

Whole School RSHE Overview

Context	Autumn 1 Mental Wellbeing Health and Wellbeing	Autumn 2 Online Safety	Spring 1 Physical Health Health and Wellbeing	Spring 2 Friendship Relationships	Summer 1 Family Relationships	Summer 2 Living in wider world Community	Summer 2 Growing up Development and Puberty
Unit Codes	M= Mental health	OS= online safety	P= Physical health	Fr= Friend	Fa= Family	C= Community	G= Growing up
Key Concepts	Respect and Safety	Safety, Respect and Relationships	Safety	Respect, Diversity and Relationships	Respect, Diversity, Community and Relationships	Diversity, Respect and Community.	Relationships, Respect, Safety
KS 1							
Y1	<p>M1) Where do feelings come from?</p> <ul style="list-style-type: none"> Should we try to be happy all the time? (Can we?) Is happiness the best feeling? <p>M2) Who am I?</p> <ul style="list-style-type: none"> Can we choose to be happy? <p>FIRST AID (1 lesson)</p>	<p>Computing Link</p> <p>Os1) Screen time (L1)</p> <ul style="list-style-type: none"> Is the internet bad for you? <p>Computing Link</p> <p>Os2) Personal information (S1)</p> <ul style="list-style-type: none"> Is the online world pretend? <p>These questions are all closed (they invite a yes/no answer).</p>	<p>Science Link</p> <p>P1) How do I help my body stay healthy?</p> <ul style="list-style-type: none"> If we know what is healthy why do we often make unhealthy choices? <p>Science Link</p> <p>P2) How do I decide what to eat?</p> <ul style="list-style-type: none"> Whose job is it to keep us healthy? 	<p>Fr1) Who is my friend?</p> <ul style="list-style-type: none"> If you love your teddy bear, are they your friend? <p>Fr2) What makes a good friend?</p> <ul style="list-style-type: none"> If you play with your auntie, are they your friend? <p>22/23 - Racism lesson 1 - Talking about race and racism</p> <p>lesson 2 - defining racism</p>	<p>English Link</p> <p>Fa1) Who's in my family?</p> <ul style="list-style-type: none"> Can you have a family of one? <p>Art Link</p> <p>Fa2) Do Families always stay the same?</p> <ul style="list-style-type: none"> Can a family get too big? <p>Fa3) How should families treat each other?</p> <ul style="list-style-type: none"> Are pets part of the family? 	<p>Computing Link</p> <p>C1) How do we make a happy school?</p> <p>Best friends may leave others out, is that bad?</p> <p>RE Link</p> <p>C2) Who lives in my neighbourhood?</p> <p>Would this be good school rule: "Be friends with everybody"?</p>	

		<p>By asking for reasons, you can set up a class debate.</p> <p>22/23 - Racism lesson 1 - Talking about race and racism</p> <p>lesson 2 - defining racism</p>	<p>23/24 - Racism lesson 3 - redefining racism</p> <p>lesson 4 - understanding racial socialisation and stereotypes.</p>				
Y2	<p>Recap M2</p> <ul style="list-style-type: none"> • Can we choose to be happy? <p>M3) What helps me to be happy?</p> <ul style="list-style-type: none"> • What is the point of unhappy feelings like sadness, anger or fear? • Is feeling sad, bad for us? <p>FIRST AID (1 lesson)</p>	<p>Computing Link</p> <p>Os3) Online strangers (P1)</p> <ul style="list-style-type: none"> • Is the offline world safer than the online world? <p>Computing Link</p> <p>Os4) Fake News (N1)</p> <ul style="list-style-type: none"> • Is it possible to be <i>perfectly</i> safe? <p>23/24 - Racism lesson 5 - unconscious bias</p> <p>lesson 6 - being racist in our actions.</p>	<p>Science Link</p> <p>P3) How do we stop getting ill?</p> <ul style="list-style-type: none"> • Is it better to be free or to be safe? <p>Science Link</p> <p>P4) How can I stay safe?</p> <ul style="list-style-type: none"> • Can you think of something that is 100% safe? <p>23/24 - Racism lesson 7 - representation matters</p> <p>lesson 8 - myth busting</p>	<p>Fr3) Should friends tell us what to do?</p> <ul style="list-style-type: none"> • If you cuddle your cat, are they your friend? <p>Fr4) How do we stop bullying?</p> <ul style="list-style-type: none"> • What makes someone your friend? • How do you know if you have stopped being friends? <p>22/23 - Racism lesson 3 - redefining racism</p> <p>lesson 4 - understanding racial socialisation and stereotypes.</p>	<p>Fa4) When should I say no?</p> <ul style="list-style-type: none"> • Can you choose your family? <p>Science Link</p> <p>Fa5) Who owns my body? I do!</p> <p>RE Link</p> <p>Fa6) Are all families the same?</p> <ul style="list-style-type: none"> • Do you <i>have</i> to love your family? 	<p>Computing Link</p> <p>Recap C2</p> <p>Science Link</p> <p>C3) What makes a boy or a girl?</p> <p>Should you have some friends who are different from you?</p> <p>Maths Link</p> <p>C4) How do I save up to buy something?</p> <p>Is stealing always wrong?</p>	<p>Science Link</p> <p>G1) Will I always be a child? (link with science)</p> <ul style="list-style-type: none"> • Do you have to hug your granny? • Can you make your friend hold hands? • Why does your body belong to you? • If children they decide how to dress, whether to wear makeup or cut their own hair?

