

Termly Overview- Autumn 1: **Relationships** and Health Education

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	Who am I?	Who is there to help me?	What is a good friend?	How do we make our relationships safe and fair?	Why are respectful relationships important?	What are the consequences of unhealthy and unfair relationships?	How can I maintain healthy relationships?
Lesson 1	Who is in my class?	What is PSHE?	What is PSHE? Why do we learn it?	What is PSHE? What would happen if we didn't learn about PSHE?	What is PSHE? What knowledge and skills have I learnt in PSHE and what more do I need to know?	What is PSHE? How does PSHE help me now in the future?	What is PSHE? How PSHE helped me in primary school, how will it help me as I think about secondary school and prepare for
Lesson 2	Who is in my class?	Who is important to me? How do they help me?	What is a friend? How do we make friends? Making friends online	What information do we share with friends, family, and professionals?	What does a respectful relationship look like? How does it make us feel? (Bullying)	What are the features of healthy and unhealthy relationships? How do they make us feel?	Thinking about change. How do I prepare for Y6? Managing time, managing emotions.
Lesson 3	Who is in my family?	How are friends, family and teachers different?	How can we be a good friend? Taking turns and learning from others.	How do we recognise bullying and show empathy?	How can I be a good friend to others? Why is empathy important?	What is peer pressure? What is consent?	Thinking about High School, what are we excited and nervous for? Visiting High Schools
Lesson 4	What are feelings?	How does it feel to be cared for? What do I do if I don't feel safe?	What is bullying? How does our behaviour affect others?	What does it mean to be equal? What is prejudice and discrimination?	What are the impacts of prejudice and discrimination?	How are people discriminated against? (racial discrimination)	How do friendships change?
Lesson 5	How can I understand my feelings?	How do I recognise feelings in myself and others?	Why does resilience matter in our relationships? Resolving conflict	What is racism? How can I help?	How can I be an ally? Campaigns against racial discrimination	What is an upstander? linking to peer pressure and racial disclination	Managing pressure and setting boundaries?

Termly Overview- Autumn 2: Relationships and **Health** Education

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question:	What do I need to do to be healthy?	What things does a healthy person do?	What things make us healthy and what things might harm our bodies?	What are healthy habits and why are they important?	What action can I take to look after my health?	How do different parts of our bodies impact our health?	How are our physical health and mental health connected?
Lesson 1	Why is it important to be healthy?	How do I set goals?	What is physical health?	What does a healthy person do to stay healthy?	Why it is important to eat a variety of food?	How much energy do I need?	How do I read food labels?
Lesson 2	What foods should we eat more of to be healthy?	How do I look after my teeth?	What is mental health?	Why is it important to stay hydrated?	How do I look after my body? Fibre and Nutrients	What are the risks of not looking after our bodies?- teeth, Sun damage, Heart Disease, Smoking and Lungs,	Why is sleep so important? How do I build good sleep routines?
Lesson 3	What do we need to do to keep fit?	How do I keep good hygiene?	What are medicines? How do I use them safely?	What are healthy habits? Exercise	How much sugar is unhealthy?	What does my brain really do? Understanding the brain- parts of the brain, what does the brain need?	What dangerous substances should we avoid?
Lesson 4	What do we need to do to keep clean?	Why do we need sleep? How do we get ready for good sleep?	What are unsafe substances?- drugs and alcohol	What are healthy habits for our mind?- Mental health, emotions and self care	How does being online affect our health? Body image, lack of exercise	How are some peoples brains different?- Neurodiversity	How is our physical health and mental health connected? How do I manage physical symptoms of mental health worries?
Lesson 5	What else do we need to do to be healthy?	What should we eat to be healthy?	What are unsafe substances- Smoking and Vaping	How does oral hygiene help my health?	How do I recognise my feelings and emotions? How do I manage my emotions?	How are the mind and body connected? Self care techniques.	What is self-esteem? How are our personality traits are superpowers?

Termly Overview- Spring 1: Living in the Wider World

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	What is a rule? Do we need rules?	What are rules and why do we have them?	What are rights and responsibilities?	How do communities make a difference?	What is citizenship?	What is global citizenship?	How do we create equality for all citizens?
Lesson 1	What is a rule?	What are rules?	What is a right and a responsibility? What are my rights and responsibilities in different places? Home and School	Why is community important? How can communities make change?	What is Citizenship? What are British Values?	Different identities in our communities, what is legacy?	What can we learn from others cultures and identities?
Lesson 2	Do we need rules in Reception?	Who makes rules?	What are my rights and responsibilities online?	How do different community groups support the wider community? (religious, environmental)	What is the Equality Act? Why was it introduced?	What is Migration? Why do people migrate? War/ Natural Disasters/ Opportunity	How can inequality lead to injustice?
Lesson 3	What is right and what is wrong?	Why do we have rules? How are rules used differently in different places?	What is a community?	What responsibilities do different job sectors have?	What is a law? Why do we have them?	How do humans impact the environment?	How has protest been used to make change? (Black Lives Matter, Civil Rights Movement)
Lesson 4	What rules are there online?	What are the rules online?	What communities do I belong to? How are communities diverse?	What stereotypes are there in the workplace?	How is a law made?	What can we do to help the environment?	What is terrorism and extremism?
Lesson 5	How do you stay safe online?	What do we need to stay from and how do we stay safe online?	What can we learn from different communities? (Sharing a dish or a flag)	How have people from around the world contributed to the world we see today?	What law would you create? Debate skills	What would your Environment project be?	What is fake news?

