

RELATIONSHIP, PHYSICAL, SOCIAL, HEALTH & ECONOMIC CE2/Y4

PERIOD 1 HEALTH & WELL-BEING

What strengths, skills and interests do we have?

Pupils learn:

- how to recognise personal qualities and individuality
- to develop self-worth by identifying positive things about themselves and their achievements
- how their personal attributes, strengths, skills and interests contribute to their self-esteem
- how to set goals for themselves
- how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking

PERIOD 2 RELATIONSHIPS

How do we treat each other with respect?

Pupils learn:

- how people's behaviour affects themselves and others, including online
- how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return
- about the relationship between rights and responsibilities
- about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)*
- the rights that children have and why it is important to protect these*
- that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination
- how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns

PERIOD 3 HEALTH & WELL-BEING

How can we manage our feelings?

Pupils learn:

- how everyday things can affect feelings
- how feelings change over time and can be experienced at different levels of intensity
- the importance of expressing feelings and how they can be expressed in different ways

- how to respond proportionately to, and manage, feelings in different circumstances
- ways of managing feelings at times of loss, grief and change
- how to access advice and support to help manage their own or others' feelings

PERIOD 4 LIVING IN THE WIDER WORLD

How can our choices make a difference to others and the environment?

Pupils learn:

- how people have a shared responsibility to help protect the world around them
- how everyday choices can affect the environment
- how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)
- the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues
- how to show care and concern for others (people and animals)
- how to carry out personal responsibilities in a caring and compassionate way

PERIOD 5 & 6 HEALTH & WELL-BEING

How can we manage risk in different places?

Pupils learn:

- how to recognise, predict, assess and manage risk in different situations
- how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about)
- how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence
- how people's online actions can impact on other people
- how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online