

The Discovery School					
Year 1					
RSHE Medium Term Planning					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.	Mental health and wellbeing This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	Celebrating me, you and our families This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other	Safety at home This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.	Being healthy This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	Showing kindness to ourselves and others This unit revisits learning about feelings, and explores the importance of kindness.
<u>Ground rules, rule! – KS1</u> Please click here rules, ground rules, respect, safe, unsafe, opinion. <u>Learning and playing together – KS1</u> Please click here learn, play, listen, think, interrupt, respect, take turns. <u>Friendship and bullying – KS1</u> Please click here L1: Let's be friends friend, friendship, co-operation fairness. L2: Let's make up break up, make up, fall out, repair, make a deal, win-win L3: Let's be kind	<u>Foundations for Wellbeing – Y1</u> Please click here L1: Noticing feelings L2: Distraction L3: Paying attention to pleasant feelings L4: Helpful and unhelpful thoughts L5: Reacting nervous, worried, happy, excited, scared, shy, interested, curious, relaxed, pleasant, unpleasant, shocked, upset, relieved, calm, frustrated, angry.	<u>Personal identity – KS1</u> Please click here L1: All different, all special. different, dislike, features, identity, individuals, likes, personality, skills, special, talents, qualities, unique. <u>Belonging and community – KS1</u> Please click here L1: Sameness and difference. special, unique, likes, dislikes, same, different, similar, equal. <u>Families – KS1</u> Please click here L1: What makes a family? L2: Different families family, family tree, care, family member (dad,	<u>Keeping safe at home – KS1</u> Please click here L1: Keeping safe at home. safe, unsafe, harm, injury, accident, rules, actions. <u>Drug education – KS1</u> Please click here L1: Keeping safe hazard, medicines, tattoos, smoke L2: Keeping healthy medicine, capsule, vaccination, inhaler L3: Medicines and household products safety, instructions, rules, accident, pressure, product,	<u>Keeping safe: Sun safety – KS1</u> Please click here L1: Keeping safe in the sun. sun, safe, benefits, harmful, protect, uv rays <u>The sleep factor – KS1</u> Please click here L1: Ready for sleep. sleep, rest, routine, relax, bedtime. <u>Food for thought – KS1</u> Please click here L1: Keeping healthy with food and drink healthy, choices, food, drink. <u>Dental health – KS1</u> Please click here L1: Looking after our teeth	<u>OHID: Every mind matters -KS1</u> Please click here L1: Emotions L2: Kindness L3: Self-care

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

kind kindness, unkind, unkindness, teasing, joking, bullying, witness Consent – KS1 L1: Asking for permission body parts, feelings, personal spaces asking permission, respecting others. Please click here		mum, stepmum, stepdad, grandparents, cousins, blended families, 2 mums or 2 dads)	teeth, gums, sugar, toothbrush, toothpaste, dentist. The importance of handwashing – KS1 Please click here wash, germs, health, spread COMING SOON Physical activity lesson	
The Discovery School				
Year 2				
RSHE Medium Term Planning				
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
				Summer 2

Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).	Keeping safe online This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information)	Me, my body and staying safe This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe	Money and work This unit will examine people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	Keeping safe outside the home This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency or call 999 themselves if they need to.	Looking back and moving on Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2.
<u>Foundations for Wellbeing – Y2</u> Please click here L1: Noticing and naming feelings L2: Different distractions L3: Changing thoughts and feelings L4: Managing unhelpful thoughts L5: Reactions and responses <u>Change, loss and grief – KS1</u> change, loss, feelings, emotion, permanent, temporary Please click here L1: What happens when things change?	<u>CEOP: Jessie and Friends – KS1</u> Please click here L1: Watching videos L2: Sharing pictures L3: Playing games <u>BBFC: Watch out! – KS1</u> Please click here L1: Helping to make good viewing choices channel, program, series, documentary, cartoon, news, broadcast, remote control, screentime, subscription, streaming L2: Keeping viewing choices safe responsible viewing, balance, moderation, decisions, self-control,	<u>Medway: Changing and growing up – KS1</u> Please click here L1: My special people special, person, people, friend, family, care, caring, help, thanks. L2: Growing up – the human life cycle grow, change, difference, baby, toddler, child adult, older person, independent, responsibility, human life cycle. L3: Everybody's body same, different, male, female, boy, girl, body, born, private parts, penis, testicles, vulva. <u>NSPCC: Talk PANTS 5-7</u> Please click here buttocks	<u>The Careers and Enterprise Company: Careers explorers – KS1</u> Please click here L1: Strengths and interests strength, interest, unique, job, career L2: Different jobs job, community, work, earn, voluntary. <u>Money and wellbeing – KS1</u> Please click here L1: What is money? money, spend, pay, decision, safe, unsafe L2: Money choices choice, need, want, save, earn, job	<u>Road and rail safety – KS1</u> Please click here L1: Crossing the road road, safely, safe, stop, look, listen, wait, think, vehicles, traffic, pelican crossing, lollipop person, zebra crossing, traffic island, pedestrian L2: Keeping safe around railways Safety, rail, railway, train, station, tracks, platform, stairs, ticket office, level crossing barriers COMING SOON Emergencies lesson	<u>Foundations for Wellbeing:</u> Please click here Revisit the extension and embedding activities in year 2 lessons. <u>Embracing change and new challenges – KS1</u> Please click here L1: Moving to a new class

