CROSSGATES PRIMARY SCHOOL –RSHE MEDIUM TERM PLAN

	Autumn		Spring		Summer		Blocks
Reception	Book - Luna Loves Library Day I can tell you who is in my family and why they are important I can tell you what I like to do with my family I can tell you how I show love to my family I can show skills related to active listening eg. eye contact I can tell you how to show good manners Link to British Values – Mutual Respect	Book - Jar of Happiness I can tell you what makes me feel happy I can tell you some ways that I help others to feel happy I can tell you what makes me feel sad I can tell you some simple strategies that help me when I feel sad I can explain how friends and family can make us feel happy Link to British Values, Individual Liberty PANTS RULE'	Book - Here we are I can tell you the things I love in the world. I know what is good about the world and can tell you why it is important to look after my planet. I am proud of my school and can tell you why it is a good place. I understand how to keep my classroom environment tidy and safe. I can name the parts of my body and tell you some ways I look after my body. Link to British Values – Rule of Law Link back to the PANTS RULE	Book - Barbara throws a wobbler 1.I can tell you what makes me feel angry. 2.I can tell you what makes me feel calm. 3.I can tell you the difference between feelings and actions. 4.I can tell you how to treat friends kindly. 5.I can tell you how to have kind hands. Link to British Values	Book - Oliver's Vegetables 1.I can give some examples of healthy foods that are good for my body. 2.I can tell you how I include healthy foods in my diet. 3.I can tell you where vegetables and fruits come from and how to help them grow. 4.I can tell you why I need to drink water at regular intervals in the day. 5.I can tell you why exercise is important and some types of exercise I enjoy. Link to British Values Individual Liberty, Mutual Respect. Rule of Law	Book - The New Small Person Discuss pregnancy Understand how to care for a human baby. I can share with my friends with support. I am able to take turns and share equipment. I know who to talk to if I feel unsafe or worried. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Block 1 (2 year Cycle)
Year 1	Book - Peace at Last I can explain why I need enough sleep	Book - Morris the Mankiest Monster	Book - Look Up Respectful	Book - Angry Arthur	Book - My Big Fantastic Family	Book - The Friendship Bench 1.I can tell you how people choose and make friends.	

	I can tell you some strategies to manage feeling tired. I can tell you what helps me to get a good night's sleep. I can tell some ways I can help myself when I feel fidgety I can tell you why permission-seeking is important and I can say no when I'm asked to do something that feels wrong or uncomfortable Link to British Values - Mutual Respect, Tolerance, Individual Liberty	1.I can tell you how some diseases are spread and can be controlled. 2.I can tell you the importance of personal hygiene. 3.I can tell you the importance of brushing my teeth in the morning and evening. 4.I can describe the right choices to make to live a healthy lifestyle 5.I can tell you the consequences of not making the right choices to live a healthy lifestyle Link to British Values - Mutual Respect, Tolerance, Individual Liberty	1.I can tell you what makes me individual. 2.I can tell you what my strengths are. 3.I can teach someone else something I am good at. 4.I can tell you some of the effects of spending too much time on devices. 5.I can tell you how to keep safe on the roads. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	1.I can tell you what appropriate and proportionate behaviour means. 2.I can describe the 5 point scale for basic emotions. 3.I can tell you why someone might have an inappropriate reaction and how they can recognise if they need support. 4.I can tell you the importance of giving my brain a rest and some ways I like to relax. 5.I can tell you how I take responsibility for my school environment. Including toilets/ shared spaces Link to British Values - Mutual Respect, Tolerance, Individual Liberty	1.I can tell you about different types of families. 2.I can tell you why all families deserve respect. 3.I can tell you about the people important to me in my family. 4.I can tell you how families can change and some of the emotions related to this. 5.I can tell you how families help each other in times of difficulty. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	2.I can tell you what makes a good friend. 3.I can tell you how my friends make me happy and how I make my friends happy. 4.I can tell you how I make others feel welcome and included. 5.I know what to do if a friend is making me unhappy. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	

Year 2/3 Cycle 1	Book - The Girl Who Never Made Mistakes 1.I can explain why mistakes help my learning. 2.I can tell you how I have learnt from my mistakes. 3.I can tell you how respecting myself and being kind to myself can help me to be happy. 4.I can tell you what the word perseverance means. 5.I can tell you what helps me to persevere. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Ravi's Roar I can explain that it is ok to feel all emotions I can explain why it is important to reflect on how I manage my emotions I can tell you what strategies help me to calm down I can tell you what is fair/unfair, right/wrong and kind/unkind I can tell you why it is good that people are different. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Chicken Clicking 1.I can tell you the benefits of going online. 2.I can tell you how to recognise the dangers of being online. 3.I can tell you the rules and principles for keeping safe online. 4.I can tell you how to report problems I have online. 5.I can tell you the value of the things that I buy. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Aliens Love Underpants I can say the names of the different parts of the body (including external genitalia) and the differences between boys and girls. I can tell you why pants are private. I can tell you what type of physical contact is acceptable/ comfortable/ unacceptable/ uncomfortable and how to respond if I am uncomfortable. I can tell you what I can do if I feel unsafe in variety of situations. I can tell you the difference between secrets and nice	Book – The Girl at the Front of the class I can tell you what a refugee is I can tell you what human rights are I can tell you how I understand the needs of others I can tell you how I support others I can tell you some strategies for deciding if someone is trustworthy Mutual respect and tolerance, individual liberty, the rule of law	Book - Grandad's Camper 1.I can tell you some of the feelings associated with times of change and loss. 2.I can tell you some strategies I have for dealing with times of change and loss. 3.I can tell you how I could get help if I or someone I care about was struggling with times of change or loss. 4.I can tell you about some of the different relationships I have with people in my family and why they are important. 5.I can tell you how helping others helps make me happy. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Block 2 (2 year cycle)

