good friend? Understanding the characteristics that make a good friend. Lesson 4: Being a good friend Learning the importance of supporting others by being kind. Lesson 5: Teamwork- Understanding the importance of perseverance in the face of challenge. Lesson 6: Celebrating friendships- Planning a party to celebrate the special friendships within the class.	<u>Managing self: My wellbeing (6 lessons)</u> Identifying why exercise is important for physical and mental health, the children discuss ways to take care of themselves, learn how to be safe pedestrians and consider the importance of a balanced diet. Lesson 1: What is exercise? Learning about the importance of exercise and exploring how exercise affects different parts of the body. Lesson 2: Yoga and relaxation- Exploring yoga, guided meditation and relaxation Lesson 3: Looking after ourselves- Understanding why it is important to be able to take care of oneself. Lesson 4: Being a safe pedestrian- Exploring what it means to be a safe pedestrian. Lesson 5: Eating Healthy- Exploring what it means to eat healthily. Lesson 6: A rainbow of food- Understanding the importance of healthy food choices and what a balanced diet is.
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YEAR 1			
Autumn 1	<u>My healthy self: How can we look after our emotions?</u> (6 lessons) Pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions. Lesson 1: What emotions can we recognise? To name and recognise six emotions. Lesson 2: When and why do people show different emotions- To recognise that people show different emotions in a situation and understand why. Lesson 3: How can emotions change? To describe emotions and how they change. Lesson 4: What helps us to feel calm or excited? To explore what makes me and other feel excited and calm. Lesson 5: What might make us feel worried, annoyed or upset? Lesson 6: What can we do when our feelings get tricky? To talk about how we can get help with our feelings?	Autumn 2	<u>Connecting with others: How can I help myself and others feel happy and safe?</u> (6 lessons) Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships. Lesson 1: What makes me special? – To recognise what me special and talk about my strengths. Lesson 2: How do families show love and care for each other? To explore how families care for and support each other. Lesson 3: What helps me feel safe and cared for? – To understand that families should help me feel safe and cared for. Lesson 4: What is a friend? – To explain how to be a good friend. Lesson 5: How can we have a kind and friendly class? To explore how to be kind even when you are angry or upset. Lesson 6: How should people behave towards others? To explore kind and respectful behaviours.

Spring 1	<u>The online world: How do we spend time online?</u> (6 lessons) Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content. Lesson 1: When am I online? To recognise when we are online. Lesson 2: What can I do online and what can I do in person? To recognise online and in-person activities. Lesson 3: How should I behave when I use a device? To recognise that polite behaviour online is the same as polite behaviour in person. Lesson 4: How can I balance screen time with in-person activities? To explain why it is good to balance screen time with in-person activities. Lesson 5: What should I do if I see something online that worries me? To understand when and how to tell an adult about something I see. Lesson 6: How can I stay safe online? To describe how I can stay safe online.	Spring 2	<u>Citizenship: How can I help others and the environment?</u> (6 lessons) Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. Pupils investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them. Lesson 1: What do babies and toddlers need? To recognise some of the needs of babies and toddlers. Lesson 2: What do animals need? To understand that animals have different needs and how to care for them. Lesson 3: How can we look after our school environment? To identify ways to look after the school environment. Lesson 4: How can I share my ideas respectfully? To show respect when sharing ideas and opinions. Lesson 5: Who helps look after our local environment? To recognise how people look after the local environment. Lesson 6: How do rules help everyone? To recognise how rules help people, animals and places.
