

PSHE / Relationships Education Overview 2025-26

In Relationships Education/PSHE, we use 1Decision supplemented with the use of books identified in the long-term plan. We also use Embrace Challenges from the Lincolnshire Ethnic Minority Service which help to provide life experiences, outside of Billingham so that our children have the knowledge, compassion and respect for difference and diversity. In this way, we strive to foster collaborative, respectful and adaptable learners within our school.

	AUTUMN	SPRING	SUMMER
PSHE/ Relationships Ed <u>Reception Year</u> Red Arrows 2025-2026 Taught by DC, usually on Monday afternoons	1 Decision Keeping and Staying Safe (Settling in, hand washing) <i>Powerful Knowledge: How do I keep myself safe and happy in school?</i> Relationships (Friendships, feelings and emotions) Being a good friend <i>Powerful Knowledge: How can I be a good friend?</i> Anti-bullying week and themes – Whole School (November)	Computer Safety . Safer Internet Day <i>Powerful Knowledge: Who helps me when I'm on the computer or tablet at home? In school?</i> Keeping and Staying Healthy (healthy eating, sun safety, people who help us) <i>Powerful Knowledge: How do I try and keep healthy and when do I brush my teeth?</i>	Being Responsible (road safety, stranger danger) <i>Powerful Knowledge: How can I stay safe in busy places, like the supermarket?</i> Our World (difference and diversity) <i>Powerful Knowledge: What makes me unique? What does the word 'family' mean?</i> RSE Day – Whole school (End of June)
<u>'Educate and Celebrate Books' to share and discuss with the class:</u> Not like the Others Mommy, Mama and Me Red Rockets and Rainbow Jelly Happy to be Me			
PSHE / Relationships Ed <u>Y1 and Y2</u> <u>Following Year 1, 1Decision</u> 2025-26 Weekly session with LM	1 Decision Year 1 Feelings and Emotions (jealousy) <i>Powerful Knowledge: How do we experience feelings and emotions in our bodies?</i> Relationships (friendships) Anti-bullying week and themes – Whole School (November) <i>Powerful Knowledge: How can you show that you care about special people and special things?</i>	Computer Safety (Online bullying) Safer Internet Day <i>Powerful Knowledge: Who could you talk to if you experience unkindness online?</i> Growing in Our World <i>Powerful Knowledge: What do all families have in common?</i>	Keeping and Staying Healthy (washing hands) <i>Powerful Knowledge: How can you stay healthy and why is it important to wash our hands?</i> Keeping and Staying Safe (Road safety) <i>Powerful Knowledge: How can we stay safe from the sun's rays/in a vehicle/crossing the road?</i>

Vulcans continued	Embrace Challenge 1: Black history Month, Author- Nathan Bryon *Additional short unit/lessons ' Hazard Watch ' and ' Fire Safety ' to be done at <u>any point</u> throughout the year.	Embrace Challenge 2: Race and Ethnicity – Skin colour	Being Responsible <i>Powerful Knowledge: What are you responsible for and how can you help to prevent accidents?</i> Embrace Challenge 8: Being different RSE Day – Whole school (End of June)
	<u>'Educate and Celebrate Books' to share and discuss with the class:</u> The Family Book Amazing BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families		

PSHE / Relationships Ed <u>Year 2 and 3 Spitfires</u> 2025-26 <u>Following Year 3 1Decision resources</u> Weekly session taught by JB	1 Decision Year 3 Keeping and Staying Safe – leaning out of windows <i>Powerful Knowledge: Should we trust everyone we know? Can you name some dangers that you may find in and around the house?</i> Relationships – touch, anti bullying Anti-bullying week and themes – Whole School (November) <i>Powerful Knowledge: Can you name the different body parts? If you feel uncomfortable in a relationship, who could you talk to?</i> Being Responsible - Stealing	Computer Safety Making friends online. Safer Internet Day <i>Powerful Knowledge: If you receive a message online from someone you do not know, what could you do? How could you help someone who is worried about something they have seen online?</i> Keeping and Staying Healthy – Medicine <i>Powerful Knowledge: Why do we take medicine and who should we take medicine from?</i> Embrace Challenge 7: Celebrating different faiths and beliefs	Feeling and Emotions – grief <i>Powerful Knowledge: What are some of the reasons we might feel or experience grief? What could you do if you feel sad about losing someone or something?</i> Our World – looking after our world <i>Powerful Knowledge: What does the phrase 'reduce, re-use, recycle' mean?</i> RSE Day – Whole school (end of June) Embrace Challenge 9: Black Sport Icons
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Spitfires continued	Powerful Knowledge: What are the differences between borrowing and stealing? How can you be responsible? Embrace Challenge 1: Black History Month – Fanny Eaton (model) *Additional short unit/lessons 'Hazard Watch' and 'Fire Safety' to be done at <u>any point</u> throughout the year.		
	<u>'Educate and Celebrate Books' to share and discuss with the class:</u> Freddie and the Fairy Dogs don't do Ballet BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families		

