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| **Subject: Personal Development; Relationships Year A : Phase 3**  *NB The statutory and non-statutory objectives are continuously revisited in a spiral curriculum using Jigsaw toolkit. Within themed topic’s we teach objectives discreetly in MTP’s whilst revisiting in outline previously taught objectives. For the purpose of this MTP we are emphasising the following objectives that pupils should be taught:*  **RSHE Statutory Guidance**  Caring Friendships 2a-e  Respectful Relationships 3a-f  Online Safety 4a-e  Being Safe 5a-h  Mental Health 6a-e  Internet Safety 7a-eg,  Physical Health 8a-d  Healthy Eating 9a-c  **Non Statutory Guidance Citizenship KS2**  Developing confidence and responsibility and making the most of their abilities 1a-c,e  Preparing to play an active role as citizens 2a-b,d-f,h-i  Developing a healthy, safer lifestyle 3a,e-f  Developing good relationships and respecting the difference between people 4ab,f-g  Breadth of Opportunities 5a-i |
| **Prior Learning (what pupils already know and can do)**  Know how to cope when others fall out with you  Know what a boyfriend and girlfriend is  Know how to show appreciation of others and of animals  Know how to articulate how they feel when they miss someone  Know what negotiation and compromise mean  Know how their choices effect other people, friends, family and people they do not know  Know that changes can’t happen to their bodies without their permission  Know that you have same rules online as you do for face to face friendships  Know that some online information can be fake or misleading and can impact on your mental health |
| **End Points (what pupils MUST know and remember)**  Know how to identify mental health worries and sources of support  Know when people are trying to gain power and control and that can affect my mental health  Know how to express feelings of loss and uses strategies to manage these feelings  Know about my rights, responsibilities and staying safe online on line  Know how to resist peer pressure I may face when using technology  Know my body is my own and my permission is needed to change it  Know the risks of being a gang member  Know what county lines is and what to do if they feel unsafe  Know that domestic violence is never OK |
| Key Vocabulary to teach each session; peer pressure, self-worth, loss, responsibility, technology, power, control, mental health sources, negotiation, FGM, cultural traditions, suicide |
| **Session 1:** **Recognising Me**  I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. I know how to keep building my own self esteem.  **Taught Year A Relationships Units 1** |
| **Session 2**: **Safety with online communities**  I have learnt how to stay safe online and all about online risks and what I need to do to be safe. I know that belonging to an online community can have a positive or negative consequence.  **Taught Year A Relationships Units 1** |
| **Session 3**: **My relationship with technology**  I understand about screen time and spending too much time on devices. I understand that there are rights and responsibilities in an online community. I can judge if something is safe online and helpful for me. I can use technology positively and safely to communicate with my friends and family.  **Taught Year B Relationships Units 2** |
| **Session 4: Mental Health:** Children learn to judge whether what they are feeling and behaving is appropriate or not. Explore the theme of what is meant my mental ill health and how it’s important to ask for help about own or others. Explore what can help your mental health; how being a part of a community can help wellbeing; friendships, groups, wider organisations; voluntary, national. |
| **Session 5: Gangs and County Lines:** Learn about joining a gang**,** why gangs form**,** risk of gang membership. Learn about what county lines is. How children can become involved in county lines activities. How to seek help, if they feel unsafe. Learn what domestic violence is, its different forms, the risk of violence and it is not normal behaviour and always unacceptable. Learn how to seek help and where help can be found. |