			,	surprises and the importance of not keeping any secret that makes me feel uncomfortable or afraid. Link to British Values - Mutual Respect, Tolerance, Individual Liberty, Rule of Law			
Year 2/3 Cycle 2	Book - On a Magical Do Nothing Day 1.I can explain what nature is and I can tell you how nature benefits my mental wellbeing. 2.I can give examples of the rights of living things and I can explain why it is important to respect the rights of all living things. 3.I can explain the importance of having a balance between online games and other hobbies 4.I can tell you how I can keep safe when I am outside. 5.I can tell you some strategies I have for managing disappointment.	Book - Ruby's Worry I can explain that everyone experiences 'worries', but I need to get help if these become overwhelming. I can explain where I can get help or advice I can explain what to do if I can't ask my family or friends for help and what to do if it is someone in my family or one of my friends who is making me feel unsafe or unhappy I can describe some of the physical signs of worry and I can explain what I should do if I am having lots of physical problems I can describe some simple self-care techniques I can use when I am feeling worried I can explain how children sometimes feel lonely and what children can do if they feel that way	Book - It's a No Money Day 1.I can tell you some of the ways people pay for things and some of the decisions people have to make about spending. 2.I can tell you how money can affect people's emotions. 3.I can tell you some of the reasons people save or spend money. 4.I can tell you what 'borrowed' means and why people might borrow money. 5.I can tell you how to keep money and possessions safe. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Faruq and the Wiri Wiri 1.I can explain how food contributes to a balanced lifestyle. 2.I can tell you some principles of planning and preparing a range of healthy meals. 3.I can make choices about the food I eat and I can tell you what affects the choices I make. 4.I can tell you how drinks contribute to a balanced lifestyle. 5.I can tell you what influences my goals and dreams for the future.	Book - The Hundred Dresses 1.I can tell you the characteristics of a good friend. 2.I can tell you some ways I can manage friendship problems. 3.I can tell you what impact bullying or cyberbullying can have and how someone experiencing bullying can stand up to this or get help. 4.I can tell you how bystanders can help prevent bullying.	Book - Ossiri and the Bala Mengro 1.I can tell you the benefits of community participation on my mental wellbeing. 2.I can tell you how music can benefit my mental wellbeing. 3.I can tell you why it is important to not give up when something is hard. 4.I can use a 5 point scale to tell you how hard I am finding my work and I can tell you some strategies that help me when my work is hard.	

	Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Link to British Values - Mutual Respect, Tolerance, Individual Liberty		Link to British Values - Mutual Respect, Tolerance, Individual Liberty	5.I can tell you some ways that I can improve my friendships. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	5.I can give constructive support and feedback to others. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	
Year 4/5 Cycle 1	Book - The Grand Hotel of Feelings 1.I can tell you a range of feelings words and can explain when I have felt these feelings. 2.I can tell you why it is important to listen to our emotions. 3.I can describe examples of how people experience more than one feeling at a time 4.I can explain how my feelings might change as I grow up. 5. I can tell you what I could do if my feelings are too big to handle myself Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Penguin Pig I can tell you the risks of making friends online including the risks of talking to people I have never met and how people sometimes pretend to be someone they are not I can tell you why it is important to treat people online the same as you treat people in person I can tell you some strategies for managing online bullying I can tell you how to critically consider sources of information I can tell you how information and data is shared and used online Link to British Values - Mutual Respect, Tolerance, Individual Liberty, Rule of Law	Book - The Moose Belongs To Me 1.I can tell you how friends should treat each other. 2.I can politely say 'no' when I don't want to do something. 3.I can explain that friendships have ups and downs. 4.I can tell you some ways I can repair a damaged friendship. 5.I can explain how rules and laws protect me and others. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - The Proudest Blue I can tell you about my cultural heritage. I can tell you about ways my family and friends support me. I can tell you how I show respect to people who have different beliefs to me. I can tell you about some of the different types of bullying (including online bullying) and I can tell you some strategies to resist this and to get help. I can tell you about the impact of bullying on mental wellbeing. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - The Tunnel 1.I can tell you what a dare is and how dares make people feel. 2.I can use a 5 point scale to tell you how risky something is. 3.I can tell you what peer pressure is and how to resist anything that is dangerous, uncomfortable or feels wrong. 4.I can tell you how taking risks can be a positive thing and how this can build up my resilience. 5.I can tell you what I should do in an emergency situation. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Mama Miti I can tell you about safe and unsafe exposure to the sun and how to reduce the risk of sun damage. I can tell you how serving others can help my wellbeing. I can tell you what a role model is and who my role models are. I can tell you about something I am passionate about. I can tell you how to show respect for different languages and the benefits of speaking different languages. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Block 3 (2 year cycle)

