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| **RSE and PSHE** |
| **Term 1.1****Healthy relationships** |
| Vocabulary | Knowledge | Objectives |
| authority disability discrimination empathy Equality Act impact | Understand of the need for rules for PSHE lessons. Understand that problems occur in friendships and that violence is never right. Understand what bullying is and what to do if it happens. Understand that families love and support each other but sometimes problems can occur and help is available if needed. Understand how toys can reinforce gender stereotypes and recognise male and female stereotyped characters. Understand that stereotypes arise from a range of factors, including explaining some which are associated with age. Understand that stereotypes about disabilities are untrue. Understand that what they do and say has an effect on other people. Understand how to show that you are listening and describe what a good listener is. Understand that manners vary in different situations. Understand the similarities and differences that can exist between people and how to show respect. Understand that families are all different and that the country people live in can influence these differences. | I can begin to understand the impact of bullyingI can understand that families love and support each other but sometimes problems can occur and help is available if neededI can recognise that stereotypes are present in everyday lifeI can recognise that stereotypes exist based on a number of factorsI can understand that my behaviour can have an impact on othersI can listen and communicate effectivelyI can develop understanding of courtesy and manners in a range of situationsI can begin to understand that families are very varied, in this country and across the world |
| **Term 1.2****Health and wellbeing** |
| Vocabulary | Knowledge | Objectives |
| EmotionsRelaxationAidsVisualisationAppreciateResponsibility  | Developing independence in looking after my teeth.Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest Exploring how my skills can be used to undertake certain jobs. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Being able to breakdown a problem into smaller parts to overcome it. | I can understand and plan for a healthy lifestyle, including physical activity, rest and diet.I can understand how we can look after our teeth.I can understand what relaxation feels like and that the techniques can be used anywhere.I can identify my own strengths and begin to see how they can affect others. I can break down barriers into smaller, achievable goals.I can understand a range of emotions.I can recognise when to give consent.I can begin to understand what mental health is and who can help if they need it. |
| **Term 2.1****Safety and the changing body** |
| Vocabulary | Knowledge  | Objectives |
| age restriction allergicanaphylaxis asthmabreasts genitals puberty | Send an email which describes some of the best ways to avoid being tricked by fake emails. Understand the reasons for legal age restrictions. Demonstrate an understanding of how search engines work and whether information us useful. Understand some of the risks of smoking and some of the benefits of being a non-smoker. Identify a casualty who is having an asthma attack. Understand choices that they can make and those that are made for them. Understand it is most important to ensure the safety of myself and others when faced with an emergency situation. Explain rules for keeping safe near roads | I can understand that not all emails are genuineI can understand that age restrictions are designed to protect usI can understand that not all information on search engines is valuableI can begin to understand the risks of smoking and the benefits of being a non smokerI can understand how to help someone with asthmaI can understand the choices people can make and those which are made or influenced by othersI can understand the role they can take in an emergency situationI can recognise the physical differences between children and adultsI can develop an understanding of safety on or near roads |
| **Term 2.2****Citizenship** |
| Vocabulary  | Knowledge  | Objectives  |
| authority council councillor democracy human rightsUnited Nations (UN) | Describe the benefits of recycling. Know that there are different groups within the local community and how they use community buildings/places. Describe in simple terms the role of a local councillor. Being able to justify why one issue might be more important than another to local people. Understand the need for rules and the reason for having consequences of breaking rules. Understand that children have rights and how these benefit them. Understand what human rights are and why they are important. | I can understand the environmental benefits of reusingI can understand the contribution groups make to a communityI can begin to understand how democracy works in the local areaI can understand the value of diversity in a communityI can begin to understand the UN convention on the rights of the childI can understand that charities care for others and how people can support them |
| **Term 3.1 and 3.2****Economic wellbeing and Transition** |
| Vocabulary  | Knowledge  | Objectives  |
| Bank balanceBudgetCareerExpenseQualificationStereotype  | Understand the factors which can make something good value for money, as well as other factors that affect purchasing decisions.Understand how to keep track of money and why this is important.Understand ways in which we can lose money and the range of feelings associated with losing money.Understand that there are a range of influences on job choices and that these can be positive or negative. Understand that people can change their job. | I can begin to understand what makes something goof value for money.I can begin to understand the importance of keeping track of moneyI can understand ways money can be lost and how this makes people feelI can consider positive and negative factors that can influence people’s career choicesI can understand that many people will have more than one job or career.I can understand the strategies people use to cope with change |