



The Federation of Rawcliffe Bridge and Rawcliffe Primary Schools
PSHCE/SRE Autumn 1

Year 1 Relationships		Year 2 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
1 - Together Everyone Achieves More	To learn that they belong to various groups and communities, such as family and school. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.	1 -Think happy, feel happy	To learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.
2- Listening	To learn to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).	2 -It's your choice	To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health. To recognise that choices can have good and not-so-good consequences.
3- Being Kind	To learn to recognise what is fair and unfair, kind and unkind, what is right and wrong. To offer constructive support and feedback to others.	3 -Go Getters	To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals. To learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings.
4- Bullying and teasing	To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say. To recognise different types of teasing and bullying, to understand that these are wrong and unacceptable.	4 -Let it out	To learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings. To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.
5- Brilliant Brains	To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals. To learn how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.	5 Be Thankful	To learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings. To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.



Year 1 Relationships		Year 2 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
6- Making Good Choices	To learn how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences. To recognise that their behaviour can affect other people.	6 Be Mindful	To learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not-so-good consequences.

Year 3 Relationships		Year 4 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
1 - A new start	To learn about change, including transitions (between Key Stages and schools), loss, separation, divorce and bereavement. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.	1 -Happy Minds, happy people	To deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To consider what positively and negatively affects their physical, mental and emotional health.
2- Together Everyone Achieves More	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	2 -Thoughts and feelings	To deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To consider what positively and negatively affects their physical, mental and emotional health.
3- Working together	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	3 -Changes	To learn about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement. To deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.
4- Being Considerate	To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To recognise and respond appropriately to a wider range of feelings in others.	4 -Keep calm and relax	To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these. To learn how their body will, and their emotions may, change as they approach and move through puberty.



Year 3 Relationships		Year 4 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
5- When things go wrong	To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To know that their actions affect themselves and others.	5 You're the boss	To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these. To understand what positively and negatively affects their physical, mental and emotional health.
6- Responsibilities	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	6 Always learning	To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. To learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'. To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.

Year 5 Relationships		Year 6 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
1 - Together everyone achieves more	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	1 -The Cognitive Triangle	To deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To consider what positively and negatively affects their physical, mental and emotional health.
2-Communicate	To know that their actions affect themselves and others. To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view.	2 -Thoughts are not facts	To deepen their understanding of good and not-so-good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.



Year 5 Relationships		Year 6 Health and Well-being	
Lesson	Intended Outcome	Lesson	Intended Outcome
3-Collaborate	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	3 -Facing your feelings	To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these. To consider what positively and negatively affects their physical, mental and emotional health.
4- Compromise	To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.	4 Choices and consequences	To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these. To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.
5- Care	To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.	5 Being Present	To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these. To consider what positively and negatively affects their physical, mental and emotional health.
6- Shared responsibilities	To know why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.	6 Yes I can	To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. To consider what positively and negatively affects their physical, mental and emotional health.

