



Term 1 – Health and Well-being	Term 2 – Understanding Relationships	Term 3 – The World Around Us
<p>MHM Meet your brain To know that it is normal to feel a range of emotions in our daily lives (and how we can feel excited) (So Safe Step 1H) To know what to do when feeling worried or sad. (So Safe Step 1I and J) To discuss and consider activities that can help us to feel better. To know who their trusted adult is in school. To understand and recognise risks at home and at school such as electrical appliances. To identify and share simple internet safety strategies.</p>	<p>MHM Celebrate To identify people who are special in their lives. To understand that some children have different needs and feelings. To recognise when a person may feel lonely or upset and how they can help their friends. To know how to speak to a trusted adult if a friendship is making them feel unhappy. To understand when a person is being bullied and understand how we can help them.</p>	<p>MHM Appreciate To understand how to stay safe in the sun. To explain and describe their opinions. To listen to other people with respect. To recognise actions or situations they think are unfair and explain how it makes them feel. To consider ways to help others in their community. To recognise and celebrate diversity within their local community (including LGBTQ+).</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
<p>To identify private and public parts of the body (Step 1A) To identify private and public places (Step 1B) (recap on names of body parts)</p>	<p>To understand what it means to help/help a lot (Step 1C) To understand what a private helper is (Step 1D)</p>	<p>To know what a helping hand is (Step 1K) To know what OK helpers are (Step 1L) To know how to use the help page (Step 1M)</p>
Vocabulary	Vocabulary	Vocabulary
<p>Emotions, sad, happy, anxious, excited, worried, bullying, trusted adult, risks, electrical appliances, internet safety, life cycle, changes, private, public, body</p>	<p>Special, relationships, lonely, upset, friends, trusted adult, unhappy, bullied, families, growing, help, help a lot, private helper</p>	<p>Sun, safety, needs, wants, opinions, respect, unfair, actions, community, diversity, help, helping hand, LGBTQ+</p>
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<p>MHM Relate To understand key characteristics of a positive 'digital citizen' in their use of technology.</p>	<p>MHM Engage To know that some personal information is private and does not need to be shared with friends.</p>	<p>MHM Consolidation/Catch Up To understand what jobs or types of employment they like.</p>



UKS2 PHSE and RSE Scheme of Work

<p>To celebrate what makes them unique and special.</p> <p>To understand that exercise and diet are linked to being healthy.</p> <p>To understand how to look after our oral hygiene.</p> <p>To know how medicine can sometimes help us.</p> <p>To know how to look after our positive mental health.</p>	<p>To understand positive ways to be online safely.</p> <p>To know that they must ask permission to do certain activities in some situations.</p> <p>To understand and respect the physical and personal privacy of themselves and others (personal space).</p> <p>To know how to report concerns or worries and who they can speak to at school (trusted adults).</p>	<p>To know that money comes from different sources and is used for a variety of reasons.</p> <p>To show confidence when approaching activities in their own style and to use their own strategies.</p> <p>To show resilience in new learning to grow and develop their skills and thinking.</p> <p>To identify areas they can improve.</p> <p>To reflect on personal growth and learning, and consider steps to continuing development.</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
<p>To know what family means (Step 2A)</p> <p>To know what a friend is (Step 3A)</p> <p>To understand what relationships are with other people I know and don't know (Step 3B and 3C)</p> <p>To understand what a close friend is (Step 4A)</p>	<p>To recognise cycles of life in nature</p> <p>To tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>To recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p>	<p>To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina and breasts).</p>
Vocabulary	Vocabulary	Vocabulary
Digital, technology, unique, special, exercise, diet, healthy, oral hygiene, medicine, family, friend, relationship, close friend	Private, personal information, online, safety, respect, worries, trusted adult, cycles, old, young, body, changed, baby	Jobs, employment, money, boys, girls, penis, testicles, vulva, vagina, breasts.