

Relationships Education (RSE) at St Peter's CofE Infant School

Medium term planning

All areas are also linked through the school Christian Values. RSE is implicitly taught through the wider curriculum as well as explicitly taught in dedicated lesson time.



Year 1		
Autumn I	<p>What is the same and different about us?</p> <p>Relationships: Ourselves and others; similarities and differences; individuality; our bodies.</p>	<ul style="list-style-type: none"> • what they like/dislike and are good at • what makes them special and how everyone has different strengths. • how their personal features or qualities are unique to them. • how they are similar or different to others, and what they have in common • to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private.
Autumn II	<p>Who is special to us?</p> <p>Relationships: Ourselves and others; people who care for us; groups we belong to; families.</p>	<ul style="list-style-type: none"> • that family is one of the groups they belong to, as well as, for example, school, friends, clubs • about the different people in their family / those that love and care for them • what their family members, or people that are special to them, do to make them feel loved and cared for • how families are all different but share common features – what is the same and different about them • about different features of family life, including what families do/ enjoy together • that it is important to tell someone (such as their teacher) if something

Spring I	<p>What helps us to stay healthy?</p> <p>Health and Wellbeing: Being healthy; hygiene; medicines; people who help us with health.</p>	<ul style="list-style-type: none"> • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • that things people put into or onto their bodies can affect how they feel • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy • why hygiene is important and how simple hygiene routines can stop germs from being passed on • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing
Spring II	<p>What can we do with money?</p> <p>Living in the wider world: Money; making choices; needs and wants.</p>	<ul style="list-style-type: none"> • what money is - that money comes in different forms • how money is obtained (e.g. earned, won, borrowed, presents) • how people make choices about what to do with money, including spending and saving • the difference between needs and wants - that people may not always be able to have the things they want • how to keep money safe and the different ways of doing this
Summer I	<p>Who helps us to keep safe?</p> <p>Health and Wellbeing: Keeping safe; people who help us.</p>	<ul style="list-style-type: none"> • that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say • how to respond safely to adults they don't know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say
Summer II	<p>How can we look after each other and the world?</p> <p>Living in the wider world:</p>	<ul style="list-style-type: none"> • how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • what can harm the local and global environment; how they and others can help care for it

	<p>Ourselves and others; the world around us; caring for others; growing and changing.</p>	<ul style="list-style-type: none"> • how people grow and change and how people's needs change as they grow from young to old • how to manage change when moving to a new class/year group
<p>Year 2</p>		
Autumn I	<p>What makes a good friend? Relationships: Friendships; feeling lonely; managing arguments.</p>	<ul style="list-style-type: none"> • How to make friends with others. • How to recognise when they feel lonely and what they could do about it. • How people behave when they are being friendly and what makes a good friend. • How to resolve arguments that can occur in friendships. • How to ask for help if a friendship is making them unhappy.
Autumn II	<p>What is bullying? Relationships: Behaviour; bullying; words and actions; respect for others.</p>	<ul style="list-style-type: none"> • how words and actions can affect how people feel • how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe • why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable • how to respond if this happens in different situations • how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so
Spring I	<p>What jobs do people do? Living in the wider world: People and jobs; money; role of the internet.</p>	<ul style="list-style-type: none"> • how jobs help people earn money to pay for things they need and want • about a range of different jobs, including those done by people they know or people who work in their community • how people have different strengths and interests that enable them to do different jobs • how people use the internet and digital devices in their jobs and everyday life
Spring II	<p>What helps us to stay safe?</p>	<ul style="list-style-type: none"> • how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)

	Health and Wellbeing: Keeping safe; recognising risk; rules.	<ul style="list-style-type: none"> • how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them • how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets • how not everything they see online is true or trustworthy and that people can pretend to be someone they are not • how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them
Summer I	What helps us grow and stay healthy? Health and Wellbeing: Being healthy; eating; drinking; playing and sleeping.	<ul style="list-style-type: none"> • that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest that eating and drinking too much sugar can affect their health, including dental health • how to be physically active and how much rest and sleep they should have everyday • that there are different ways to learn and play; how to know when to take a break from screen-time • how sunshine helps bodies to grow and how to keep safe and well in the sun
Summer II	How do we recognise our feelings? Health and Wellbeing: Feelings; mood; times of change; loss and bereavement; growing up.	<ul style="list-style-type: none"> • how to recognise, name and describe a range of feelings • what helps them to feel good, or better if not feeling good • how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • how feelings can affect people in their bodies and their behaviour • ways to manage big feelings and the importance of sharing their feelings with someone they trust • how to recognise when they might need help with feelings and how to ask for help when they need it