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Summer 1	<u>Health protection: How can I protect myself and others in daily life?</u> (6 lessons) Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help. Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency. Lesson 1: How and why do we wash our hands? To explain how and why we wash our hands. Lesson 2: How can I protect myself in any weather? To describe how to protect myself in any weather. Lesson 3: Who helps us stay healthy? To recognise people who help keep us healthy. Lesson 4: What should I do if I feel unwell? To talk about how my body feel when I am ill. Lesson 5: How serious are different injuries? To recognise if an injury is serious or not. Lesson 6: How can we get help for serious illnesses or injuries? To identify who can help with serious illnesses and injuries.	<u>Staying safe: How can I stay safe?</u> (6 lessons) Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed. Lesson 1: How can I stay safe at home? To identify what is safe and unsafe in the home. *CT add information about calling emergency services (999) Lesson 2: What is safe for our bodies? To identify what is safe for our bodies. Go to: Year 2- Summer 2- Lesson 2: How can I keep my body safe? To recognise simple rules that help keep my body safe- NSPCC PANTS Lesson 3: What rules can keep me safe? To explain how rules keep us safe. Lesson 4: How can I stay safe near roads? To describe how to stay safe near roads. Lesson 5: How might my body feel when something is unsafe? To notice how I feel when something is unsafe. Lesson 6: Who can keep me safe? To recognise who and how to ask for help.
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Year 2			
Autumn 1	<u>My healthy self: How can we look after our bodies? (6 lessons)</u> Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine. Lesson 1: How does moving my body make me feel? To describe how being active makes me feel. Lesson 2: Why is sleep important? To explain why sleep is important and how bedtime routine can help. Lesson 3: What foods can help me stay healthy? To recognise and explain that fruits and vegetables help keep our bodies healthy. Lesson 4: How can I make some healthy food and drink choices? To explain how healthy food and drink choices help the body and mind. Lesson 5: What can I do to keep my teeth clean and healthy? To identify ways to keep my teeth clean and healthy. Lesson 6: How can I make healthy choices every day? To use what I know about looking after my body to create a healthy daily routine.	Autumn 2	<u>Connecting with others: How can I build safe, kind and caring relationships with others? (6 lessons)</u> Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe. Lesson 1: How are we all different and the same? To recognise and celebrate how people are different. Lesson 2: How are families different and the same? To recognise that all families are different and special Lesson 3: How can I show my feelings kindly and calmly? To solve a falling-out kindly. Lesson 4: How can I let other know what is okay or not for me? To practice telling other when something feels okay or not for me. Lesson 5: Who can I talk to if something does not feel right? To name who I can talk to and what I can say if something feels unsafe or wrong. Lesson 6: What should I do if someone is being unkind again and again? To recognise bullying behaviour and know what to do if it happens.

Spring 1	<u>The online world: How can we stay safe online?</u> (6 lessons) Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help. Lesson 1: What can we do online and how can we do it safely? To describe some things people can do online and how to use devices safely. Lesson 2: Who can see information shared online? To understand that sharing information online means it can be seen by many people. Lesson 3: What is private information? To recognise that private information should not be shared online. Lesson 4: How do I know if private information has been shared online? To identify when private information has been shared online. Lesson 5: Is everything we see online real? To understand that not everything we see online is real. Lesson 6: What should I do if something online worries me? To explain what to do if something online worries me.	Spring 2	<u>Citizenship: How do people belong to a community and earn money?</u> (6 lessons) Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from. Lesson 1: Where do we belong? To identify the communities that people belong to. Lesson 2: How can different people contribute to my community? To explain how people contribute to a community. Lesson 3: What jobs do people in our local community? To describe jobs people do to help my local community. Lesson 4: What other jobs might people do? To describe how different jobs help people and communities. Lesson 5: What is money? To understand what money is and how people use it. Lesson 6: Where does money come from? To recognise different ways adults get money.
