



RSHE at The Trinity Catholic Academy 23/24

Relationships

Health

Living in the wider world

Yr	Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
1	<p>How can we look after each other and the world?</p> <p>Ourselves and others; the world around us; caring for other.</p>	<p>How do my family love me (JIL)</p> <p>How families show love and kindness; recognise signs that I am loved in my family</p>	<p>What helps us stay healthy?</p> <p>Dental health; things that go into and onto our bodies</p>	<p>What can we do with money?</p> <p>Money; making choices; needs and wants</p>	<p>Who is in my family? (JIL)</p> <p>To recognise that I am cared for and kept safe in my family; Parts of the body; secrets; asking for permission</p>	<p>Who helps to keep us safe?</p> <p>People who keep us safe; stranger danger; calling 999; green cross code.</p>
2	<p>How do we recognise our feelings?</p> <p>Feelings; mood; times of change; loss and growing up</p>	<p>What are the joys of a diverse community? (JIL)</p> <p>To recognise the joy and friendship of belonging to a diverse community</p>	<p>What helps us stay safe?</p> <p>Online safety; keeping safe at home; household products; what to watch</p>	<p>What jobs do people do?</p> <p>People and jobs; role of the internet</p>	<p>What helps us grow and stay healthy?</p> <p>Keeping healthy with food and drink; physical activity; sleep; sun safety</p>	
3	<p>How can we be a good friend?</p> <p>To describe and give reasons how friendships make us feel happy and safe.</p>	<p>What keeps us safe?</p> <p>Staying safe everyday; hygiene; medicines; sun safety</p>	<p>Families</p> <p>Ways families are different and respecting those differences. Positive family life.</p>	<p>What are our rights and responsibilities?</p> <p>British Values, Rule of law, How laws are made. Rights of a child.</p>	<p>Why should we eat well and look after our teeth?</p> <p>Being healthy; eating well and dental care</p>	<p>Why should we keep active and sleep well?</p> <p>Keeping active, good nights sleep</p>
4	<p>What strengths, skills and interests do we have?</p> <p>Self-esteem; self-worth; personal qualities; goal setting; managing set backs.</p>	<p>How do we treat others with respect? (JIL)</p> <p>To describe how we all should be accepted and respected. To describe how we should treat others making links with the diverse society we live in. respecting boundaries</p>	<p>How can our choices make a difference to others and the environment?</p> <p>Caring for others; the environment; shared responsibilities; making choices and decisions.</p>	<p>How can we manage our feelings?</p> <p>Feelings and emotions; expression of feelings; behaviour</p>	<p>How can we manage risk in different places?</p> <p>Keeping safe out and about (road/ river/ canal)</p>	<p>What jobs would we like?</p> <p>What skills and interests are needed for different jobs.</p>
5	<p>What makes up our identity?</p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes.</p>	<p>Grassing and grooming project.</p> <p>Safeskills programme by the Arial trust.</p>	<p>What decisions can people make with money?</p> <p>Money; making decisions; spending and saving.</p>	<p>How can we help in an accident or emergency?</p> <p>Basic first aid, accidents, dealing with emergencies.</p>	<p>How do we change as we grow?</p> <p>To show understanding of emotional relationship changes as we grow and develop. To show knowledge and understanding of the physical changes in</p>	<p>How can drugs common to everyday life affect health?</p> <p>Drugs, alcohol and tobacco; healthy habits</p>

					puberty including the facts around menstruation.	
6	How can we keep healthy as we grow? Balanced diet; mental health; looking after ourselves		Different relationships (JIL) Different relationships. Marriage	How can the media influence people? Media literacy and digital resilience; influences and decision- making online safety; social media		(JIL) Transition to secondary Sex education – creation of new life
	Black History Month	Anti-bullying week	Children’s mental health Safer internet day			Water safety week