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

	educational content, positive influence, critical thinking, age appropriate, healthy habits.	L1: PANTS power L2: More PANTS power		Environment agency – KS1 Please click here L1: Caring for the environment animal, care, environment, hibernate, plant, protect, responsibility. L2: People and Jobs care, environment, hobbies, job, people, skills	
The Discovery School Year 3 RSHE Medium Term Planning					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.	Mental health and wellbeing Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	Building healthy habits This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	Making choices online This unit explores how to protect information online and make choices about online content, including understanding age ratings.	Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water	Looking out for each other This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.
<u>Personal identity – KS2</u> Please click here L1: Personal identity attributes, characteristics identity, individual, individuality, personality, self-worth, skills, talents, qualities, unique. <u>Medway: Changing and growing up – Y3</u> Please click here L1: What makes a good friend friend, friendship, special, close, caring, valuable, different, qualities, important. L2: Falling out with friends friend, friendship, argument, falling out, making up, apologies, solution. <u>Belonging and community – Y3-4</u>	<u>Foundations for Wellbeing – Y3</u> Please click here L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses	<u>Food for thought – KS2</u> Please click here L1: Healthier eating and drinking habits nutrient, vitamin, protein, fibre, processed, sugar L2: Healthier eating – choices and influences balanced, diet, nutrients processed, healthy, influence. L3: Ready, set, cook! advert, cooking influence, ingredient, preparation, safety <u>Dental health – KS2</u> Please click here L1: Exploring dental health dental, decay, plaque, saliva, acid, routine COMING SOON Physical activity lesson	<u>NSCS: Cyber Sprinters – KS2</u> Please click here L1: Creating and managing passwords Password, hacker, verification L2: Protecting your devices L3: Suspicious contact phishing, smishing, vishing <u>BBFC: Let's watch a film – KS2</u> Please click here L1: What can we watch? film, content, trailer, age ratings, child, adult, compliance, limits, guidelines, classification, rules, law L2: Can we choose what to watch? film, content, child, adult, age rating, feelings,	<u>Keeping safe: Sun safety – KS2</u> Please click here L1: Managing risk in the sun exposure, over exposure, limiting, damage, health, protection <u>Road and rail safety – KS2</u> Please click here L4: Risks and keeping safe Hazard, risk, electrified, peer influence, peer pressure <u>Environment agency – KS2</u> Please click here L1: Canals and rivers canal, river, lake, reservoir, waterways, lock, quayside, edge, bank, path, hazard, danger, risk, warning, safe, safety, emergency,	<u>St John's Ambulance: First aid – KS2</u> Please click here L1: Allergies trigger, anaphylaxis, allergen, immune response, ingestion, injection, inhalation, autoinjector L4: Bites and stings allergic, airways, respiratory rate, breathing, reddening, puncture, swelling, infection, venom, reaction, autoinjector, anaphylaxis L7: Calling for help calmly, reassure, casualty, emergency operator, 999/112, incident, location, scenario, injuries, landmarks, identification, information, hazards,

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

Please click here L2: Belonging to a community. belonging, group, community, welcome, valued, included, excluded			trailer, classification, rules, advice COMING SOON Paying to play lesson	incident, distress, sink, float, swim, current, flow L2: Flood alert! flood, river, sea, tide, rainfall, overflow, weather, climate change, storm, warning, signs, symbols, prepare, evacuate, emergency.	awareness, accident, prevention, assistance <u>Foundations for Wellbeing:</u> Please click here Revisit the extension and embedding activities in year 3 lessons.
---	--	--	--	--	---