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Summer 1	<u>Growing up: How can we look after and respect our bodies as we grow?</u> (6 lessons) Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe. Lesson 1: How do we grow and change? To identify how we grow and change as we get older? Lesson 2: How will I change as I grow up? To describe what people can do as they grow older. Lesson 3: Do I make the rules about my own body? To express personal boundaries using simple language. *CT comment on child-on-child inappropriate touch Lesson 4: How can I talk about my body? To talk about body parts correctly. Lesson 5: How can we show respect for each other bodies? To talk about how to respect other people's belongings and bodies. Lesson 6: Who can I talk to if I do not feel safe? To describe how to get help if you feel unsafe or uncomfortable.	Summer 2	<u>Staying safe: How can I make safe choices in different places?</u> (5 lessons) Understanding that unsafe situations at home and in public, including common hazards and behaviours that can make someone feel unsafe. Pupils identify when words, actions or touch are not okay, practise saying no and learn how and when to seek help from a trusted adult. Lesson 1: What makes my body special? To understand that my body is special and belongs to me. Lesson 3: How can I make safe choices at home? To understand how to stay safe at home. Lesson 4: How can I stay safe in different places? To identify how to stay safe in different places. Lesson 5: What can I do if I cannot find my trusted adult? To understand what to do if I cannot find my trusted adult. Lesson 6: How can I stay safe around water? To recognise how to stay safe around water.
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Year 3			
Autumn 1	<u>My healthy self: How can I take care of my mind and body? (6 lessons)</u> Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed. Lesson 1: How do emotions effect my body? To describe how emotions can affect our bodies. Lesson 2: How can I tell how someone else might be feeling? To recognise how others might be feeling using clues. Lesson 3: How are my mind and body connected? To understand that our minds and bodies are connected. Lesson 4: How does sleep help my mind and body? To understand why sleep is important and how we can sleep well. Lesson 5: What can I do when I experience strong emotions? To identify strategies that may be helpful when experiencing strong emotions. Lesson 6: When should I ask an adult for emotional support? To understand how to support ourselves and get help with our feelings.	Autumn 2	<u>Connecting with others: What helps us feel safe and included? (6 lessons)</u> Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair friendships and identify different types of bullying and how to respond to them. Lesson 1: How can I respect myself? To recognise what self-respect is and why it is important. Lesson 2: What are personal boundaries? To identify my personal boundaries. Lesson 3: What makes a family? To identify how families can spend time together and support each other. Lesson 4: How can I be a good friend? To describe what makes a good friend. Lesson 5: How can we repair a friendship after a falling-out? To explore fair ways to respond after a falling-out with a friend. Lesson 6: What are different types of bullying? To identify what bullying is and how it might make someone feel.

Spring 1	<u>The online world: How should we communicate online? (6 lessons)</u> Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Pupils identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online. Lesson 1: How do we communicate online? To identify ways people communicate online and in person. Lesson 2: How can we be respectful when we communicate online? To describe respectful ways to communicate online. Lesson 3: How can communication online sometimes be misunderstood? To explain how online communication can be misunderstood. Lesson 4: How should I respond to online bullying? To understand how to respond safely to online bullying. Lesson 5: Why do we need to be careful when communicating online? To explain why we must be careful when communicating online. Lesson 6: How can I keep myself safe online? To explain and practice ways to stay safe online and seek help.	Spring 2	<u>Citizenship: What rights and responsibilities do we have? (6 lessons)</u> Learning about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. Pupils explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet the needs of their communities. Lesson 1: What are human rights? To recognise that everyone has rights and responsibilities. Lesson 2: What rights should children have? To recognise that children have rights and why they matter. Lesson 3: How can we help the environment by reducing what we use? To understand how reducing what we use helps the environment. Lesson 4: How can reusing items help the environment? To understand how reusing items helps protect the environment. Lesson 5: Why is recycling important? To recognise our responsibility to recycle at home, school and in the local area. Lesson 6: How do local councils help look after their communities? To recognise how local councils look after local communities.
