



Subject: RSHE

Topic:

| Love Reading | | World Citizens | | Be Aspirational | |
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| Lesson | Learning Intention/End Points | Key Vocabulary (from SOW) | Key Skills (from NC) | Writing outcome (1 per unit) | Creative Curriculum Links |
| 1 | <p>Who Am I?</p> <ul style="list-style-type: none"> - Learn to express our sense of identity - Understand that our brains can get poorly and can be treated (just like our bodies) - Know that mental wellbeing varies and is not constant | <p><i>Identity, emotions</i></p> | <p><i>H25. about personal identity; what contributes to who we are</i></p> <p><i>H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</i></p> <p><i>H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for</i></p> | | |
| 2 & 3 | <p>How can I stay fit and healthy?</p> <ul style="list-style-type: none"> -Understand how regular exercise and a balanced diet can keep our body healthy and make us less likely to become ill - Know what a balanced diet looks like | <p>exercise, balanced diet, protein, carbohydrate, sugar, fat, vitamins, minerals</p> | <p><i>H1. how to make informed decisions about health</i></p> <p><i>H2. about the elements of a balanced, healthy lifestyle</i></p> | | |

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| | | | <p><i>H3. about choices that support a healthy lifestyle, and recognise what might influence these</i></p> <p><i>H6. about what constitutes a healthy diet</i></p> <p><i>H7. how regular (daily/weekly) exercise benefits mental and physical health</i></p> <p><i>H8. about how sleep contributes to a healthy lifestyle</i></p> | | |
| <p>4 & 5</p> | <p>Can I avoid getting ill?</p> <ul style="list-style-type: none"> - Understand why getting the right amount of sleep is important - Know strategies to help them to sleep better - Identify the ways to avoid damage caused by the sun - Understand that many people have illnesses or disabilities that are not because of anything they have done - Understand the importance of dental hygiene | <p><i>Oral hygiene, flossing, tooth decay, plaque, infection, disease, transfer</i></p> | <p><i>H6. about what constitutes a healthy diet</i></p> <p><i>H7. how regular (daily/weekly) exercise benefits mental and physical health</i></p> <p><i>H8. about how sleep contributes to a healthy lifestyle</i></p> <p><i>H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care</i></p> | | <p><i>Pupils should be taught to:</i></p> <p><i>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</i></p> |

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| <p>6 & 7</p> | <p>Is there such a thing as a normal family? - Understand the diversity of home lives - Appreciate that many people have heritage from other countries and may have dual heritage - Understand that the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun</p> | <p><i>Difference, conventional</i></p> | <p><i>R7. to recognise and respect that there are different types of family structure</i></p> <p><i>R32. about respecting the differences and similarities between people and recognising what they have in common with others</i></p> <p><i>L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities</i></p> <p><i>L7. to value the different contributions that people and groups make to the community</i></p> <p><i>R33. to listen and respond respectfully</i></p> | | |
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