

Rainbow Class (EYFS & KS1)

Cycle A

Autumn Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Relationships	Families and Close Positive Relationships	KS1- R1: about the roles different people (e.g. acquaintances, friends, relatives) play in our lives. KS1-R2: To identify the people who love and care for them and what they do to help them feel cared for. KS1-R3: About the different types of families including those that may be different to their own. KS1-R4: To identify the common features of family life. KS1-R5: That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried.	Metro charity KS1 Love and respectful FPA – Growing up with Yasmine and Tom Primary RSE Lessons (KS1), Lesson 1, 'My
	Safe Relationships	KS1-R13: to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. KS1-R15: how to respond safely to adults they don't know. KS1-R16: about how to respond if physical contact makes them feel uncomfortable or unsafe. KS1-R17: About knowing there are situations when they should ask for permission and also when their permission should be sought. KS1-R20: What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help.	NSPCC – The underwear rule resources 1 decision (5-8)- Relationships £ FPA – Growing up with Yasmine and Tom
	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS1-R10: that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. KS1-R11: About how people may feel if they experience hurtful behaviour or bullying. KS1-R12: How to report bullying; the importance of telling a trusted adult.	

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Spring Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Living in the Wider World	Communities	KS1-L4: About the different groups they belong to. KS1-L5: About the different roles and responsibilities people have in their community. KS1-L6: To recognise the ways they are the same as, and different to, other people.	
	Media Literacy & Digital Resilience (Internet Safety Week)	KS1-L7: About how the internet and digital devices can be used safely to find things out and to communicate with others. KS1-L8: About the role of the internet in everyday life. KS1-L9: That not all information online is true. KS1-H34: Basic Rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them. KS1-R14: That sometimes people may behave differently online, including by pretending to be someone they are not.	Thinkuknow: Jessie and Friends 1 decision (5-8)- Computer safety/Hazard
	Economic Wellbeing- Money	KS1-L10: What money is; forms that money comes in. KS1-L11: That people make different choices about how to save and spend money. KS1-L12: About the difference between needs and wants.	Experian - Values, Money and M

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Cycle A

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Healthy Lifestyles (Physical wellbeing)	KS1-H1: About what keeping healthy means; different ways to keep healthy. KS1- H2: About foods that support good health and the risks of eating too much sugar. KS1-H3: About how physical activity helps us to stay healthy; and ways to be physically active every day. KS1-H4: About different ways to rest and relax. KS1-H5: Simple hygiene routines that can stop germs from spreading. KS1-H7: About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. KS1-H8: How to keep safe in the sun and protect the skin from sun damage. KS1-H9: About different ways to learn and play; recognising the importance of knowing when to take break from time online and TV. KS1-H10: About the people who help us to stay physically healthy.	1 decision (5-8) - Keeping/staying healthy FPA – Growing up with Yasmine and Tom (5-7), Keeping clean and taking care of myself PSHE Association - Dental Health
	Keeping Safe	KS1- H28: About rules and age restrictions that keep us safe. KS1-H29: To recognise risk in simple everyday situations and what action to take to minimise harm. KS1-H30: About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters). KS1-H32: How to cross the road safely. KS1-H33: About the people whose job it is to help keep us safe. KS1-H35: About what to do if there is an accident and someone is hurt. KS1-H36: How to get help in an emergency (how to dial 999 and what to say).	Red Cross – Life. Live it 'Stay safe'

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Cycle B

Autumn Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Relationships	Friendships	KS1-R6: About how people make friends and what makes a good friendship. KS1-R7: About how to recognise when they or someone else feels lonely and what to do. KS1-R8: simple strategies to resolve arguments between friends positively. KS1-R9: How to ask for help if a friendship is making them feel unhappy.	
	Respecting Self and Others	KS1-R21: About what is kind and unkind behaviour, and how this can affect others. KS1-R22: About how to treat themselves and others with respect: how to be polite and courteous. KS1-R23: To recognise the ways in which they are the same and different to others. KS1-R24: How to listen to other people and play cooperatively.	
	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS1-R10: that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. KS1-R11: About how people may feel if they experience hurtful behaviour or bullying. KS1-R12: How to report bullying; the importance of telling a trusted adult.	

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Spring Term

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Living in the Wider World	Shared Responsibilities	KS1- L1: About what rules are, why they are needed, and why different rules are needed for different situations. KS1-L2: How people and other living things have different needs; about the responsibilities of caring for them. KS1-L3: About things they can do to help look after their environment.	1 decision (5-8)- Being responsible £
	Media Literacy & Digital Resilience (Internet Safety Week)	KS1-L7: About how the internet and digital devices can be used safely to find things out and to communicate with others. KS1-L8: About the role of the internet in everyday life. KS1-L9: That not all information online is true. KS1-H34: Basic Rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them. KS1-R14: That sometimes people may behave differently online, including by pretending to be someone they are not.	Thinkuknow: Jessie and Friends 1 decision (5-8)- Computer safety/Hazard
	Economic Wellbeing- Aspirations, work and career	KS1-L14- That everyone has different strengths. KS1-L15: That jobs help people to earn money to pay for things. KS1-L16: Different jobs that people they know or people who work in the community do. KS1-L17: About some of the strengths and interests someone might need to do different jobs.	Experian - Values, Money and M

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Cycle B

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Mental Wellbeing	KS1-H11: About different feelings that humans can experience. KS1-H12: How to recognise and name the different feelings. KS1-H13: How feelings can affect people's bodies and how they behave. KS1-H14: How to recognise what others might be feeling. KS1-H15: To recognise that not everyone feels the same at the same time, or feels the same about different things. KS1-H17: About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep). KS1-H18: Different things they can do to manage big feelings, to help calm themselves down and-or change their mood when they don't feel good.	
	Ourselves-Growing & Changing	KS1-H21: To recognise what makes them special. KS1-H22: To recognise the ways in which we are all unique. KS1-H23: To identify what they are good at; what they like and dislike. KS1-H24: How to manage when things get difficult. KS1-H26: About growing and changing from young to old. KS1-H27: About preparing to move to a new class- year group.	'Growing up: the human life cycle' Primary RSE Lessons – KS1, Lesson 2, 1 decision (5-8)- Feelings and emotions f