

RSE and PSHE lesson overview per year group

Lesson 1	YEAR 6	
Lesson 2 Lesson 3 Developing respectful relationships Lesson 4 Challenging stereotypes Different types of stereotyping Resolving conflict - negotiation and compromise Change and loss - the emotions relating to grief Safety and the changing body Lesson 1 Lesson 2 Critical digital consumers Lesson 3 Lesson 4 Physical and emotional changes of puberty (vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples) Conception (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse) Parental consent required Lesson 6 Pregnancy and birth (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, body, love, care) Parental consent required Lesson 7 First Aid - choking Basic life support	Family and relationships	
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Lesson 5 Lesson 6 Resolving conflict - negotiation and compromise Change and loss - the emotions relating to grief Safety and the changing body Lesson 1 Lesson 2 Critical digital consumers Lesson 3 Lesson 4 Physical and emotional changes of puberty (vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples) Conception (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse) Parental consent required Lesson 6 Pregnancy and birth (vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care) Parental consent required Lesson 7 Lesson 8 Basic life support	Lesson 3	Developing respectful relationships
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Lesson 8 Basic life support		fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)
basic life support	Lesson 7	First Aid - choking
Health and wellbeing	Lesson 8	Basic life support
	Health and wellbeing	
Lesson 1 What can I be? - setting long term goals	Lesson 1	What can I be? - setting long term goals

Lesson 2	Relaxation - mindfulness
Lesson 3	Taking responsibility for my health
Lesson 4	Resilience toolbox
Lesson 5	The facts about immunisation
Lesson 6	Physical health concerns - where to get help
Lesson 7	Habits - positive and negative

Citizenship	
Lesson 1	Human rights
Lesson 2	Food choices and the environment
Lesson 3	Caring for others
Lesson 4	Prejudice and discrimination
Lesson 5	Valuing diversity
Lesson 6	National democracy
Economic wellbeing	
Lesson 1	Attitudes to money
Lesson 2	Keeping money safe
Lesson 3	Gambling
Lesson 4	What jobs are available?
Lesson 5	Career routes