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Summer 1	<u>Health protection: How can we prevent illness and injury and respond if they happen?</u> 0 lessons- <u>COMING SOON</u> Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing. Pupils apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999. These lessons will be live from 21st September.	Summer 2	<u>Citizenship: What careers do people choose and why?</u> 0 lessons <u>COMING SOON</u> Learning about the world of work by exploring different jobs and career routes, what can influence career choices and how strengths and skills can be useful across different roles. Pupils develop an understanding of gender stereotypes and how they can be challenged, while considering why people may change careers and how existing skills and experience can support new opportunities. Go to: Year 4- Summer 1- Lesson 2: How will I grow and change during puberty? To explore how bodies change during puberty.
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Year 4			
Autumn 1	<u>My healthy self: How can I make healthy choices? (6 lessons)</u> Understanding how healthy choices, including exercise, nutrition and hydration, support physical and mental wellbeing. Pupils identify strategies for developing a growth mind-set and consider how kindness and helping others can positively affect their own wellbeing and that of others. Lesson 1: What is a balanced diet and why does having one matter? To explore the importance of having a balanced diet. Lesson 2: How can being active help my mind and body? To investigate how physical activity affect the body. Lesson 3: How can I keep my energy up throughout the day? To examine how daily habits and choices affect our energy levels. Lesson 4: How can I get support for myself and others? To recognise when someone may need support and how to seek help. Lesson 5: How can I respond when things feel hard? To understand how a growth mind-set helps us respond to challenges. Lesson 6: Why is helping others good for me too? To understand that being kind can help me too.	Autumn 2	<u>Connecting with others: How can we respect each other? (6 lessons)</u> Examining respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Pupils develop strategies for building trust and resolving friendship challenges, practise responding to bullying and learn how stereotypes can negatively affect people and communities. Lesson 1: How can I show self-respect? To use positive thoughts and words when things are challenging. Lesson 2: How can I show respect to others? To practice being respectful in different settings. Lesson 3: How can I build trusting friendships? To describe a range of ways to build trusting friendships. Lesson 4: How can we solve friendship challenges? To consider how actions help us look after our friendships. Lesson 5: How should I respond to bullying? To explain when and how to ask for help if I see bullying. Lesson 6: What is a stereotype? To describe what stereotypes are and why they are unfair.

Spring 1	<u>The online world: How can we decide what to trust online? (6 lessons)</u> Developing critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe. Lesson 1: How can the internet be helpful and challenging? To recognise how the internet can be helpful and challenging. Lesson 2: Is all online content appropriate for me? To recognise that not all online content is appropriate for children. Lesson 3: Why should we be careful who we trust online? To recognise that some online information can be misleading. Lesson 4: How can we check if online information is reliable? To check whether online information is reliable. Lesson 5: How can we use multiple sources to check online information? To evaluate multiple sources of online information. Lesson 6: Why should we question what see online? To recognise the importance of questioning online content.	Spring 2	<u>Citizenship: How can I spend money responsibly?</u> 0 lessons- <u>COMING SOON</u> Learning about managing money by examining the different ways people pay for things, including cash and bank cards. Pupils develop an understanding of budgeting, value for money and responsible financial decision-making, while considering how money can influence people's feelings and choices.
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Summer 1	<u>Growing up: How will my body and emotions change as I grow up?</u> (5 lessons) Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone. Lesson 1: What are body boundaries? To explain what body boundaries are and how to communicate them. Lesson 2- How will I grow and change during puberty? To explore how bodies change during puberty. *Separate session for boys and girls- Girls- Lesson 4: What is a period? To explain what a period is and what happens when you have one. CT to edit Vocabulary for just girls. Boys- Lesson 4- Hygiene lesson Workshop- Lesson can be found on T-Drive Lesson 3: What emotional changes could I experience when growing up? To explain how to manage emotion and feelings during puberty. Lesson 6: Who can I talk to about growing up and changes? To identify trusted adults and explain how they can help with worries about growing up and change.	Summer 2	<u>Staying safe: What signs help me recognise what is safe or unsafe?</u> (6 lessons) Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Pupils identify safe ways to cross roads, explore the dangers of water and learn how to distinguish between medicines and harmful substances. Lesson 1: How can I tell if a situation is unsafe? To identify warning signs that a situation may be unsafe. Lesson 2: What do I do if a situation feels unsafe? To respond to an uncomfortable situation safely. Lesson 3: How can I stay safe around traffic? To identify common risk and explain how to stay safe when walking, cycling or scooting. Lesson 4: Why can water be dangerous? To explain how to stay safe in, on and around water. Lesson 5: What drugs are safe or unsafe? To explain when drugs and medicines can be helpful, or harmful. Lesson 6: How can I prevent accidents? To recognise hazards and explain how thinking ahead reduces risk.
