

Learning for Life intent Encompassing PSHE and RSE

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year R | <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Families:</u> Talk about the different families within the class and other family groups within the community. Teach that we respect the differences in families and explore the things that are the same, using memory boxes, family photos and Todd Parr's The Family Book.</p> <p><u>Rules and routines:</u> As part of ongoing work during transition and beyond, children will be taught the school rules and routines such as STAR, 1,2,3, tone of voice and expectations. They will learn why it is important to follow those rules and routines to stay safe.</p> <p><u>Emotions:</u> Using the Colour Monster, children will learn to identify their emotions and talk about things that make them feel each one. They will learn about body language and different ways of expressing emotions. Self regulation methods will be taught explicitly and returned to throughout the year.</p> | | <p><u>Friendships and dealing with conflict:</u> Children will learn about sharing and resolving conflict in acceptable ways. They will learn ways to regulate themselves and others and when to ask for help.</p> <p><u>Healthy diets:</u> Children will learn about making healthy food choices and the importance of balance in what they eat.</p> | | <p><u>Healthy choices:</u> Lessons will cover tooth brushing, good sleep routines and daily hygiene.</p> <p><u>Keeping me safe:</u> Children will learn about safely crossing the road and safety around roads.</p> <p>Children will learn about keeping their bodies safe and who to talk to if they don't feel safe. This lesson may take place at any stage in the year if appropriate to the needs of the class at that time.</p> | <p>Transition Lesson</p> <p><u>Looking after the environment:</u> Children will learn about beach pollution and how to keep the beaches clean and safe for themselves and the animals that live there.</p> |
| Year 1 | <p><u>Introductory lesson</u> A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Family and Relationships</u> Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.</p> | <p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u> Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.</p> | <p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u> Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u> Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy</p> | <p><u>Citizenship</u></p> | <p><u>Economic Wellbeing</u> Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.</p> <p><u>Transition Lesson</u> Helping Year 1 pupils with the transition to a new year and the changes that come with it.</p> |
| Year 2 | <p><u>Introductory lesson</u> A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into</u></p> | <p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u> <u>Learning:</u> about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting</p> | <p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u> Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u> Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school</p> | <p><u>Citizenship</u></p> | <p><u>Economic Wellbeing</u> Learning about where money comes from, how to look after money and why we use banks and building societies.</p> <p><u>Transition Lesson</u></p> |

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| | <p><u>classroom environment.</u></p> <p><u>Family and Relationships</u> Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.</p> | <p>goals, developing a growth mindset and understanding dental hygiene.</p> | | <p>councils work and voicing an opinion.</p> | | <p>A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may come with this move</p> |
| Year 3 | <p><u>Introductory lesson</u> : A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Family and Relationships</u> Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p> | <p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u> Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.</p> | <p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u> Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u> Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.</p> | <p><u>Citizenship</u></p> | <p><u>Economic Wellbeing</u> Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.</p> <p>Transition Lesson Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this.</p> |
| Year 4 | <p><u>Introductory lesson</u> A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Family and Relationships</u> Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p> | <p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u> Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene</p> | <p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u> Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u> Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p> | <p><u>Citizenship</u></p> | <p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u> Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices</p> <p><u>Transition Lesson</u> Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings.</p> |

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| <p>Year 5</p> | <p><u>Introductory lesson</u></p> <p>A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Family and Relationships</u></p> <p>Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.</p> | <p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u></p> <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.</p> | <p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u></p> <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <p>An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.</p> | <p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <p>Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.</p> | <p><u>Economic Wellbeing</u></p> <p><u>Transition Lesson - roles and responsibilities</u></p> <p>Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.</p> |
| <p>Year 6</p> | <p><u>Introductory lesson</u></p> <p>A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p> <p><u>Introduce Zones of Regulation - to be revisited and incorporated into classroom environment.</u></p> <p><u>Family and Relationships</u></p> <p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p> | <p><u>Health and Wellbeing</u></p> <p>Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.</p> | <p><u>Safety and the Changing body</u></p> <p>Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p> | <p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p> | <p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <p>Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available</p> | <p><u>Economic Wellbeing</u></p> <p><u>Transition Lesson - coping with change</u></p> <p>Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.</p> <p><u>Identity</u></p> <p>Three lessons on the theme of personal identity, gender identity and body image.</p> |
| <p>Whole school</p> | <p><u>Introduce Zones of Regulation , to be revisited and incorporated into classroom environment, and modelled by the adults in class as a whole school approach.</u></p> | | | | | |