The Discovery School		Year 4		RSHE Medium Term Planning	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Mental health and wellbeing Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	Exploring ways to manage risk This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.	Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.	Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	Me, my body and growing up This unit focuses on the physical and emotional changes experienced during puberty and builds pupils' confidence in using the Talk PANTS rule to keep safe.	Families and growing together This unit support's pupils' understanding of diverse family structures, and how families can change.
<u>Foundations for Wellbeing – Y4</u> Please click here L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm <u>Change, loss and grief – Y3-4</u> Please click here L2: How do people manage change and loss?	<u>Firework safety – KS2</u> Please click here L1: Firework safety risk, peer influence, sparklers, firework bonfires, age restrictions Keeping safe at home – KS2 please click here L2: Keeping safe at home hazard, harm, injury, risk, reduce, strategy, peer, influence Road and rail safety – KS2 Please click here L3: Independently crossing the road road, safety, route, stop, look, listen, wait, think, vehicle, traffic, pelican crossing, lollipop person, zebra crossing, traffic island, pedestrian footbridge <u>Exploring risk in relation to gambling – KS2</u> Please click here	<u>Friendship and bullying – Y3-4</u> Please click here L1: Valuing friendships positive, friendship, caring, kind, supporting, respecting, helping, interest, maintaining L2: Friendship challenges friendship, falling out, dispute change, argument, conflict, resolve L3: What is bullying bullying, conflict, disagreement, support <u>OHID: Every mind matters – KS2</u> Please click here L1: Kindness	<u>Money and wellbeing – Y4</u> Please click here L1: How is money used? money, job, payment, cash, salary, purchase, financial attitudes, influence, bank account L2: Making decisions about money. Budget, value, needs, saving, bank statement, bank account. <u>Guardian Foundation: News Wise – ages 7-9</u> Please click here L4: How news affects feelings L6: Fake or real news? fake, real L7: Questioning images in the news	<u>Medway: Changing and growing up – Y4-5</u> Please click here L3: Personal hygiene L4: Emotions and feelings emotions, emotional, romantic <u>NSPCC: Talk PANTS – ages 7-9</u> Please click here L1: Building confidence safe, unsafe, consent, belong, inappropriate, uncomfortable, accidental, children's rights, penis, vulva	<u>Families – KS2</u> Please click here L1: Family relationships family, relationship, brother, siblings, nephew, uncle, aunt, stepdad, stepmum, relatives. L2: Diverse families blended families, extended family, stepfamily, nuclear family, foster family, adoptive family, single parent family stereotype, challenge L3: Family changes change, hope, worry, conflict <u>Committed relationships and family life – KS2</u> Please click here L1: Marriage and partnership committed, relationship, marriage, civil

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

	L1: Exploring risk risk, worth, harm, help, loss, gain, win, lose, positive, negative, consequences, outcome Drug education – Y3-4 Please click here L1: Medicines and household products dosage, instructions, prescribed, pharmacy, warning, side effects L2: Smoking, vaping and alcohol cigarettes, vapes, caffeine, nicotine, e cigarettes, alcohol.				partnership, consent, arranged marriage, cohabiting, forced marriage, legal and illegal
The Discovery School Year 5 RSHE Medium Term Planning					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Friendships, stereotypes and bullying This unit explores	Mental health and wellbeing This unit revisits and builds	Positively engaging with our world This unit examines	Respecting boundaries This unit explores personal	Safe connections This unit supports pupils to stay safe	Embedding healthy habits and learning first aid This

respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views	on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	boundaries, different types of touch, and how to respectfully ask, give or not give permission.	and manage risks if socialising online. It also touches on cybercrime.	unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.
<u>Friendship and bullying – Y5-6</u> Please click here L1: Including others include, exclude, similarities, differences L2: Positive and respectful friendships wellbeing, respectful, disrespectful, communication L3: Bullying and its impact bullying, impact, verbal, physical, online, social, peer influence, prejudice <u>Belonging and community – Y5-6</u> Please click here L3: Challenging stereotypes stereotype, typical, behaviour,	<u>Foundations for Wellbeing – Y5</u> Please click here L1: Noticing and naming emotions L2: Directing attention and managing distractions L3: Changing thinking habits L4: Rumination and worry L5: Managing reactivity	<u>Guardian Foundation: NewsWise – ages 9-11</u> Please click here L3: Managing feelings about the news L5: Spotting fake news L6: Understanding that news is targeted <u>UCL: Climate change - empathy and agency – KS2</u> Please click here L1: Connecting with nature nature, emotions, climate change, wellbeing, biodiversity L2: Everyday actions equipment, landfill, waste, reduce, reuse, recycle L3: Doing it together community, respond, respectful, views	<u>Consent – KS2</u> Please click here L1: Giving and seeking permission permission, asking, consent, yes, no, maybe L2: Personal boundaries personal space, personal boundaries, permission, respect L3: Appropriate and inappropriate touch appropriate, inappropriate, touch, permission, personal boundaries, feelings NSPCC: Talk PANTS – ages 9-11 Please click here L6: How can the PANTS rule help us? Respectful, disrespectful, challenge, secret, confidence, consent <u>Medway: Changing and growing up – Y4-5</u> Please click here 1: Time to change	<u>CEOP: Play, like, share – ages 8-10</u> Please click here L1: Block him right good, Alfie! L2: Who's Magnus? L3: They have fans, we have friends! <u>CEOP: Connect – Y5-6</u> Please click here L1: Respectful relationships L2: Socialising online <u>NCA: Making the right Cyber Choices – Y5-6</u> Please click here authorised, unauthorised, misuse, permission, legal, illegal, consequences, computer, misuse act. Additional: City of London Police: Cyber detectives. What is online fraud? Fraud, hacking, scam, pop-up fraud, password	<u>Melanoma Fund: Sun guarding schools – KS2</u> Please click here Sure: Breaking limits – KS2 Please click here L1: Confident mover L2: Team player L3: Goal setter <u>St John's Ambulance: First aid – KS2</u> Please click here L2: Asthma Airways, trachea, triggers, inhaler, lungs, larynx, inhale, exhale, inflate, deflate *Revisit Allergy safety autoinjector, anaphylaxis L9: Head injuries Safety, minor, severe, bleeding, skull, brain, confusion, seizure