PSHE / Relationships Ed Year 4 Hurricanes 2025-26 Weekly sessions taught by SS	1 Decision Year 4 Keeping and Staying Safe – Cycle safety Powerful Knowledge: How can we keep safe at home, in school, and in the community? How can we stay safe when riding a bike? Being Responsible – Coming Home on Time Powerful Knowledge: Why do we have rules and why is it important to be on time? Feelings and Emotions – Jealousy	Computer Safety – Online bullying Safer Internet Day Powerful Knowledge: What are the positives and negatives of using computers and being online? If someone is being bullied online, what could you do? Keeping and Staying Healthy – Healthy Living Powerful Knowledge: What different food types do we need to grow healthily?	Growing and Changing – appropriate touch Powerful Knowledge: What can make a relationship healthy or unhealthy? What is the difference between secrets and surprises? The Working World – Chores Powerful Knowledge: What chores could you be responsible for at home? Can you name any skills that may be required for a future job?
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Hurricanes continued	Powerful Knowledge: How can you manage the feeling of jealousy? Name some benefits of having different types of friends? Anti-bullying week and themes – Whole School (November) Embrace Challenge 1: Black History Month – a lesson on Mary Seacole (adapted from Embrace) *Additional short unit/lessons 'First Aid' to be done at <u>any point</u> throughout the year	Embrace Challenge 2: Why do we have different skin colour?	A World Without Judgement – Breaking down barriers Powerful Knowledge: What kind of judgements or opinions might prevent the community from working together? RSE DAY – Whole school (end of June) Embrace Challenge 8: Race and Ethnicity – Being different
PSHE / Relationships Ed <u>Year 5 Lancasters</u> 2025-26 Weekly sessions taught by AS	1 Decision Year 5 Keeping and Staying Safe – Peer pressure Powerful Knowledge: What is peer pressure and how could you help someone who is feeling it? Being Responsible – Looking out for others Powerful Knowledge: How can we help others? Feelings and Emotions – Anger Powerful Knowledge: Can you describe the feeling of anger? How can we manage this feeling in a positive, healthy way?	Computer safety – Image sharing. Safer Internet Day Powerful Knowledge: What do people need to think about before they share an image online? Keeping and Staying Healthy – smoking Powerful Knowledge: What are the risks of smoking and why might people start to smoke? Embrace Challenge 7: Living in a multi-faith society	Growing and Changing – puberty Powerful Knowledge: What does the brain release in order for puberty to begin? What changes do females and males go through during puberty? The Working World – Enterprise Powerful Knowledge: How can we receive money? How can we save money? A World Without Judgement - Inclusion and acceptance Powerful Knowledge: How are we all different and how can we help people who are

'Educate and Celebrate Books' to share and discuss with the class:

Julian is a Mermaid

Piggybook

BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families

Lancasters continued	Anti-bullying week and themes – Whole School (November) Embrace Challenge 4: Refugees – Right of the child *Additional short unit/lessons ' First Aid ' to be done at <u>any point</u> throughout the year.		<i>discriminated against? Describe the different groups that can make a community</i> RSE Day – Whole school (end of June) Embrace Challenge 9: Racism in Sport
	<u>'Educate and Celebrate Books' to share and discuss with the class:</u> And Tango makes Three Amazing Grace BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families		

PSHE / Relationships Ed <u>Year 6 Typhoons</u> 2025-26 Weekly session taught by JW	1 Decision Year 6 Keeping and Staying Healthy – Alcohol <i>Powerful Knowledge: What effects can alcohol have on your body? If you or anyone you know is struggling with a mental health issue, what could you do?</i> Being Responsible – Stealing <i>Powerful Knowledge: Can you describe the meaning of consent? Can you explain a time where you may need to seek permission?</i> Feelings and Emotions – Worry <i>Powerful Knowledge: Who could you talk to and</i>	Computer Safety – Making Friends online Safer Internet Day <i>Powerful Knowledge: Why are there age restrictions on certain apps and games? If you wanted to meet a n online friend in real life, how could you make sure you were safe?-</i> A World Without Judgement – British Values <i>Powerful Knowledge: Can you name any of the British Values? Can you name one or more of your school values? How can we challenge stereotypes?</i>	Keeping and Staying Safe – Water Safety <i>Powerful Knowledge: Why should we take notice of warning/danger signs? How can we stay safe around open water, such as a river or a lake?</i> Growing and Changing – Conception <i>Powerful Knowledge: Name 3 parts of the male and female reproductive system? What is the legal age of consent to have sexual intercourse? (Split Y5 and Y6 children here. Y5 to do Y5 1Decision puberty lesson(s)</i> The Working World – In app Purchases
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<i>Typhoons continued</i>	<i>what could you do to try and manage a difficult emotion?</i> Anti-bullying week and themes – Whole School (November) <i>Embrace Challenge 1: Black History Month – a lesson on Rosa Parks (adapted from Embrace)</i> *Additional short unit/lessons '<i>First Aid</i>' to be done at <u>any point</u> throughout the year.	<i>Embrace Challenge 5: Traveller Culture and Heritage</i>	<i>Powerful Knowledge: How can you help your family save money? Can you explain how we can spend money via technology?</i> RSE Day – Whole school (end of June) <i>Embrace Challenge 8: Race and Ethnicity – Different forms of racism</i> <i>*Additional lesson to take place during the Summer Term: <u>County Lines lesson</u> from The Oak National Academy</i> www.thenational.academy This lesson consists of slides, starter quizzes and exit quizzes. Please note it is a KS3 lesson so may need adapting a little to suit our pupils
	<u>'Educate and Celebrate Books' to share and discuss with the class:</u> I am not a Label Rosie Revere Engineer BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families		

Educate and Celebrate Books colour key: Books featuring LGBT characters

Books that challenge stereotypes

Books that feature characters with disabilities