

RSHE Medium Term Plan 2020 – 2021

	EYFS	Task
Autumn1	<i>Beginning and Belonging MMR1 BBF</i>	
Week 1	<i>Section A - Being Special 4</i> 1. To understand what is special about me and other people in my class	
Week 2	<i>Section B - Setting Goals 6</i> 2. To understand what I have learnt to do and recognise what I would like to do	
Week 3	<i>Section C - Working Together 8</i> 3. To know who and how to ask for help if they need it.	
Week 4	4. To understand ways of welcoming new children to the class.	
Week 5	5. To understand how people's behaviour makes other people feel	
Week 6	6. To understand ways of respecting the needs of other children in the class.	
Week 7	7. To begin to understand how to play and work alongside others at school.	
Autumn 2	<i>Family and Friends incl. anti bullying MMR2 FFF</i>	
Week 1	1. To recognise people who are special to them and why they are special.	
Week 2	2. To understand what makes a family and to understand how people in families care for each other.	
Week 3	3. To understand what makes a good friend. 4. To understand ways of making new friends.	
Week 4	5. To understand simple reasons for why friends may fall out and simple ways to make up with friends.	
Week 5	6 To recognise what unkind behaviour looks like and understand what to do when someone is unkind.	
Autumn2	<i>My Emotions MMR3 MEF</i>	
Week 6	1.To recognise and identify feelings in themselves and others. 2. To recognise what causes different feelings in themselves and others	
Week 7	3. To recognise how change and losing something makes them and other people feel.	
Week 8	4. To recognise simple ways of making themselves feel better.	
Spring 1	5. To recognise ways of helping other people to feel better.	
Week 1		
	OAK UNITS	
Week 2	OAK - Circle of trust	
Week 3	OAK - Circle of trust	
Week 4	OAK - Circle of trust	
Week 5	Mental health week	
Week 6	Safer internet day	
Spring 2	OAK – Circle of life	
Week 1		
Week 2	OAK – Circle of life	
Week 3	OAK – Circle of life	
	<i>Keeping safe Including Drug Education</i>	

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Week 4	1. To be able to identify trusted adults who children could talk to and ask for help.	
Week 5	2. To be able to assess risks in the school and its grounds.	
SUMMER 1 WEEK 1	3. To be able to plan ahead to keep safer and understand and apply safety rules in different contexts e.g. sun, water, fire, railways.	
WEEK 2	4. To be able to develop a strategy to keep safer when lost. 5. To be able to identify safer places to play	
WEEK 3	6. To be able to name parts of the body including the external sexual parts. 7. To be able to identify and distinguish between different touches	
WEEK 4	8. To be able to recognise what a secret is.	
WEEK 5	9. To be able to use an assertive voice and body language. 10. To be able to identify how and when to tell.	
WEEK 6	11. To understand basic road safety skills.	
WEEK 7	12. To be able to identify common harmful substances. 13. To know what goes on to and into a young child's body.	
SUMMER 2 WEEK 1	people need medicines. 15. To understand how to be safe with medicines and who are the trusted people who help them to take medicine when they need it.	
	Healthy Lifestyles HSL3 HLF	
WEEK 2	1. To understand some of the things needed to have a healthy body.	
WEEK 3	2. To be able to name and talk about foods they like and dislike. 3. To understand why different foods and drink are important in order for our bodies to stay healthy and well.	
WEEK 4	4 To understand what exercise is and why it is good for us	
WEEK 5	5. To understand the importance of sleep for our bodies. 6. To begin to understand how to make choices which promote healthy living.	

	Year 1/2	
Autumn1	<u>Beginning and belonging MMR4 BB12</u>	
Week 1	1. To participate in discussions about how to make the classroom a place where they can learn safely and happily.	
Week 2	2. To participate in activities that enable them to develop collaborative relationships within the class.	
Week 3	3. To recognise what it feels like to be new in school.	
Week 4	4. To have some ideas about how to make new people feel welcome in the class.	
Week 5	5. To know who and what might help them if they are in a new situation.	
Week 6	6. To be able to identify adults who can help them if they need support 7. To know how to ask for help, and to have some ideas about how they can help each other. 8. To understand what they have learned in this unit and be able to share it. <u>ASSESSMENT</u>	
WEEK 7	<u>Family and Friends MMR6 FF12</u>	

