

## RSHE Curriculum at Emscote Infant School.

We are learning...

|          | RSHE <i>Yasmin and Tom</i> Scheme of Work                                                                                                                                                                                              |                                                                                                                                                                                                                            |                                                                                                                                                                                |                                                                                                                                                                                                                             |                                                                                                                                                                |                                                                                                                                          |                                                                                                                                                                                                          |                                                                                                                                                              |                                                                                                                |
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| EYFS     | There is no requirement for RSHE to be taught in EYFS, see PSHE overview for EYFS PSED links.                                                                                                                                          |                                                                                                                                                                                                                            |                                                                                                                                                                                |                                                                                                                                                                                                                             |                                                                                                                                                                |                                                                                                                                          |                                                                                                                                                                                                          |                                                                                                                                                              |                                                                                                                |
| Year One | <b>Lesson 1: Introducing Yasmin and Tom</b><br>-Describe some ways that boys and girls are similar or the same.<br>-Know that there is more than one way to be a boy and more than one way to be a girl.                               | <b>Lesson 2: Friendships and Feelings</b><br>-Describe what makes a good friend.<br>-Identify when friendship feels good.<br>-Describe how to solve a problem when a friendship goes wrong.                                | <b>Lesson 3: Different Families</b><br>-Identify different types of families.<br>-Describe a similarity and difference between different types of families.                    | <b>Lesson 4: My Brilliant Body</b><br>-Explain that all bodies are different.<br>-Say what is brilliant about our body.<br>-Explain what to do if someone says something mean about our body.<br>-Describe how to get help. | <b>Lesson 5: Keeping Safe</b><br>-Recognise when a situation is safe or unsafe.<br>-Describe some ways that we can keep safe.<br>-Describe how to get help.    | <b>Lesson 6: Sleeping Well</b><br>-Know how important it is to get good quality sleep.<br>-Know how to develop a routine before bedtime. | <b>Lesson 7: Keeping clean</b><br>- Explain why it is important to keep clean.<br>-Give two examples of things to keep ourselves clean at home.<br>-Give two examples of things to keep clean at school. | <b>Lesson 8: Safety in the Sun</b><br>-Know how to protect ourselves when it is sunny.<br>-Understand what happens if we don't protect ourselves in the sun. | <b>Lesson 9: Good manners</b><br>-Understand the practice of using good manners and being courteous to others. |
| Year Two | <b>Lesson 1: Keeping Clean and Taking Care of Myself</b><br>-Name objects used to help keep someone clean and healthy.<br>-Explain why it is important to keep clean.<br>-Name tasks we can do for ourselves to look after our bodies. | <b>Lesson 2: Naming Body Parts – External and Private</b><br>-Name different parts of our body including the private and personal body parts.<br>-Explain what private and personal parts are and how they are identified. | <b>Lesson 3: Keeping Safe (lesson revisited)</b><br>-Recognise when a situation is safe or unsafe.<br>-Describe some ways that we can keep safe.<br>-Describe how to get help. | <b>Lesson 4: Healthy Eating</b><br>-Know what a healthy diet is.<br>-Suggest healthy meals for the school cook.<br>-Understand what happens if you have a poor diet and the risks involved.                                 | <b>Lesson 5: Emotions and Anger</b><br>-Recognise different emotions.<br>-Use techniques to help us manage our emotions.<br><i>Link to Zones of Regulation</i> | <b>Lesson 6: Keeping Fit</b><br>-Know what happens to the body when we exercise.<br>-Know why it is important to exercise.               |                                                                                                                                                                                                          |                                                                                                                                                              |                                                                                                                |

<https://www.fpa.org.uk/yasmine-and-tom/home/>

RSHE is taught in Summer 2<sup>nd</sup> half term