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Lower KS 2							
Y3	<p>M1) How do I manage my feelings? Can I control my feelings? Can anyone else know what I'm feeling?</p> <p>FIRST AID (2 lessons)</p>	<p>Computing Link Os1) Online strangers Is online bullying really any better or worse than bullying in the offline world? Computing Link Os2) Sharing Online If you say something mean behind someone's back, is it still wrong if they don't find out?</p>	<p>Science Link P1) How do I keep my body healthy? Should children be able to choose ... not to brush their teeth? to hug an adult? Science Link P2) How do I get a healthy diet? Should children be able to choose ... to dye their hair?</p>	<p>Fr1) What makes a good friend? • What makes a bad friend? Fr2) Are all friends the same? • Can you be friends with a bad friend? 23/24 - Racism lesson 1 - Talking about race and racism lesson 2 - defining racism</p>	<p>Fa1) Do Families always stay the same? DT/computing Link Fa2) Are all families like mine? • Can love last forever? • When new babies are born, does that mean there is less love for everyone else? • When parents break up, does that mean their love never existed?</p>	<p>EnglishLink C1) How do we make the world fair? RE Link C2) Where do you feel like you belong? Can you have a community without rules? Should rules ever be broken?</p>	

		<p>Computing Link Os3)</p> <p>Friendship Online</p> <p>What is the difference between joking and bullying?</p> <p>23/24 - Racism lesson 1 - Talking about race and racism</p> <p>lesson 2 - defining racism</p>					
Y4	<p>Recap M1</p> <p>Reading and Art Link</p> <p>M2) Are we happy all the time?</p> <p>Do I always know what I am feeling? Is there a word for every feeling?</p> <p>FIRST AID (2 lessons)</p>	<p>Computing Link Os4)</p> <p>Personal Information</p> <p>Computing Link Os5) Digital Media</p> <p>Computing Link Os6)</p> <p>Verifying content and echo chambers.</p>	<p>Science Link</p> <p>Recap P2</p> <p>Should children be able to choose ... to refuse to take medicine?</p> <p>Science Link</p> <p>P3) How do I stop getting ill?</p> <p>Should children be able to choose ... to have an operation? not to go to school?</p>	<p>Recap Fr 1 and 2</p> <p>Fr3) Are friendships always fun?</p> <ul style="list-style-type: none"> Should we try to change our friends? Can you be friends with everyone? <p>22/23 - Racism lesson 3 - redefining racism</p> <p>lesson 4 - understanding racial socialisation and stereotypes.</p>	<p>Recap Fa 2</p> <p>Fa3) How should we treat people who are different?</p> <ul style="list-style-type: none"> We often miss people who die, but do we love them? Can you make someone love you? Can you love someone who doesn't love you back? Should you? 	<p>Recap C2</p> <p>Eco-Warriors Link</p> <p>C3) How can we help the people around us?</p> <ul style="list-style-type: none"> If rules change over time, does that mean it was wrong to follow them in the past? 	

