



Davenham Church of England Primary School

'Working Together, Playing Together, Serving God and Serving Others'

'...encourage one another and build each other up...'

1 Thessalonians 5:11.

LONG TERM PLAN

RSE

RSE YEAR A	Year 1 and 2	Year 3 and 4	Year 5 and 6
	Relationships Health and Well-being	Relationships Health and Well-being	Relationships Health and Well-being

RSE KSI YEAR A RELATIONSHIPS
END POINTS
I know about a wide range of feelings and how to manage them.
I know how to be sensitive to the feelings of others.
I know about special people in my life and how they make a difference to our lives.
I know about different types of behaviour and how they affect others.
I know what fair and unfair means, what kind and unkind means and about right and wrong.
I know how people's bodies and feelings can be hurt.
I know about the importance of not keeping adults' secrets, only surprises.
I know about listening to others and playing cooperatively.
I know how to give constructive support and feedback to others.
I know about appropriate and inappropriate touch.
I know about the importance of listening to other people and find ways to resolve disagreements.
I know about types of teasing and bullying and why they are wrong and unacceptable.
I know how to deal with teasing and bullying.
I know how to share opinions, explain personal viewpoints and take part in a simple class debate.
I know about differences and similarities between people and why it is important to respect these differences.
VOCAB
feelings, friends, teachers, parents, sibling, grandparents, families, kindness, uncomfortable, safe, unsafe, permission, online, bullying, differences, secrets, surprises, private, uncomfortable, listening, honesty, help, worried, behaviour, respect, polite, rules, sharing, differences, inclusion, groups, arguments, discussions, reasons.

RSE KSI YEAR A HEALTH AND WELLBEING
END POINTS
I know about the benefits of a healthy lifestyle and the different ways to stay healthy.
I know about the importance of taking care of their own health and what happens if I don't.
I know what can influence my choices and how choices influence the way I look and feel.
I know different kinds of feelings that are good and not so good.
I know the vocabulary I can use to describe my feelings to others and how I can use simple strategies to manage feelings.
I know about basic hygiene routines and the importance of taking care of personal hygiene.
I know about the role of medicines.
I know about people who take care of me and the different groups I belong to.
I know about ways of helping those who look after us.
I know about the importance of keeping safe in different situations and the different rules for keeping safe (road, environment, online, in unfamiliar situations).
I know about the shared responsibility for keeping myself and others safe and the steps I can take to ensure my safety in class, on the playground, around the school and at home.
VOCAB
healthy, unhealthy, hygiene, care, safe, routines, mental health, teeth, dentist, feelings, same, different, feelings, recognise, human, bodies, responsibilities, safe, unsafe, trust, medicines, danger, accident, emergency.

RSE LKS2 YEAR A RELATIONSHIPS
END POINTS
I know about different kinds of feelings.
I know about the concept of keeping something confidential or secret.
I know about when I should or should not agree to keeping a secret.
I know how to recognise and manage dares.
I know how to develop and maintain healthy relationships.
I know about personal space and how this can make myself and others feel comfortable or uncomfortable.
I know how to work collaboratively towards shared goals.
I know how my actions can affect me and others.
I know about solving disputes and conflict through negotiation and appropriate compromise.
I know how to challenge stereotyping.
I know about different types of relationships.
I know about differences and similarities between people.
I know about the nature and consequences of hurtful behaviour and bullying.
I can listen and respond respectfully to a wide range of people.
I can recognise and care about other people's feelings.
I can respond appropriately to a wider range of feelings in others.
I know about acceptable and unacceptable physical contact and how to respond to it.
I know about ways in which people may be discriminated against.
I can respect the views of others' and know when/how to challenge points of view when appropriate.
VOCAB
recognise, respect, stability, love, support, caring, unsafe, friendships, positive, digital devices, communicating, contact, online, healthy, family, classmates, boundaries, respect, safe, behaviour, bullying, differentiate, experiences, dares, pressures, confidence, harmful, pretending, respect, help, responsible, self-respect, polite, cultures, society, gender, race, faith, values, respect, differences, includ

RSE LKS2 YEAR A HEALTH AND WELLBEING
END POINTS
I know how to make informed choices.
I know what influences my choices about food.
I know what the benefits of eating a balanced diet are.
I know what makes up a balanced diet.
I know about bacteria and viruses.
I know how to reduce the spread of bacteria and viruses.
I know about school rules for health and safety.
I know where and how to get help.
I know who I can trust to take care of my body.
I know I have the right to protect my body from unwanted contact.
I know consent (giving permission) means.
I know strategies that keep me safe.
I know about physical, emotional and online safety.
I know about the importance of personal safety.
I know who helps me stay healthy and safe.
VOCAB
choices, healthy, unhealthy, influence, habits, lifestyle, physical, balance, recognise, illness, support, care, dental health, hazards, risks, alarms, safety, rules, environment, medicines, drug, cigarettes, habit.

RSE UKS2 YEAR A RELATIONSHIPS
END POINTS
I know how to respond appropriately to a wider range of feelings in others.
I understand the importance of confidentiality and secrets.
I know when to agree/not agree in sharing a secret.
I know how to recognise and manage dares.
I know how to manage and maintain a healthy relationship.
I know what constitutes a positive relationship.
I know how my actions can affect others.
I know about different types of relationships (friends, partners, civil ceremonies, married, same-sex).
I know that marriage is a choice and consensual and that forced marriage is illegal.
I know what acceptable and unacceptable physical contact is and what to do.
I know about different ways to work collaboratively, and about shared goals.
I know how to negotiate and compromise.
I know how to communicate respectfully.
I know about differences and similarities between people.
I can challenge stereotypes.
I know about discrimination, teasing and bullying and the impact it can have on others.
I know how to respond to discrimination.
VOCAB
friendships, relationship, healthy relationship, influence, communication, support, peer, relationship, attraction, commitment, love, marriage, permission, contact, uncomfortable, unacceptable, secret, worried, concerned, pressure, dares, unsafe, worried, guidance, support, treated, equally, respect, discrimination, bullying, online, report, safety, values, behaviours, respect, disagreements, conflict, views, listen.

RSE UKS2 YEAR A HEALTH AND WELLBEING
END POINTS
I know about choices that can be made about health and wellbeing and what influences these.
I know about positive and negative impacts on wellbeing.
I know how media can affect our choices.
I know that FGM is a crime and is abuse.
I know where to go for help and support for myself or my peers.
I know about school rules for health and safety.
I know what to do in an emergency.
I know about risk in familiar situations and how to manage that risk.
I know about the importance of protecting images of myself.
I know about personal safety and the importance of protecting personal information.
I know about independence and increased responsibility.
I know about unhelpful pressure and influences on behaviour.
I know what a habit is and how they are hard to change.
I know about substance abuse and misuse.
I knows about drugs and alcohol (legal and illegal) and the risks involved.
VOCAB
lifestyle, healthy, outdoors, sun safety, illness, cleanliness, virus, allergies, feelings, mental health, conflict, support, changes, balance, online, unsafe, emergency, risk, FGM, injuries, responsibility, online, images, appropriate, text, share, restrictions, laws, drugs, abuse, misuse, organisations, media.

RSE YEAR B	Year 1 and 2	Year 3 and 4	Year 5 and 6
	<p data-bbox="539 331 732 398">Living in the wider world.</p> <p data-bbox="531 443 740 582">Health and well-being (Growing and Changing).</p>	<p data-bbox="845 331 1038 398">Living in the wider world.</p> <p data-bbox="837 443 1046 582">Health and well-being (Growing and Changing).</p>	<p data-bbox="1150 331 1343 398">Living in the wider world.</p> <p data-bbox="1142 443 1351 582">Health and well-being (Growing and Changing).</p>

RSE KSI YEAR B LIVING IN THE WIDER WORLD
END POINTS
I know how to contribute to the life of the classroom and what skills I need to do this.
I know about group and class rules and how they help us.
I know about the needs of people and other living things.
I know about the responsibilities I have for others.
I know about groups and communities that I belong to.
I know about what improves and harms their local, natural and built environments.
I know about where money comes from and what it is used for.
I know about the role of money in my life.
VOCAB
rules, care, environment, recycling, differences, groups, roles, teams, faiths, responsibilities, community, strengths, interests, community, jobs, work, currency, jobs, banks, savings, money, spending.

**RSE KSI YEAR B
HEALTH AND WELLBEING (GROWING AND CHANGING)**

END POINTS

I know about growing, changing and becoming more independent.

I know different kinds of change that have occurred since starting school.

I know the correct names for the main parts of the body.

I know about the similarities and differences between boys and girls.

I know about the importance of respecting the differences and similarities between boys and girls.

I know about the biological differences between male and female animals including humans and their role in the life cycle.

I know about what makes me unique.

I know how to set simple goals.

I know about change e.g. starting school, a new baby brother/sister, moving to a new class and the feelings associated with these.

I know the kinds of loss that can make me feel sad and how I can help myself and others manage those feelings.

I know about the opportunities and responsibilities that independence brings.

I know about ways to improve and learn from experience.

I know how to recognise and celebrate what I am good at.

I know how to set challenging goals.

VOCAB

growing, changing, independence, unique, special, same, difference, similarity, goals, loss, improve, celebrate, feelings, life cycle, human, bodies, responsibilities, goals, changes, parts of the body.

RSE LKS2 YEAR B LIVING IN THE WIDER WORLD	
END POINTS	
I know how to discuss and debate issues concerning health and wellbeing.	
I know about the ways in which rules and laws keep us safe and can take part in making and changing rules.	
I know that everyone has human rights and that some are specifically for children.	
I know that human rights take precedence over other national laws, family and community practices.	
I know that different cultures can have different practices and traditions and that these may sometimes be illegal.	
I know about the consequences of anti-social behaviours.	
I know about the different kinds of responsibilities and rights.	
I know about resolving differences.	
I know about the range of national, regional, religious and ethnic identities in the UK.	
I know about how the media present information.	
I know about topical issues, problems and events concerning health and wellbeing.	
I know about taking care of the environment.	
I know about the rights, responsibilities and duties I have to take care of the environment.	
I know about being part of a community.	
I know about the different groups that support communities.	
I know about different groups that support health and wellbeing.	
I know how other people live in different parts of the world.	
I know about how resources are allocated and the effect this has on individuals and their communities.	
I know about the role of money in their own and others' lives.	
I know about concepts related to money.	
I know what it means to be 'enterprising'.	
VOCAB	
laws, society, human rights, responsibilities, rights, police, community, belonging, differences, volunteering, compassion, responsibilities, jobs, vocation, myths, stereotypes, teamwork, achievements, budgets, value, important, payment, charities, enterprise.	

**RSE LKS2 YEAR B
HEALTH AND WELLBEING (GROWING AND CHANGING)**

END POINTS

I know about ways to celebrate achievements.

I know about personal strengths and how to develop them.

I know about feelings that are good and not so good.

I know how feelings can be managed – both my own and other peoples.

I know about the kinds of change that happen in life.

I know about the kinds of change they or family or friends have experienced.

I know how loss can come in many forms.

I know how feelings of loss and grief may be expressed.

VOCAB

achievements, strengths, feelings, change, valuable, contributions, self-worth, setbacks, challenges, identify, emotion, help, information, loss.

RSE UKS2 YEAR B LIVING IN THE WIDER WORLD
END POINTS
I know about topical issues, problems and events concerning health and wellbeing.
I know about rules and laws.
I know that everyone has human rights and that children have their own set of human rights.
I know that human rights take precedence over other national laws, family and community practices.
I know that human rights take precedence over other national laws, family and community practices.
I know that some cultural practices are against British law.
I know about the consequences of anti-social and aggressive behaviours.
I know about different kinds of responsibilities, rights and duties.
I know how to resolve differences, make decisions and explain choices.
I know about the range of national, regional, religious and ethnic identities in the UK.
I know how the media present information.
I know about different kinds of responsibilities, rights and duties.
I know about the varied institutions that support communities locally.
I know about the role of voluntary, community and pressure groups.
I know about lives of people living in other places.
I know about the allocation of Earth's resources.
I know how finance plays an important part in people's lives.
I know about 'interest', 'loan' and 'debt', about money management and how to become a critical consumer.
I know about the skills that make someone 'enterprising'.
VOCAB
resources, protecting, environment, actions, compassion, responsibility, prejudice, discrimination, challenge, stereotypes, influence, jobs, ambition, career, conditions, inclusion, diversity, role, value, work, finances, risk, gambling, enterprise.

**RSE UKS2 YEAR B
HEALTH AND WELLBEING (GROWING AND CHANGING)**

END POINTS

I know about goal setting and the importance of having high aspirations.

I know how having high aspirations can support personal achievements.

I know about different ways of achieving personal goals.

I know how to help others feel valued.

I know about words that help to describe the range and intensity of my feelings to others.

I know about how my emotions may be conflicting.

I know about the need to listen to my emotions or how to overcome them.

I know how change can involve loss.

I know about coping with change and how this relates to bereavement and the process of grieving.

I know about particular losses that may occur in family settings.

I know about puberty and body changes.

I know how puberty leads to adolescence.

I know how body image is reflected in the media.

I know about human reproduction in the context of the human lifecycle.

I know how a baby is made and how it grows.

I know about human reproduction and that pregnancy can be prevented.

I know about the roles and responsibilities of parents and carers.

VOCAB

valued, emotion, personal identity, gender, recognise, respect, express, well-being, responsibilities, independence, changes, loss, bereavement, grief, intercourse, reproduction, pregnancy, contraception, puberty, adolescence, body image, media.