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	<ol style="list-style-type: none"> 1. To be able to describe what a friend is and does. 2. To develop strategies for making and keeping friends. 3. To understand that friendship patterns change and to develop strategies for coping. 	
Autumn 2 WEEK 1	4. To recognise similarities and differences between themselves and their peers.	
WEEK 2	5. To understand why families are special, that there are different family patterns and to be able to describe what is special about their own family.	
WEEK 3	6. To identify the range of people who are special to them and describe what makes them special. JOURNEY IN LOVE ACTIVITIES	
WEEK 4	7. To know how to seek help and support and from whom. ASSESSMENT	
Autumn 2	<u>Anti Bullying MMR7 AB12</u>	
WEEK 5	<ol style="list-style-type: none"> 1. To begin to understand what bullying is and recognise examples of physical, verbal and simple indirect forms of bullying including cyberbullying. 2. To begin to understand simple reasons for why bullying happens and that it is an unacceptable form of behaviour. 3. To begin to understand that bullying may happen when people do not respect and value similarities and differences between people 	
WEEK 6	<ol style="list-style-type: none"> 4. To understand how it feels to be bullied. 5. To understand how it feels to see someone else being bullied. To understand how someone who bullies may feel. 	
WEEK 7	<ol style="list-style-type: none"> 6. To identify some people in and out of school who they can talk to if they were being bullied. 7. To develop simple strategies for keeping themselves safe from bullying including how to respond assertively. 	
WEEK 8	<ol style="list-style-type: none"> 8. To understand simple ways to help someone who is being bullied and understand what to do if they see bullying happening. 9. To identify places in school where bullying may happen. 10. To identify ways that the school can promote a caring ethos and encourage positive and safe relationships. 	
Spring 1	OAK	
Week 1	OAK UNIT – forever friends	
Week 2	OAK UNIT – forever friends	
Week 3	OAK UNIT – forever friends	
Week 4	OAK - Circle of trust	
Week 5	Mental health week	
Week 6	Safer internet day	
Spring 2 Week 1	OAK – Stop the spread	
Week 2	OAK – Stop the spread	
Week 3	OAK – Stop the spread	
	<u>Managing Risk – HSL2 MR12</u>	
Week 4	<ol style="list-style-type: none"> 1. To identify a range of familiar situations which ght entail risk and consider ways to keep themselves safe. 2. To identify emotions associated with risky behaviour or situations. 	
Week 5	3. To know basic personal information and know when they might need to give it.	

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Summer 1 Week 1	4. To understand the range of people in the community who help keep us safer.	
Week 2	7. To know how to reduce risk and keep myself safer in a variety of situations. 8. To understand what I have learned and be able to share it with others.	
	Safety Contexts – HSL4 MR12	
Week 3	1. To be able to talk about situations where staying safe is important. 2. To identify some dangers of road traffic and understand how to stay safe as a pedestrian and a car passenger.	
Week 4	3. To develop knowledge of dangers from the sun and understand how to keep safe.	
Week 5	4. To identify the dangers of familiar places where water is present and understand how to keep safe.	
Week 6	5. To develop knowledge and skills to stay safe when they are lost. 6. To identify characteristics of safe places to play.	
Week 7	7. To understand basic ways to keep safe from accidents. 8. To understand what they have learned and be able to share it with others.	
Summer 2	Healthy Lifestyles	
Week 1	1. To know about the range of things that help make and keep them healthy 2. To understand why healthy eating is beneficial and how it supports physical activity.	
Week 2	3. To understand the difference between being active and sedentary, simple benefits of regular exercise and how their bodies feel when they exercise.	
Week 3	4. To be able to talk about foods they like and dislike with reasons why. 5. To recognise how foods fit within the basic food groups in the Eatwell guide, and what constitutes a balanced meal.	
Week 4	6. To understand that we need food to grow, be active and maintain health. 7. To know that everyone should eat at least 5 portions of fruit and vegetables every day.	
Week 5	8. To be able to make healthy eating choices and know how to prepare simple healthy foods. 9. To know how to make choices which promote healthy living 10. To know which factors contribute to healthy living and to be able to share these with others.	

	Year 3/4	
Autumn 1	.Beginning and Belonging MMR 9 BB34	Task
Week 1	1. To be able to contribute to discussions about how to make the classroom a place where they can learn safely and happily.	