		23/24 - Racism lesson 3 - redefining racism lesson 4 - understanding racial socialisation and stereotypes.					
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	Upper KS2						
Y5	M1) Does everybody have the same	Computing Link	P1) Is there such a thing as the	English Link Fr1) What makes a close	RE Link Fa1) Why do people get	History Link C1) What is prejudice?	Science Link

	<p>feelings? Are there some feelings that cannot be expressed? M2) Should we be happy all the time? Is there anything good about feeling sad?</p> <ul style="list-style-type: none"> Do I always know what I am feeling? <p>FIRST AID (2 lessons)</p>	<p>Os1) Control and consent Are online friendships real? Computing Link Os2) Protecting our identity Do you have to be honest with people you meet on the internet? Computing Link Os3) Meeting strangers online Are you're the same person online and offline? (Do you have to be?) Computing Link Os4) Personal Information, terms and conditions Can you ever become new person? 23/24 - Racism lesson 5 - unconscious bias</p>	<p>perfect body? Do you <i>have</i> to love your body? Science Link P2) How can I stay fit and healthy? If we know what is healthy, why don't we choose it every time? Science Link P3) Can I avoid getting ill? Are fun things always good for us?</p>	<p>friend? ● If a close friendship leaves other people out, is that bad? Fr2) Should I try and fit in with my friends? ● Can breaking friends be good for you? Fr3) Should friends tell us what to do? ● Can you be friends with someone you just met? (e.g. Do you believe in 'friendship at first sight'?)</p>	<p>married? ● What is marriage for? Fa2) Are families ever perfect? ● Should anyone be able to marry anyone? 22/23 - Racism lesson 5 - unconscious bias lesson 6 - being racist in our actions.</p>	<p>Could you be prejudiced but not know it? History Link C2) What is the history of prejudice? Should people in the past, be blamed for today's prejudices? History Link C3) What should I do if I encounter prejudice? If you have a prejudice, but you don't realise, are you to blame?</p>	<p>Sx1) How do plants and animals reproduce? (Statutory - Taught through science - does not include sexual intercourse) G1) How will my body change as I get older? ● Is it better to be an adult than a child? G2) How will my feelings change as I get older? ● Do teenagers have too much responsibility or too little? Science Link G3) How will I stay clean during puberty ● If bodies are private, should be embarrassed to talk about them? Science Link G4) What is Menstruation? ● Hormones impact on your emotions in</p>
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		lesson 6 - being racist in our actions.					puberty, does that mean your feelings aren't real?
Y6	<p>M3) Why do we argue? Do you know yourself better than anyone else? (If so, what do you know that others don't?) Are you ever wrong about what you are feeling? (When? About what?)</p> <p>M4) Who am I? What does it mean to 'be yourself'? (Can you be anyone else?)</p> <p>FIRST AID (2 lessons)</p>	<p>Computing Link</p> <p>Os5) Analysing Digital Media Os6) Bias Can two people share the same perspective? Computing Link</p> <p>Os7) Echo Chambers Are some people better than others? Computing Link</p> <p>Os8) Does the internet make us happy? Does the internet do more harm than good? 23/24 - Racism lesson 7 - representation matters lesson 8 - myth busting</p>	<p>Science Link</p> <p>P4) Why do some people take drugs? What it's the difference between a hobby and an addiction? Science Link</p> <p>P5) Where should I get my health information? If most people believe something, does that make it true? What if they are your family or friends? Science Link</p> <p>P6) How do I save a life? If you save a life are you a hero? Should children leave life-saving to the adults?</p>	<p>Fr4) Why are some people unkind? • Are people only unkind to people they don't like? Fr5) What are stereotypes? Where do prejudices come from? Fr6) How do I accept my friends for who they are? • Is it wrong to refuse friendship with someone? • Is giving someone a forever friends band like a wedding ring?</p> <p>22/23 - Racism lesson 7 - representation matters lesson 8 - myth busting</p>	<p>Recap Fa 1 Fa 2 Fa3) Is there such a thing as a normal family? • How is marriage different from friendship?</p>	<p>C4) How can I be a great citizen? Should society adapt to include disabled people, or should disabled people adapt, to be included by society? C5) Why is money important? - Maths Link</p> <ul style="list-style-type: none"> • Why do we value fairness? • Is fairness the same as equality? • Should all jobs be paid the same? <p>C6) Who belongs in our country? Are you to blame if you didn't mean to upset someone with a disability, but you did? C7) What does it mean to be British? Historically, children's books haven't featured many diverse characters, does that mean we shouldn't read those old books?</p>	<p>Science Link</p> <ul style="list-style-type: none"> • If my personality changes during puberty, am I the same person? <p>Science Link</p> <p>Sx2) Optional lessons on sexual reproduction/ (Not statutory - taught at the discretion of the leadership of each school)</p> <ul style="list-style-type: none"> • Do boys need to know about periods etc? Do girls need to know about wet dreams?