Termly Overview- Spring 2: Living in the Wider World

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	What makes me special?	What will I bring to my community?	What is money?	How do I make informed choices about money?	How can I support my community?	What do I want to do when I grow up? What is the media?	How can I be prepared for work in the future? How do I stay critical online?
Lesson 1	What am I good at?	What makes me special? What strengths do I have in and outside of school?	What is money? Different forms of money?	What choices do we have when it comes to money?	What is charity? What is fundraising?	What is a career? How is it different to a job?	What are my career aspirations?- contributions from diverse role models
Lesson 2	How can I get better at something?	How can I use my interests and strengths?	How do we make money?	Why should I save money?	How do I plan a fundraising event?	What skills do I need in different careers?	How do I get a job and how do I get paid?
Lesson 3	What is a charity?	What is a job? Why do people have jobs?	How do we decide what to do with our money? Spend or Save	How is money used online?	What information am I sharing online?	What jobs might there be in the future? What skills can I prepare?	What are financial decisions?
Lesson 4	How can we raise money for a charity? Part 1	What jobs do people have in the community?	How can we help charities? Fundraising, donating time, food, service	How is data used online? What is advertising?	How do I keep myself safe online?	What are different forms of media? What is their purpose?	What are the risks involved in gambling?
Lesson 5	How can we raise money for a charity? Part 2	How do we care for our community?	How can we support a charity?	What is reliable and how do I fact check?	What did we learn from fundraising? What skills did we use?	What is the difference between fact, opinion and bias? How do I recognise it?	How does social media affect my body image?

Termly Overview- Summer 1: Relationships and Health Education

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	How can I keep myself safe?	What is personal safety?	How does being safe make me feel?	How do I keep my body safe?	What changes happen as I grow up?	What can I expect during puberty?	How is my body preparing for adulthood?
Lesson 1	What is the PANTS rule?	What is hygiene? How does it keep us healthy? (Soaper Heroes)	What happens when I sleep?	What are allergies? How can they be managed?	What is a healthy brain? Managing thoughts and feelings	What helps our bodies and what harms our body? Medicines vs Drugs	What choices are there around substances as I grow up? Medicines, Smoking, Alcohol, Venice Drugs
Lesson 2	What is a good or bad touch?	How do I keep safe at home?	How can being online affect my health?	How do I manage other types of health issues? Asthma, Diabetes, Glasses and Hearing Aids	What is the life cycle? How do we change?	What are hormones?	What is mental illness and addiction?
Lesson 3	How can I keep myself safe with my friends?	How do I keep safe outdoors?	What things do I need to make time for?	What body parts belong to me?	What physical changes happen as we grow up?	What physical changes happen in puberty?	Why does the body change during puberty?
Lesson 4	How can I keep myself safe around medicines?	What are different types of touch? Kind and Unkind, Safe and Unsafe	How do different types of touch make me feel?	How do I keep my body private? (PANTS)	What is the menstrual cycle?	What emotional and social changes happen during puberty?	How does our body change for reproduction? (S.E)
Lesson 5	How can I keep safe on the road?	Who keeps me safe?	What's the difference between risks, unsafe events and emergencies?	FGM- What is a rite of passage?	FGM- What is gender equality?	FGM- What is the difference between religion and culture?	FGM- How is beauty portrayed around the world?
Lesson 5 (Alternative to FGM)				How do different cultures celebrate growing up?	What is gender equality? Period Poverty Campaign	What happens after adolescence? What choices do we have as become young adults?	How do we stay healthy as we age? (Dementia)

Termly Overview- Summer 2: **Relationships** and Health Education

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	Who is important to me?	What do we have in common?	How do I recognise risk?	Who is there to help me when I think there's a risk?	What can I do about risks?	How do we respond to change, risk and harm?	How do relationships change as we grow up?
Lesson 1	What is the same and different about families	What makes a family?	What does my family do for me?	How can families be different?	What makes a family unique? Understanding family history, culture and values	How can families change?	How do we show love, care and commitment to others? Marriage and Long Term Relationships
Lesson 2	How does my family make me feel?	What is the same and different about all of us?	What is the difference between a secret and surprise?	How do we manage pressure from friends? 'doing dares'	What is the difference between a positive risk and a dangerous behaviour?	How is an online relationship different to real life?	What pressures may we face online in our relationships as we grow up?
Lesson 3	How do we keep ourselves and our families safe?	How can I treat others kindly?	How do I keep myself safe in familiar and unfamiliar places?	Who keeps me safe in different places?	What risks are there when I am in different places?	How to identify risks in different places and how do I respond?	How can I help others in an emergency?
Lesson 4	What does the word stereotype mean?	What happens if people are treated unkindly?	How do I help someone in need? (Basic First Aid)	How do I contact the emergency services?	How do I react when someone is hurt?	How can I save a life?	What will I take away from PSHE?
Lesson 5	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What advice would I give to the Year 6's?