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Year 5			
Autumn 1	<u>My healthy self: How can I support my mind and body as I grow?</u> (6 lessons)		<u>Connecting with others: Why are healthy relationships important?</u> (5 lessons)
	Understanding how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation. Pupils learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed.		
	Lesson 1: What do food labels really tell us? To explore how food labels can help in making healthier choices.		
	Lesson 2: How active am I and how can I move more? To reflect on how active I am.		
	Lesson 3: What are the different types of physical activity and how do they affect us? To compare the impact of different physical activities on the body.		
	Lesson 4: How can I recognise complex feelings? To recognise a range of complex feelings.		
	Lesson 5: How can I respond to strong and complex feelings? To recognise and respond to strong and complex feelings.		
Autumn 2	Lesson 6: How can we tell when someone might need support with their mental health?		Investigating identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develop strategies for building and maintaining healthy friendships.
	Lesson 1: What makes me who I am? To describe how our identities are influenced by different factors.		
	Lesson 2: How do families show commitment to each other? To understand what commitment means and how it is shown in family relationships.		
	Lesson 4: What helps us make and maintain healthy friendships? To evaluate healthy and unhealthy friendships.		
	Lesson 5: How can we manage challenges in friendships? To develop and apply positive ways to respond to friendship challenges.		
	Lesson 6: How can I be assertive and respectful? To reflect on what assertive communication looks like and why it is important.		

Spring 1	<u>The online world: How am I influenced by what I see online?</u> (6 lessons) Considering how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion. Lesson 1: How do adverts try to influence us online? To analyse how online adverts influence what we click, buy or watch. Lesson 2: How are adverts chosen for me online? To explain how online adverts are targeted. Lesson 3: How else am I influenced online? To recognise how different types of online content influence choices and behaviour. Lesson 4: How do online trends shape our choices offline? To explain how online trends influence behaviour. Lesson 5: How does what we see online influence our viewpoints? To analyse how opinions shared online can shape our views. Lesson 6: How can some online messages be misleading? To recognise that online message can be misleading.	Spring 2	<u>Citizenship: How can we make a difference in our communities and beyond?</u> (6 lessons) Developing active citizenship skills through exploring how people can make a difference in their communities and beyond. Pupils learn how individuals, community and pressure groups, local councillors and MPs can influence change in government. Lesson 1: How can we show care for others? To recognise how to show care for others. Lesson 2: How do people contribute to the community? To recognise how individuals and groups can contribute to a community, Lesson 3: How does the UK Government work? To recognise how the UK Government works. Lesson 4: What is the role of a local councillor? To understand the role of a local councillor. *LOCAL CRANBROOK COUNCILLORS TO BE INVITED TO SCHOOL Lesson 5: What are pressure groups? To recognise the role of pressure groups. Lesson 6: How can people influence the decision made by the government? To recognise how people can influence decisions made.
