



RSHE Medium Term Plan
Autumn Term – Relationships



Year 1 Autumn Term: Relationships	
Session 1	<p>Caring friendships No Outsiders: I like the way I am Elmer – David McKee</p>
Session 2	<p>Caring friendships No Outsiders : Find ways to play together Want to play trucks- Anna Stott and Bob Graham RSE: how important friendships are in making us feel happy and secure, and how people choose and make friends.</p>
Session 2	<p>Caring friendships To understand how to share feelings</p>
Session 4	<p>Being safe To understand the importance of not keeping secrets that make them feel uncomfortable/ CSE To know parts of my body which are private Some parts are not for sharing – Julie K Federico or NSPCC Pants are Private</p>
Session 5	<p>Families and people who care for me To recognise special people in their lives RSE: that families are important for children growing up because they can give love, security and stability.</p>
Session 6	<p>Respectful relationships No Outsiders: I share the world with lots of people My world your world – Melanie Walsh RSE: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p>
Session 7	<p>Respectful relationships To share views and opinions with others</p>
Session 8	<p>Respectful relationships To show respect for other people</p>



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Year 2 Autumn Term: Relationships	
Session 1	<p>Families and people who care for me No Outsiders: To understand what diversity is The great big book of families – Mary Hoffman and Ros Asquith RSE: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.</p>
Session 2	<p>Caring friendships To recognise different types of behaviour</p>
Session 2	<p>Caring friendships To understand that bodies and feelings can be hurt</p>
Session 4	<p>Caring friendships: No Outsiders: To think about what makes a good friend Amazing by Steve Antony RSE: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. RSE: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p>
Session 5	<p>Being safe To understand the difference between appropriate and inappropriate touch/CSE To choose when to share my body Your body belongs to you- Cornelia Spelman or NSPCC Pants are Private</p>
Session 6	<p>Respectful relationships To understand that bullying and teasing is hurtful (and what to do if it happens) I know how to be a good friend</p>
Session 7	<p>Respectful relationships To understand how to share views and opinions with others RSE: practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>
Session 8	<p>Valuing difference To understand the importance of showing respect for the differences and similarities between people To know I belong All are welcome by Alexandra Penfold and Suzanne Kaufman</p>



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Year 3 Autumn term: Relationship	
Session 1	<p>Respectful relationships No Outsiders: To understand what discrimination is <i>This is our house by Michael Rosen</i></p>
Session 2	<p>Respectful relationships To understand how to recognise bullying <i>This is our house by Michael Rosen</i></p>
Session 2	<p>Being safe To recognise appropriate and inappropriate touch /CSE. To know what to do if I don't like a touch</p>
Session 4	<p>Families and people who care for us To explore caring relationships <i>Our Twitchy by Kes Gray</i> RSE: that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p>
Session 5	<p>Being safe To understand both bodies and feelings can be hurt/ Domestic Violence To recognise safe and unsafe behaviour <i>Marvin gets mad- Joseph Theobald</i></p>
Session 6	<p>Respectful relationships No Outsiders: To recognise a stereotype <i>The truth about old people by Elina Ellis</i></p>
Session 7	<p>Families and people who care for us To recognise different types of relationships: friends, relatives, family</p>
Session 8	<p>Caring friendships To explore what makes a friendship RSE: that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>
Kiva	<p>Lesson 1: Let's get to know each other! Lesson 2: Emotions Lesson 3: Our class – everyone is included!</p>



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Year 4 Autumn term: Relationships	
Session 1	<p>Respectful relationships No Outsiders: To help someone accept difference Along came a different - Tom McLaughlin</p>
Session 2	<p>Being safe CSE To understand the concept of 'keeping a secret' and when it is and isn't appropriate. To define a 'good secret' and a 'bad secret'.</p>
Session 2	<p>Respectful relationships RSE: the importance of permission-seeking and giving in relationships with friends, peers and adults. To explore and understand courtesy.</p>
Session 4	<p>Caring friendships No Outsiders: To look after my mental health When sadness came to call – Eva Eland</p>
Session 5	<p>Being safe To understand what physical contact is acceptable and unacceptable/ CSE To recognise an uh-oh feeling No Trespassing- This is my body! – Pattie Fitzgerald</p>
Session 6	<p>Respectful relationships To develop strategies to solve conflict and dispute</p>
Session 7	<p>Respectful relationships To be able to listen and respond to a wide range of people's points of view</p>
Session 8	<p>Respectful relationships To feel confident to raise and express my own concerns and opinions</p>
Kiva	<p>Lesson 1: Let's get to know each other! Lesson 2: Emotions Lesson 3: Our class – everyone is included!</p>



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Year 5 Autumn term: Relationships	
Session 1	<p>Caring friendships No Outsiders: To recognise when someone needs help How to heal a broken wing – Bob Graham</p>
Session 2	<p>Being safe CSE To know when to tell a secret Some secrets should never be kept- Jayneen Sanders RSE: how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>
Session 2	<p>Caring friendships To recognise a range of feelings in others and have a range of strategies to help</p>
Session 4	<p>Being safe To learn to recognise and manage dares</p>
Session 5	<p>Respectful relationships To consider consequences Kenny lives with Erica and Martina– Olly Pike</p>
Session 6	<p>Respectful relationships To feel confident to raise and express their own concerns</p>
Session 7	<p>Respectful relationships To recognise and care about other people’s feelings and if necessary, challenge their point of view.</p>
Session 8	<p>Respectful relationships RSE that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. To understand different types of relationships - arranged marriage - marriage - civil partnership</p>
Kiva	<p>Lesson 1: Respect is for everyone Lesson 2: In a group Lesson 3: Recognise Bullying</p>



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Year 6 Autumn term: Relationships	
Session 1	<p>Respectful relationships No Outsiders: To overcome fears about difference Leaf by Sandra Dieckmann</p>
Session 2	<p>Being safe Online relationships To understand the concept of 'keeping a secret' and when we should or should not agree to this. To understand when it is the right decision to break a confidence. RSE: how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. RSE: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p>
Session 2	<p>Respectful relationships No Outsiders: To show acceptance Introducing Teddy by Jessica Walton and Dougal MacPherson</p>
Session 4	<p>Being safe Respectful relationships To have self-respect and respect others RSE: the importance of self-respect and how this links to their own happiness. RSE: That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p>
Session 5	<p>Being safe Domestic violence RSE how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>
Session 6	<p>Respectful relationships To understand that marriage is a commitment freely entered into by both people. (forced marriage)</p>
Session 7	<p>Being safe/ respectful relationships Cyberbullying / managing conflict RSE: that people sometimes behave differently online, including by pretending to be someone they are not RSE: that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous</p>
Session 8	<p>Respectful relationships To consider when perseverance is the right choice RSE: how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p>
Kiva	<p>Lesson 1: Respect is for everyone Lesson 2: In a group Lesson 3: Recognise Bullying</p>