

PSHE / Relationships Education Overview 2026-27

In Relationships Education/PSHE, we use 1Decision supplemented with the use of books identified in the long-term plan, which we call our 'Educate and Celebrate' books. 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.

Each 1Decision theme/unit should be 1 or 2 lessons. Therefore if you have 3 or even 4 themes in a big term, that should be a maximum of 6 or 8 lessons respectively, giving you the room to deliver the Embrace Challenges, Picture Book sessions and Enrichment Days/Themes

This plan has been amended and updated (September 2026) to follow new statutory guidance and therefore, better include themes of fire, water and travel safety as well as first aid, all within the 'Fire Safety/First Aid' unit

	AUTUMN	SPRING	SUMMER
PSHE/RSHE/Personal Development Whole School Enrichment Days and Themes	Lincolnshire Day (early October) Black History Month lessons in October Children in Need Day (November) Anti-bullying week and themes (November)	Safer Internet Day (February) Careers/Science Week in March	RSE Day in June Enterprise Stalls and Summer Gala in July
PSHE/ Relationships Ed <i>Red Arrow Class</i> <i>Mrs Clarke and Mrs Willett</i> <i>Reception</i> <i>2026-2027</i>	1 Decision Keeping and Staying Safe (Settling in, hand washing. Cover fire, water and travel safety) Powerful Knowledge: How do I keep myself safe and happy in school? Relationships (Friendships, feelings and emotions) Being a good friend Powerful Knowledge: How can I be a good friend?	Computer Safety. Safer Internet Day Powerful Knowledge: Who helps me when I'm on the computer or tablet at home? In school? Keeping and Staying Healthy (healthy eating, sun safety, people who help us) Powerful Knowledge: How do I try and keep healthy and when do I brush my teeth?	Being Responsible (road safety, stranger danger) Powerful Knowledge: How can I stay safe in busy places, like the supermarket? Our World (difference and diversity) Powerful Knowledge: What makes me unique? What does the word 'family' mean?
	<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		NSPCC 'Talk Pants' lesson to carry out this term PANTS resources for schools and teachers NSPCC Learning NSPCC Learning

PSHE / Relationships Ed <u>Vulcan Class</u> <u>Mrs McCaffrey</u> <u>Year 1</u> <u>2026-2027</u> <u>Following Year 1</u> <u>1Decision resources</u>	1 Decision Year 1 Feelings and Emotions (jealousy) <i>Powerful Knowledge: How do we experience feelings and emotions in our bodies? Who can support us with our feelings and emotions?</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? What types of relationships are there? What can we do if we fall out with our friends?</i> Embrace Challenge 1: Black history Month, Author- Nathan Bryon	Computer Safety (Online bullying) Safer Internet Day <i>Powerful Knowledge: What are the positives and negatives of being online? Who could you talk to if you experience unkindness online?</i> Our World <i>Powerful Knowledge: What do all families have in common? What things grow on Earth?</i> Embrace Challenge 2: Race and Ethnicity – Skin colour	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> To include Fire Safety unit too. <i>Powerful Knowledge: Who can help us keep safe? What is an emergency? What is a hoax call?</i> Being Responsible <i>Powerful Knowledge: What are you responsible for and how can you help to prevent accidents? What new things may you be responsible for as you grow?</i> Embrace Challenge 8: Being different NSPCC 'Talk Pants' lesson to carry out this term PANTS resources for schools and teachers NSPCC Learning NSPCC Learning
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'Educate and Celebrate Books' to share and discuss with the class:

[The Family Book](#) [Amazing](#)

BOOK FOR EVERYONE/ALL YEAR GROUPS: [The Great Big Book of Families](#)

PSHE / Relationships Ed <u>Hurricane Class</u> <u>Mrs Smith and Ms Hall</u> <u>Year 4 and 5</u> <u>2026-2027</u> <u>Following Year 4</u> <u>1Decision resources</u>	1 Decision Year 4 Keeping and Staying Safe – Cycle safety <i>Powerful Knowledge: How can we keep safe at home, in school, and in the community? How can we stay safe when riding a bike?</i> To include First Aid unit too. <i>Powerful Knowledge: What could trigger an asthma attack? How could you help someone who is choking? What is an epi-pen?</i> Being Responsible – Coming Home on Time <i>Powerful Knowledge: Why do we have rules and why is it important to be on time? How can we be responsible?</i> Feelings and Emotions – Jealousy <i>Powerful Knowledge: How can you manage the feeling of jealousy? Name some benefits of having different types of friends?</i> <i>Embrace Challenge 1: Black History Month – a lesson on Mary Seacole (adapted from Embrace)</i>	Computer Safety – Online bullying Safer Internet Day <i>Powerful Knowledge: What are the positives and negatives of using computers and being online? If someone is being bullied online, what could you do? How can you keep yourself safe online?</i> Keeping and Staying Healthy – Healthy Living <i>Powerful Knowledge: What different food types do we need to grow healthily?</i> <i>Embrace Challenge 2: Why do we have different skin colour?</i>	Growing and Changing – appropriate touch <i>Powerful Knowledge: What types of relationships are there? What can make a relationship healthy or unhealthy? What is the difference between secrets and surprises?</i> The Working World – Chores <i>Powerful Knowledge: What chores could you be responsible for at home? Can you name any skills that may be required for a future job?</i> A World Without Judgement – Breaking down barriers <i>Powerful Knowledge: How can we challenge stereotypes? How are we all different? How can we respect and others?</i> <i>Embrace Challenge 8: Race and Ethnicity – Being different</i> NSPCC ‘Talk Pants’ lesson to carry out this term PANTS resources for schools and teachers NSPCC Learning NSPCC Learning
	<u>‘Educate and Celebrate Books’ to share and discuss with the class:</u> Julian is a Mermaid Piggybook BOOK FOR EVERYONE/ALL YEAR GROUPS: The Great Big Book of Families		

PSHE / Relationships Ed <u>Typhoon Class</u> <u>Mrs Waller and Mrs H Atkinson</u> <u>Year 5 and 6</u> <u>2026-2027</u> <u>Following Year 6*</u> <u>1Decision resources</u>	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 what could you do to try and manage a difficult emotion? How can you manage feelings of worry?</i> Embrace Challenge 1: Black History Month – a lesson on Rosa Parks (adapted from Embrace)	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 an online friend in real life, how could you make sure you were safe? How can you keep yourself and others safe online?</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> Embrace Challenge 5: Traveller Culture and Heritage	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> To include First Aid unit too. <i>Powerful Knowledge: What should you do if you think someone is having a heart attack? How could you treat a minor burn/scald? How could you spot a fractured/broken bone?</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?</i> <i>*(Split Y5 and Y6 children here. Y5 to do Y5 1Decision puberty lesson(s))</i> The Working World – In app Purchases <i>Powerful Knowledge: How can you help your family save money? Can you explain how we can spend money via technology?</i> Embrace Challenge 8: Race and Ethnicity – Different forms of racism *Additional lesson to take place during the Summer Term: <u>County Lines lesson from The Oak National Academy</u> www.thenational.academy
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	<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		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 NSPCC ‘Talk Pants’ lesson to carry out this term PANTS resources for schools and teachers NSPCC Learning NSPCC Learning
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Educate and Celebrate Books colour key: Books featuring LGBT characters

Books that challenge stereotypes

Books that feature characters with disabilities