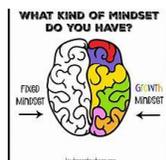


Being my best

Children learn about keeping healthy and growth mindset. They set goal and learn about achievement.



Lifeskills

Relationships and Health Education
(including Sex Education for Year 5 and 6)

2021-2022

Me and my relationships

Children learn about their feelings and emotions. They discuss how to resolve conflicts and how important it is to have friendships.



Keeping myself safe

Children learn to keep themselves safe in and out of school. This includes aspects of Relationships education. We also pair this with Road Safety Education.



We aim to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

Rights and Responsibilities

In this unit the children will learn about being responsible with money and looking after the wider world and the environment.



Valuing Difference

In this unit the children learn to respect differences between people. We focus on British Values and also use books that challenge homophobia

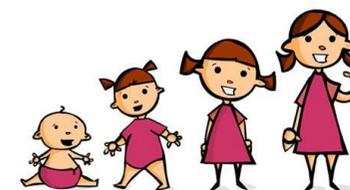


Pupils learn to understand and respect our common humanity; diversity and differences so that they can appreciate empowering values and go on to form the effective, fulfilling relationships that are an essential part of life and learning.

We follow [Coram Scarf Scheme of Work](#) for our Lifeskills, which has full coverage of the statutory DFE Relationships and Sex Education guidance and the Physical Health and Mental Wellbeing Guidance.

Growing and Changing

Children will learn how their body changes as they grow up. This includes RSE focused lessons.



	Autumn Term		Spring Term		Summer Term	
	<i>Links with Mental Health and Mindfulness Week and Anti-bullying Week</i>		<i>Links with Internet Safety Day, Enterprise week, First Aid Week and Road Safety Week.</i>		<i>Celebrating Difference Day</i>	
	Being My Best	Me and My Relationships	Keeping myself safe	Rights and Responsibilities	Valuing Difference	Changing and Growing
Nursery Life Skills	I can keep trying I can do it! What does my body need?	Marvellous Me I'm Special People who are special to me	People who help keep me safe Safety Indoors and outdoors What's safe to go in my body	Looking after myself Looking after others Looking after my environment	Me and my friends Friends and family Including everyone	Growing and changing in nature When I was a baby Girls, boys and families
Reception Life Skills	Keeping by body healthy – food, exercise, sleep Growth Mindset	What makes me special People close to me Getting help	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things Friends Environment Money	Similarities and differences Celebrating difference Showing kindness	Cycles Life stages
Year 1 Life Skills	Growth Mindset Keeping by body healthy	Feelings Getting help Classroom rules	How our feelings can keep us safe Keeping healthy Medicine Safety	Taking care of things My self My money My environment	Recognising valuing and celebrating difference Developing tolerance and respect	Getting help Becoming independent My body parts
Year 2 Life Skills	Growth Mindset Looking after my body	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Safe and unsafe secrets Appropriate touch Medicine Safety Basic First Aid	Cooperation Self-regulation	Being kind and helping others Listening skills	Life cycles Dealing with loss Being supportive
Year 3 Life skills	Keeping myself healthy Celebrating and developing my skills	Cooperation and Friendship	Managing risk Drugs and their risks Staying safe online Basic First Aid	Skill we need to develop as we grow up Helping and being helped	Recognising and respecting diversity Being respectful and tolerant	Relationships Keeping safe

Year 4 Life Skills	Having choices and making decisions about my health Taking care of my environment	Recognising feelings Bullying Assertive skills	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping other or environment) Media influence Decisions about spending money Basic First Aid	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing difficult feelings Relationships including marriage
Year 5 Life Skills	Growing independence and taking responsibility Media awareness and safety	Feelings Friendship skills including compromise Assertive skills	Managing risk including staying safe online Norms around use of legal drugs (tobacco, alcohol) <u>Sex Education</u> Preparing boys and girls for the changes that adolescence brings	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending borrowing and spending Basic First Aid	Recognising and celebrating difference (including religions and cultural difference) Influence and pressure of social media	Body changes during puberty Managing difficult feelings Relationships including marriage
Year 6 Life Skills	Aspirations and goal settings Managing risk	Assertiveness cooperation Safe/unsafe touches	Emotional needs Staying safe online Drugs:norms and risks (including the law) <u>Sex Education</u> How babies are conceived How babies are born	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Basic First Aid	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Keeping safe Body image Self esteem