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	2. To contribute to approaches and activities for building collaborative relationships within their class.	
Week 2	3. To recognise the emotions involved in being in a new situation. 4. To know how to make new people feel welcome in the class and in the school.	
Week 3	5. To know what might be helpful for them if they are in a new situation. 6. To be able to identify people in their support networks, whom they know in different contexts of their lives.	
Week 4	7. To know when they might need help, how to ask for it and to have some ideas about how to help other people in different situations	
Week 5	8. To understand what they have learned and be able to share it with others.	
	<i>Family and Friends MMR 11 FF34</i>	
Week 6	1. To recognise the qualities of a good friend and to be able to reflect on their own friendship skills. <i>Journey in Love Yr 3 - Friendships</i>	
Week 7	2. To develop strategies for managing friendship problems and to be able to support their friends. 3. To understand about and be able to cope with changes in friendship patterns and situations	
Week 1	4. To be able to identify and value similarities and differences between themselves and their classmates. 5. To be able to see things from another point of view, and to use this in resolving conflict.	
Week 2	6. To identify people who are special to them and to recognise how they affect each other. 7. To recognise different patterns of family life, including their own and those of others they know.	
Week 3	8. To identify people they can talk to if they need support, and to have strategies for sharing their concerns. 9. To understand what they have learnt in this unit and be able to share it with others.	
Autumn 2	<i>Anti Bullying MMR12 AB34</i>	
Week 4	1. To understand the key characteristics of bullying. 2. To understand different forms of bullying including cyberbullying.	
Week 5	3. To understand a range of reasons why bullying happens. 4. To understand how bullying can occur when people do not value and respect difference and diversity.	
Week 6	5. To understand the feelings of people who are bullied, bystanders and people who bully and how this might affect the way they think and behave.	
Week 7	6. To understand strategies for keeping themselves safe from bullying including how to respond assertively. 7. To understand strategies for responding to bullying in a range of contexts.	
Week 8	10. To identify places in school where bullying may happen. 11. To identify ways of making the school a safer place where bullying is less likely to happen. <i>ASSESSMENT</i>	
Spring 1	<i>Our wonderful world - OAK</i>	
	<i>Our wonderful world - OAK</i>	
	<i>Our wonderful world - OAK</i>	
	<i>Mental health week</i>	
	<i>Safer internet day</i>	
Spring 2	<i>Oak unit money matters 2 weeks</i> <i>HSL13 SR3 – 3 weeks</i>	

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Week 1	Oak – money matters	
Week 2	Oak - money matters	
Week 3	1. To recognise the main external parts of the bodies of humans, including scientific names for sexual parts.	
Week 4	2. To understand the physical differences between males and females.	
Week 5	3. To value their own body and recognise its uniqueness.	
Summer 1	<u>Managing Risk HSL 11 MR34</u>	
Week 1	1. To be able to identify physical, social and emotional risks. 2. To understand that pressure to act in a risky way might come from people they know. 3. To state possible physical and mental reaction to different risks.	
Week 2	4. To develop a range of strategies to aid decision making in risky situations. 5. To know some ways to reduce risk in a variety of situations.	
Week 3	6. To recognise some of the causes of accidents and ways to prevent them.	
Week 4	7. To be able to suggest someone they would tell in different risky situations.	
Week 5	8. To be able to recognise an emergency and take suitable action.	
Week 6	Safety contexts	
Week 6	1. To be able to talk about situations where staying safe is important. 2. To identify further risks with road traffic and have strategies to stay safe.	
Week 7	3. To identify different risks with fire and have strategies to stay safe.	
Summer 2		
Week 1	4. To identify wider risks with water and have strategies to stay safe.	
Week 2	5. To identify risks when joining in with activities and visits and have strategies to stay safe.	
Week 3	6. To know some action people can take to prevent accidents in familiar settings. 7. To understand what they have learned and be able to share it with others ASSESSMENT	
WEEK 4	Many if these objectives have been covered in the science unit food and nutrition completed in the autumn term so this unit will be a 2 lesson recap 1.To understand that they can make choices which contribute to a healthy lifestyle. 10. To be able to reflect on their own lifestyles and take responsibility for making healthy choices.	
WEEK 5	2. To understand the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle. 4. To understand that a healthy lifestyle involves making balanced choices about our free time.	
	Year 5/6	
Week 1	Making the classroom safe	Task:

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		Classroom rules – 5/6 rules agreed by the class.
Week 2	Building relationships	Task: Circle time, getting to know each other, how do we learn, how can we be kind, how can we support/help each other etc..
Week 3	Coping with new situations	Task: New situations the children have encountered so far. How did they cope, what advice would they give to others in that situation? New starts – Strategies to help the children cope.
Week 4	Sources of support (2 weeks)	Task: Thought cloud – my Network of support / who do I trust?
Week 5	Sources of support	
	Family and Friends MMR	
Week 6	Networks of special people	Task: What qualities do I look for in a friend?
Week 7	Understanding and Valuing Difference	Diverse homes cards
Autumn 2 Week 1	Coping with relationship issues	
Week 2	Giving and receiving support	
	Anti Bullying	
Week 3	Defining bullying	
Week 4	Causes and types of bullying	
Week 5	How bullies affect us / Supporting others	
Week 6	Responding to bullies	
Week 7	cyberbullying	
Week 8	Creating safe environments	
Spring 1	Financial capability - Oak	
	Financial capability - Oak	
	Financial capability - Oak	
	Financial capability - Oak	
	Mental Health week	
	Safer internet day	
Spring 1 Week 1	Risky situations	
Week 2	Reactions to risk	
Week 3	Strategies in risky situations	
Week 4	Receiving and giving help	
Summer 1 Week 1	Safety contexts	
Week 2	Preventing accidents	
Week 3	Healthy eating	
Week 4	Energy / physical activity Influences, choices and responsibilities	

