

Life Skills Overview 2023-2024 Summer Term 2024

Relationships	Health and Wellbeing	Living in the Wider World
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*elements of RSE may feature throughout all three key headings

****Please find attached the suggested resources for the unit. These are the resources that the class teachers will select, adapt and amend in order to suit the needs of their class.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 B	Friendships, feeling lonely and managing arguments.	Behaviour, bullying, words and actions, respect for others.	People and jobs, money and the role of the internet.	Keeping safe, recognising risk and rules.	Being healthy - eating, drinking, playing and sleeping.	Feelings, mood, times of change, loss and bereavement and growing up.
Year 3	Friendships, making positive friendships, managing loneliness and dealing with arguments.	Keeping safe: at home and schools, our bodies, hygiene, medicines and household products.	Families, family life and caring for each other.	Community, belonging to groups, similarities and differences and respect for others.	Being healthy, eating well and dental care.	Being healthy, keeping active and taking rest.
Year 4	Respect for self and others; courteous behaviour; safety; human rights.	Feelings and emotions; expression of feeling and behaviour.	Self-esteem: self-worth; personal qualities; goal setting and managing set backs	Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions.	Careers; aspirations; role models and the future.	Keeping safe; out and about; recognising and managing risk.
Year 5	Identity; personal attributes and qualities;	Money; making decisions; spending	Basic first aid, accidents and	Friendships; relationships;	Growing and changing; puberty	Drugs, Alcohol, tobacco;

	similarities and differences; individuality; stereotypes	and saving.	dealing with emergencies	becoming independent; online safety		vaping and healthy habits
Year 6	Looking after ourselves, growing up, becoming independent and taking more responsibility	Looking after ourselves, growing up, becoming independent and taking more responsibility	Media literacy and digital resilience; influences and decision-making; online safety	Media literacy and digital resilience; influences and decision-making; online safety	Different relationships, changing and growing, adulthood, independence, moving to secondary school	Different relationships, changing and growing, adulthood, independence, moving to secondary school

Term	Unit	Enquiry Question	Objectives
KS1 B			
Summer 1	Health and Wellbeing	What helps us to grow and stay healthy?	<ul style="list-style-type: none"> • that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest • that eating and drinking too much sugar can affect their health, including dental health • how to be physically active and how much rest and sleep they should have everyday • that there are different ways to learn and play; how to know when to take a break from screen-time • how sunshine helps bodies to grow and how to keep safe and well in the sun
Summer 2	Health and Wellbeing	How do we recognise our feelings?	<ul style="list-style-type: none"> • how to recognise, name and describe a range of feelings • what helps them to feel good, or better if not feeling good • how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • how feelings can affect people in their bodies and their behaviour • ways to manage big feelings and the importance of sharing their feelings with someone they trust

			<ul style="list-style-type: none"> • how to recognise when they might need help with feelings and how to ask for help when they need it
Year 3			
Summer 1	Health and Wellbeing	Why should we eat well and look after our teeth?	<ul style="list-style-type: none"> • how to eat a healthy diet and the benefits of nutritionally rich foods • how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • how people make choices about what to eat and drink, including who or what influences these • how, when and where to ask for advice and help about healthy eating and dental care
Summer 2	Health and Wellbeing	Why should we keep active and sleep well?	<ul style="list-style-type: none"> • how regular physical activity benefits bodies and feelings • how to be active on a daily and weekly basis - how to balance time online with other activities • how to make choices about physical activity, including what and who influences decisions • how the lack of physical activity can affect health and wellbeing • how lack of sleep can affect the body and mood and simple routines that support good quality sleep • how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried
Year 4			
Summer 1	Living in the Wider World	What jobs would we like?	<ul style="list-style-type: none"> • that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime • that some jobs are paid more than others and some may be voluntary (unpaid) • about the skills, attributes, qualifications and training needed for different jobs • that there are different ways into jobs and careers, including college, apprenticeships and university

			<ul style="list-style-type: none"> • how people choose a career/job and what influences their decision, including skills, interests and pay • how to question and challenge stereotypes about the types of jobs people can do • how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions
Summer 2	Health and Wellbeing	How can we manage risk in different places?	<ul style="list-style-type: none"> • how to recognise, predict, assess and manage risk in different situations • how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • how people's online actions can impact on other people • how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • how to report concerns, including about inappropriate online content and contact • that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law
Year 5			
Summer 1	Health and Wellbeing	<p>How will we grow and change?</p> <p><small>This unit may be moved to a different term in year 5 depending on the needs of the year group - parents will be notified in advance.</small></p>	<ul style="list-style-type: none"> • about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams • how puberty can affect emotions and feelings • how personal hygiene routines change during puberty • how to ask for advice and support about growing and changing and puberty
Summer 2	Health and Wellbeing	How can drugs common to everyday life affect health?	<ul style="list-style-type: none"> • how drugs common to everyday life (including smoking/vaping) - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing • that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal

			<ul style="list-style-type: none"> • how laws surrounding the use of drugs exist to protect them and others • why people choose to use or not use different drugs • how people can prevent or reduce the risks associated with them • that for some people, drug use can become a habit which is difficult to break • how organisations help people to stop smoking/vaping and the support available to help people if they have concerns about any drug use • how to ask for help from a trusted adult if they have any worries or concerns about drugs
Year 6			
Summer 1	Relationships	How do friendships change as we grow?	<p>that people have different kinds of relationships in their lives, including romantic or intimate relationships</p> <ul style="list-style-type: none"> • that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another • that adults can choose to be part of a committed relationship or not, including marriage or civil partnership • that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime • how friendships may change as they grow and how to manage this
Summer 2	Relationships *Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.	What will change as we become more independent?	<ul style="list-style-type: none"> • how puberty relates to growing from childhood to adulthood • about the reproductive organs and process - how babies are conceived and born and how they need to be cared for* • that there are ways to prevent a baby being made* • how growing up and becoming more independent comes with increased opportunities and responsibilities • how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing

