

**Preston Primary School – Takeaways for RSHE**



	<b><u>Being Me in the World</u></b> <b><u>Block 1</u></b>	<b><u>Celebrating Differences</u></b> <b><u>Block 2</u></b>	<b><u>Healthy Me -Inside and Out</u></b> <b><u>Block 1</u></b>	<b><u>Healthy Me -Inside and Out</u></b> <b><u>Block 2</u></b>	<b><u>Relationships</u></b> <b><u>Block 1</u></b>	<b><u>Changing Me</u></b> <b><u>Block 2</u></b>
<b>Nursery</b>	To begin to have good manners and use please and thank you	Play with other children and begin to communicate and extend ideas	To know how to wash hands	To know some healthy food choices	To be able to identify family members e.g., brother, sister, mum and dad, aunt and uncle	<p>To know how they are similar and different to others</p> <p>Play with other children and begin to communicate and extend ideas</p> <p>To have good manners and say please and thank you</p> <p>Recognize to say no/please /stop/I'll tell/I'll ask to somebody who asks them to do something that makes them feel sad, embarrassed or upset</p>
<b>Reception</b>	To be able to put their hand up and not shout out when wanting to contribute	<p>To wait for their turn for resources</p> <p>To be able to put their hand up and not shout out when wanting to contribute</p>	To know to wash hands after going to the toilet and before eating or preparing food	<p>With support to be able to compare two items of food and explain why one is better than the other for them</p> <p>Begin to know that they need healthy food for energy and to keep their bodies healthy.</p>	To be able to identify people in the community who help them including teachers, police and firefighters	<p>Can be polite to others in their everyday actions, e.g. saying hello to another member of staff or person of responsibility</p> <p>Know that they need healthy food for energy and to keep our bodies healthy</p> <p>To be able to compare two items of food and explain why one is better than the other</p>
<b>Year One</b>	<p>To explain the importance of the 5 Golden Rules</p> <p>To follow the Golden Rules</p>	<p>To know the importance of respecting others, even when they are very different from them physically e.g., skin or hair colour, tall or short, fast or slow, disabled, old or young.</p> <p>To know how to choose and make friends</p> <p>To know how to be a good friend</p> <p>To know what a bully is</p> <p>To know some people to talk to when feeling unhappy or being bullied</p>	<p>To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated by medicines.</p> <p>To know the dangers of medicines/household products</p> <p>To know how to cope with different emotions</p>	<p>To understand the difference between being healthy and unhealthy, and know some ways to keep healthy</p> <p>To know how and when to brush teeth</p>	<p>To know the importance of family for love, security, and stability</p> <p>To understand that every family is different and respect those differences</p> <p>To know who to speak to if worried in school.</p>	To know the number to call emergency services-999
<b>Year Two</b>	To know all the 5 Golden Rules by heart and follow them	To recognise how often assumptions are made between girls and boys (stereotypes)	To understand how medicines work in the body and how important it is to use them safely	To sort foods into the correct food groups and know which foods the	To understand that there are lots of forms of physical contact within a family and that some of this is	To know how to make an efficient call to the fire brigade and other emergency services-999

	<p>To show courtesy and manners</p> <p>To know a range of emotions including happiness, sadness and anger</p>	<p>To know friendships have ups and downs and that these can be worked out</p> <p>To know important friendships are in making us happy and secure</p> <p>To understand that bullying is sometimes about differences</p>	<p>To be able to recognise and talk about different emotions in self and others</p>	<p>body needs every day to keep itself healthy</p> <p>To know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood, and ability to learn.</p>	<p>acceptable/appropriate and some is not</p> <p>To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>To know that marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p>	<p>To recognise and celebrate physical differences in one another</p>
<b>Year Three</b>	<p>To know how to respond safely and appropriately to adults they may encounter in everyday life whom they do not know.</p> <p>To know mental well-being is a normal part of daily life in the same way as physical health</p>	<p>To know what it means to be a witness to bullying</p> <p>To know some ways of helping to make someone who is bullied feel better</p> <p>To know the characteristics of friendship-mutual respect, loyalty, kindness, conventions of courtesy and manners</p> <p>To know the boundaries of friendships with peers and others</p>	<p>To understand how exercise affects the body and mind and the importance of regular exercise.</p> <p>To know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p>	<p>To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>To know the difference between prescription and non-prescription drugs</p>	<p>To know about the concept of privacy (each person's body belongs to them) and the implications of it for both children and adults.</p> <p>To know how to ask for advice or help and to keep trying until heard</p> <p>To know the role of NSPCC /Childline and how to contact them -0800 1111</p> <p>To recognise the characteristics of a healthy family life</p> <p>To know it is normal to experience a range of emotions</p>	<p>To know when and how to make an efficient call to emergency services-999 and 112</p> <p>To understand that as you grow up, you need to become more independent and take on more responsibilities</p>
<b>Year Four</b>	<p>To know how to respond safely and appropriately to adults and children they may encounter online whom they do not know</p> <p>To know that for most people the internet is an integral part of life and has many benefits but also has draw backs.</p>	<p>To know that sometimes bullying is hard to spot and know what to do if think it is going on but not sure</p> <p>To know how it might feel to be a witness to and a target of bullying (negative and long-lasting impact on mental well-being)</p> <p>To understand healthy friendships are positive and welcoming towards others and do not make people feel lonely or excluded</p> <p>To know friendships have their ups and downs and strategies to manage conflict</p>	<p>To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>To understand the facts and science relating to allergies, immunisations and vaccinations</p> <p>To know some of the risks associated with an inactive lifestyle (including obesity).</p>	<p>how to recognise early signs of physical illness, such as weight loss, tooth decay, allergies or unexplained changes to the body.</p> <p>To know the benefits of good oral hygiene and dental flossing, including brushing of teeth twice a day and check-ups at the dentist.</p>	<p>To be able to recognise how friendships change, know how to make new friends and how to manage when they fall out with their friends</p> <p>To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>To know how to recognise and report feelings of being unsafe or feeling bad about any adult.</p>	<p>To know basic first aid, for example dealing with common injuries, including head injuries and being unconscious</p> <p>To be able to identify how as grow up more prone to body odour, bad breath, greasy hair and spots.</p> <p>To know the importance of good personal hygiene to manage changes</p>

<b>Year Five</b>	<p>To know where to get advice e.g., family, school and/or other sources to keep us safe</p> <p>To recognise that there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations.</p>	<p>To explain the difference between direct and indirect types of bullying (including cyberbullying)</p> <p>To know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p> <p>To know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. To know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p>	<p>To know how and when to seek support including which adults to speak to in school if they are worried about their health and mental well-being and emotions.</p> <p>To judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>	<p>To understand how alcohol consumption can affect health, particularly the liver</p> <p>To understand the facts about smoking and its effects on health</p>	<p>To identify the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p> <p>To know why social media, some computer games and online gaming, for example, are age restricted.</p> <p>To know where and how to report concerns and get support with issues online including their mental well being</p> <p>To know that information online including search engines is ranked, selected, and targeted</p>	<p>To be able to name female and male genitalia</p> <p>To be able to identify further physical changes in the body as hit puberty. E.g., growing pubic hair, underarm hair, hips widening, deepening of voice</p> <p>To know about the key facts of menstrual cycle</p>
<b>Year Six</b>	<p>To know how to recognise and report feelings of being unsafe or feeling bad about anything (including online) and how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>To know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>	<p>To understand what a stereotype is, and how stereotypes can be unfair, negative, or destructive.</p> <p>To know some of the reasons why people use bullying behaviours</p> <p>To know a range of strategies for managing feelings in bullying situations and for problem-solving when being a part of one</p>	<p>To know some facts about legal and illegal harmful substances and associated risks with drug taking</p> <p>To know it is common for people to experience mental ill health.</p>	<p>To know that the amount of calories, fat and sugar put into the body will affect someone's health. (Obesity and tooth decay)</p> <p>To know the principles of planning and preparing a range of healthy meals.</p>	<p>To recognise and display respectful behaviour online</p> <p>To know the importance of keeping personal information private.</p> <p>To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p>To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>To know where to get help for mental ill health and for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p>	<p>To understand the role of the emergency services and how to stay safe</p> <p>To know about different ways to manage a menstrual cycle and well being</p> <p>To be identify most physical and emotional changes that happen during puberty for both boys and girls</p> <p>To understand the importance of self-respect and how it links to their own happiness</p>