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Summer 1	<u>Growing up: How can I manage the changes to my body and emotions as I grow up? (4 lessons)</u> Understanding the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. Pupils explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty. Lesson 3: How can we treat other with kindness during puberty? To recognise how to treat others with kindness during puberty. Lesson 4: How can I manage my emotions and feeling during puberty? To identify emotions that may change during puberty and know who to talk to for support. Lesson 5: What is a period? To describe what a period is and how to manage it. *GIRLS only Lesson 6: How can I challenge behaviour which crosses personal boundaries?	Summer 2	<u>Citizenship: How can we be in control of our money?</u> 0 lessons- <u>COMING SOON</u>
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Year 6			
Autumn 1	<u>My healthy self: How do my choices today shape my future health?</u> (6 lessons) Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Pupils think critically about healthy eating, including calories as a unit of energy, and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mind-set can build confidence and resilience when facing challenges. Lesson 1: Why do healthy teeth matter for the future? To understand how daily habits protect long-term dental health. Lesson 2: How can I eat for a healthier future? To interpret nutritional information to help make informed choices about food. Lesson 3: What habits might support my future health? To describe how habits can influence long-term health. Lesson 4: How can I recognise and regulate complex feelings? To recognise and regulate strong and complex feelings. Lesson 5: How does my mind-set affect my personal growth? To explain how our mind-set can affect out personal growth. Lesson 6: How can I support self-esteem for myself and others? To understand how my actions can impact myself and others.	Autumn 2	<u>Connecting with others: What does it mean to stand up for myself and others?</u> (6 lessons) Developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. Pupils build skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services. Lesson 1: How does self-respect help me? To make links between values and growth. Lesson 2: How can I be respectful in different situations? To evaluate how to be respectful to others. Lesson 3: How can I set and respect boundaries? To set and respect personal boundaries, including seeking and giving consent. Lesson 4: How can we challenge unfairness? To evaluate safe, respectful ways to challenge unfairness in everyday situations. Lesson 5: How should we work together to stop bullying? To describe how to respond to bullying safely. Lesson 6: When and how should I seek help? To explain when to seek help for yourself or someone else

Spring 1	<u>The online world: How do I feel about the things I see online?</u> (6 lessons) Exploring how online experiences can influence our thoughts, feelings and behaviour, and recognising online risks to support safe decision-making, including learning how to respond to online bullying and other harmful behaviour. Lesson 1: How do online platforms keep users engaged? To understand how online platforms engage users and recognise ways to manage online activity. Lesson 2: How can I make safe choices if I am gaming online? To recognise why some online gaming can be risky and how to make safe choices. Lesson 3: Is online content always realistic? To analyse how online content can influence how people think and feel. Lesson 4: What is harmful online behaviour? To recognise and respond to harmful online behaviours. Lesson 5: Does what we post online matter? To understand how what we share online can affect ourselves and others. Lesson 6: How does being online make me feel? To recognise the impact of online experiences on wellbeing and how to respond positively.	Spring 2	<u>Citizenship: How can we protect everyone's rights?</u> 0 lessons- <u>COMING SOON</u> Exploring human rights, laws and how the legal system helps uphold fairness in society. Pupils consider the consequences of breaking laws, examine prejudice and discrimination, and identify ways to challenge stereotypes to promote equality and inclusion.
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Summer 1	<u>Staying safe: How can I stay safe as I grow up? (4 lessons)</u> Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure, consent, boundaries and drug misuse can affect decisions and learn strategies to protect themselves and others. Go to *Year 5- Summer 1- Lesson 1: How will my body grow during puberty? To discuss the physical and emotional changes that happen during puberty. Lesson to be taught separately to boys and girls. Go to *Year 5- Summer 1 Lesson 2: How can I keep myself clean and hygienic? To explain how good hygiene helps me look after my body, including my private parts Lesson to be taught separately to boys and girls. Lesson 4: How can I stay safe in, on and around water? To manage risk in, on and around water by following the water safety code. Lesson 5: How can I stay safe when I feel peer pressure? To recognise and respond to peer pressure.	Summer 2	<u>Health education: How do people become parents and carers? (1 lesson)</u> Pupils learn about mutual consent and how to respond respectfully towards others. Lesson 6: What is consent? To understand what consent means.
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