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

characteristics, assumptions, discrimination L4: Addressing extremism Influence, persuasion, pressure, vulnerabilities, extremism, extremist, prejudice			L2: Menstruation and wet dreams	email, identity, virus, software, profile Where can online fraud occur? online fraud, fraudster, risk, protect, sharing, posting, website, fake, real, scam, phishing, gaming, personal information, identity, geotagging. NECS- Cyber Sprinter L3 Phishing	(fitting), vomiting, fracture
The Discovery School Year 6 RSHE Medium Term Planning					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing This unit revisits and builds on prior learning about	Managing money and online spending This unit explores economic wellbeing and	Changes in puberty (and sex education*) This unit builds pupils' understanding of	Drug education: assessing risk and managing influences This unit covers	Developing our AI literacy This unit introduces different types of AI,	Looking to the future This unit explores career related learning (including different

mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.	online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.	how to manage the changes that occur during puberty, including increased independence and new sleep patterns.	legal and illegal drugs, and the risks and effects of legal and illegal drug use.	including generative AI, and explores the opportunities, challenges and risks associated with its use.	career pathways) and supports pupils to prepare for the transition to secondary school.
<u>Foundations for Wellbeing – Y6</u> Please click here L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress <u>Change, loss and grief – Y5-6</u> Please click here L3: How do people manage loss and support each other? change, loss, grief, feelings, bereavement	<u>Money and wellbeing – Y6</u> Please click here L1: Money and emotional wellbeing impact, loan, emotions, benefits, feelings, budget L2: Being a critical consumer critical, consumer, influence, goods, service, products, political, ethical environment, value <u>Exploring risk in relation to gambling – KS2</u> Please click here L2: Chancing it! <u>Online financial harms – KS2</u> Please click here L1: Spending influences influences, spending, debit card, data, pop ups L2: Wellbeing and support	<u>Medway: Changing and growing up – Y6</u> Please click here L1: Puberty recap physical changes, emotional changes, periods, wet dreams L2: Puberty – change and becoming independent change, life cycle, baby, toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence L3: Positive, healthy relationships relationship, family, friendship, couple, love, positive, qualities, values, permission, respect boundaries. L4: How a baby is made* love, respect, consent, commitment, female, male, human, reproduction, sex, sexual intercourse, fertilised, sperm, ovum, penis,	<u>Drug education – Y5-6</u> Please click here L1: Medicines vaccination, prescription, insulin, EpiPen, asthma, allergy L2: Legal and illegal drugs drug, substance, law, habit, legal, illegal L3: Influences and pressure influences, pressure, peer, passive, aggressive, assertive L4: Tobacco, vaping and alcohol in the media media, marketing, advertising, social media, messages, information	<u>COMING SOON</u> <u>Understanding AI: Rights, safety and wellbeing lessons</u> L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot? <u>Home office – Digital deception:</u> <u>Understanding deepfakes – Y5-6</u> Please click here L1: The impact of generative AI artificial intelligence (AI), generate/generative, data, disinformation L2: The ethics of AI images ethics, privacy, permission/consent <u>Pick your pics – Y5-6</u> Please click here L1: Pick your pics	<u>The Careers and Enterprise Company: Careers explorers – KS2</u> Please click here L1: Job skills skills, task, develop, manage, client L2: Choosing a career influence, stereotype, impact, personality, qualification, career path L3: Career routes route, qualification, training, experience, academic, vocational, apprenticeship, university, college, assignment, cv <u>Embracing change and new challenges – Y6</u> Please click here L1: Moving to secondary school

RSHE

Economic Wellbeing & Careers

green writing- cross curricular with science

yellow highlighted – cross curricular with computing

purple writing - vocabulary

	wellbeing, spending, emotions, subscription	vulva, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception, contraception The sleep factor – KS2 Please click here L1: Getting a good night's sleep sleep, habit, routine, puberty, bedtime		share, photos, images, pics risk	
--	---	--	--	----------------------------------	--

