



| Term 1 – Health and Well-being | Term 2 – Understanding Relationships | Term 3 – The World Around Us |
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| <p>MHM Meet your brain</p> <p>To understand how to identify emotions by how they may present physically</p> <p>To understand that people can feel differently about different situations</p> <p>To learn simple strategies to manage feelings such as anger.</p> <p>To understand how we can be more physically healthy including sleep and exercise.</p> <p>To understand what makes a healthy diet</p> <p>To describe ways to clean ourselves as well as understand how germs can spread</p> | <p>MHM Celebrate</p> <p>To know that there are different types of families.</p> <p>To recognise common aspects of family life.</p> <p>To know and understand the characteristics of a friend.</p> <p>To know what actions are both kind and unkind.</p> <p>To understand some children, have different needs and feelings.</p> | <p>MHM Appreciate</p> <p>To explore ways to prepare to move class.</p> <p>To describe and share what they like and dislike.</p> <p>To listen to other people.</p> <p>To accept responsibility for actions they take and the consequences of these actions.</p> <p>To identify similarities and differences between their communities and other places around the world.</p> <p>To play an active part in the life of their school and class.</p> |
| RSE Objectives | RSE Objectives | RSE Objectives |
| To start to understand the life cycles of animals and humans | To know how my body has changed since I was a baby | To identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina |
| <p>Vocabulary:</p> <p>happy, sad, excited, angry, calm, sleep, exercise, healthy, eating, vegetables, fruit, wash, germs, life cycles, humans, animals</p> | <p>Vocabulary:</p> <p>Mum, dad, uncle, auntie, brother, sister, cousin, grandma, grandad, kind, helpful, unkind, different, body, changes, baby</p> | <p>Vocabulary:</p> <p>Class, transition, moving, like, don't like, listening, consequence, sorry, world, school, class, penis, testicles, vagina, vulva</p> |
| Term 1 - Health and Well-being | Term 2– Understanding Relationships | Term 3 – The World Around Us |
| <p>MHM Relate</p> <p>To recognise everyday situations and ways to stay safe.</p> | <p>MHM Engage</p> <p>To work, play and collaborate with others in a range of situations.</p> | <p>MHM Consolidation/Catch Up</p> <p>To explore ways to prepare to move class.</p> |



LKS2 PSHE and RSE Scheme of Work

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| <p>To recognise potential risks at home and at school such as electrical appliances. To know what to do if someone has an accident. To identify ways they have changed since being babies. To celebrate what makes them unique and special. To understand that some information is private both online and in the real world. To identify and share simple internet safety strategies.</p> | <p>To understand that sometimes, secrets should not be kept private to keep people safe. To know how to ask for help. To understand when they feel pressured to do something they don't want to do. To know which trusted adult to tell when they are worried.</p> | <p>To know that they belong to groups and communities (e.g families/school) To identify a range of jobs. To understand that money has a value. To reflect on personal growth and learning and consider steps to continue developing.</p> |
| RSE Objectives | RSE Objectives | RSE Objectives |
| <p>To understand that changes happen as we grow and that this is OK To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> | <p>To understand that growing up is natural and that everybody grows at different rates</p> | <p>To respect my body and understand which parts are private and public</p> |
| <p>Vocabulary: e-Safety, Internet, online, special, unique, private, safe, baby, 999, emergency, risk, harm, hazard, help, hurt, changes, grow</p> | <p>Vocabulary: Work, play, teamwork, secrets, private, safe, help, pressure, trusted adult, worried, grow, different</p> | <p>Vocabulary: Prepare, move, class, transition, family, school, occupations, jobs, money, learning, body, respect, private, public</p> |