Year 4/5 Cycle 2	Book - The Colour Thief I can tell you what mental illness means and how this can vary in severity, and I can tell you some ways people can look after their mental health. I can tell you how someone experiencing mental illness can get support and I can explain why it is better to get support early. I can tell you some of the ways people with mental health problems are supported. I can describe some of the feelings involved with living with and supporting someone with a mental illness and I can describe the available support. I can tell you why it is important to show respect to all people including people experiencing mental illness. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - The Boy Who Grew Flowers I can describe why it is important to respect my body and the amazing things it can do. I can explain the term 'body image' and how my opinion of my body can affect my confidence I can explain how images in the media do not always reflect reality and can affect my body image I can explain the term self-esteem and know strategies to help boost my self-esteem I can describe the effect that bullying can have on mental wellbeing I can think of ways to make my classroom more inclusive Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Ada's Violin 1.I can tell you how I am part of a 'whole world' community and how this can impact my wellbeing. 2.I can tell you some ways I help to protect my world. 3.I can tell you what makes a good team. 4.I can show you some skills that might be helpful to a future career, such as team work, enterprise or negotiation. 5.I can tell you what self-esteem means and some things that boost my self-esteem. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Pizza Face 1.I can tell you the basic changes that happen during puberty. 2.I can tell you how my emotions will change during puberty. 3.I can explain that all people will experience puberty differently. 4.I can tell you how to get advice if I am unsure about anything relating to puberty. 5.I can tell you all the positive things about growing up. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Ritu Weds Chandni 1.I can tell you why people choose to get married and some of the factors that go into that decision. 2.I can tell you about the laws related to marriage and how these may differ in other countries. 3.I can tell you about the different values and customs related to marriage in different countries and I can tell you how I show respect for different types of marriage. 4.I can tell you about traditions that are important to my family. 5.I can tell you about a range of national, regional, religious and ethnic identities in the United Kingdom. Link to British Values - Mutual Respect, Tolerance, Individual Liberty, Rule of Law	Book - Mum and Dad Glue 1.I can tell you some of the reasons why married or unmarried couple may choose to separate. 2.I am aware of some of the feelings associated with separation. 3.I can tell you some strategies for dealing with feelings related to separation. 4.I can tell you what an affirmation is and can write one for myself. 5.I can explain how I could help a friend who is experiencing a difficult situation. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	

Year 6	Book - Aaron Slater Illustrator 1.I can set myself challenging goals. 2.I can identify what will help me achieve my goal and what will hold me back. 3.I can tell you some strategies that can help me overcome the things that might hold me back. 4.I can break goals down into smaller manageable steps. 5.I can tell you about a range of careers. Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book = Marcus Rashford I can tell you what racism is and how I can stand up to it. I can tell you some strategies to manage difficult situations and how to seek help or advice from others. I can tell you how I could prevent difficult situations online. I can tell you about people who have stood up for what they believe in. I can tell you how I can stand up for what I believe in. Mutual respect and tolerance, individual liberty, the rule of law, democracy	Book – Mary Earps I can tell you what a stereotype is and how stereotypes can be unfair, negative or destructive I can challenge stereotypes I can tell you what influences people's career choices I can tell you the benefits of exercise I can tell you what I need to look after my physical health Mutual respect and tolerance, Individual liberty	Book – Sunny Side Up I can tell you the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking and how they affect everyone differently. I can tell you some strategies for resisting peer pressure related to drugs, smoking and alcohol and how I would get help if I was worried about myself or someone else taking drugs, smoking or drinking alcohol. I can tell you why consent and permission seeking are important in a relationship. I can express my needs calmly and assertively. I can tell you how to be safe around water. Mutual Respect and Tolerance, Individual Liberty, and the Rule of Law.	Book - Making a Baby 1.I can describe how a baby is made using accurate language. 2.I can explain that reproduction requires maturity and why there is a legal age to have sex. 3.I can tell you what happens between conception and birth. 4.I can tell you about the needs of newborn babies and what it is like to be a parent. 5.I can tell you what makes me, me! Link to British Values - Mutual Respect, Tolerance, Individual Liberty	Book - Finding My Voice 1.I can tell you how I feel about the transition to secondary school. 2.I can tell you some of the practical things I can do to help me manage the transition to secondary school. 3.I can tell you some of the strategies that will help me to manage the emotions related to the transition to secondary school. 4.I can tell you my goals for my time at secondary school. 5.I can tell you my goals for beyond secondary school, including my career and other plans. Link to British Values - Mutual Respect, Tolerance, Individual Liberty REAL LOVE ROCKS	Block 4 (1 year cycle)