

Cloud Class (KS1/LKS2)

Cycle A

Autumn Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Relationships	Families and Close Positive Relationships	KS2-R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) KS2-R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another KS2-R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability KS2-R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty KS2-R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	
	Safe Relationships	KS1-R14: that sometimes people may behave differently online, including by pretending to be someone they are not KS1-R18: about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) KS1-R19: basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe 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; importance of keeping trying until they are heard. R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.	NSPCC – The underwear rule resources

	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS1-R11: about how people may feel if they experience hurtful behaviour or bullying KS1-R12: that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult KS2-R19: about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.	
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Cycle A

Spring Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Living in the Wider World	Communities	KS1-L6: To recognise the ways they are the same as, and different to, other people. KS2-L6: About the different groups that make up their community; what living in a community means. KS2-L7: To value the different contributions that people and groups make to the community.	
	Media Literacy & Digital Resilience (Internet Safety Week)	KS1-L8: About the role of the internet in everyday life. KS2-L11: Recognise the ways in which the internet and social media can be used both positively and negatively. KS2-L12: How to assess the reliability of sources of information online; and how to make safe, reliable choices from search engines.	
	Economic Wellbeing- Money	KS1-L10: What money is; forms that money comes in; that money comes from different sources. KS1-L12: About the difference between needs and wants; that sometimes people may not always be able to have the things they want. KS1-L13: That money needs to be looked after; different ways of doing this. KS2-L17: About the different ways to pay for things and the choices people have about this.	1 decision (5-8)-Money matters f Experian - Values, Money and M

Cloud Class (KS1/LKS2)

Cycle A

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Healthy Lifestyles (Physical wellbeing)	KS1-H4: about why sleep is important and different ways to rest and relax. KS1-H6: that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy KS1-H7: about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health KS2-H1: how to make informed decisions about health KS2-H2: about the elements of a balanced, healthy lifestyle KS2-H3: about choices that support a healthy lifestyle, and recognise what might influence these KS2-H4: how to recognise that habits can have both positive and negative effects on a healthy lifestyle KS2-H6: about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. KS2-H7: how regular (daily-weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	PSHE Association - Dental Health 1 decision Keeping/staying healthy £
	Keeping 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-H31: that household products (including medicines) can be harmful if not used correctly KS1-H32: ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely KS1-H33: about the people whose job it is to help keep us safe	(5-7), Keeping safe (£) Red Cross – Life. Live it 'Stay 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) KS1-H37: about things that people can put into their body or on their skin; how these can affect how people feel. KS2-H39: About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe. KS2-H41: strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.	DrugWise
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Cloud Class (KS1/LKS2)

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. KS2-R11: What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as face-to-face relationships.	
	Respecting Self and Others	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 and work cooperatively KS1-R25: how to talk about and share their opinions on things that matter to them. KS2-R31: To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them. Should expect to be treated politely and with respect by others (including when online and-or anonymous) in schools, ad in wider society; strategies to improve or support courteous, respectful relationships.	
	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS1-R11: about how people may feel if they experience hurtful behaviour or bullying KS1-R12: that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult KS2-R19: about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.	

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Cycle B

Spring Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Living in the Wider World	Shared Responsibilities	KS2-L1: To recognise reasons for rules and laws; consequences of not adhering to rules and laws. KS2-L2: To recognise there are human rights, that are there to protect everyone. KS2-L3: About the relationship between rights and responsibilities.	
	Media Literacy & Digital Resilience (Internet Safety Week)	KS1-L8: About the role of the internet in everyday life. KS2-L11: Recognise the ways in which the internet and social media can be used both positively and negatively. KS2-L12: How to assess the reliability of sources of information online; and how to make safe, reliable choices from search engines.	
	Economic Wellbeing- Aspirations, work and career	KS1-L15: That jobs help people to earn money to pay for things. KS2-L25: To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. KS2-L26: That there is a broad range of different jobs-careers that people can have; that people often have more than one career-type of job during their life. KS2-L30: About some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.	

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Cycle B

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Mental Wellbeing	KS1-H16. about ways of sharing feelings; a range of words to describe feelings 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 KS1-H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it KS1-H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. KS2-H17. to recognise that feelings can change over time and range in intensity KS2-H18. about everyday things that affect feelings and the importance of expressing feelings KS2-H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways.	1 decision (5-8) -Feelings & emotions £ PSHE Association – Mental health and wellbeing lessons (KS2 - Y3/4)
	Ourselves-Growing & Changing	KS1-H25. to name the main parts of the body including external genitalia (e.g.vulva, vagina, penis, testicles) KS1-H26. about growing and changing from young to old and how people's needs change KS1-H27. about preparing to move to a new class-year group KS2-H27. to recognise their individuality and personal qualities KS2-H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth KS2-H29. about how to manage setbacks-perceived failures, including how to re-frame unhelpful thinking	Primary RSE Lessons (KS1), Lesson 3, 'Everybody's body' (5-7), Naming body parts (£) Premier League Primary Stars

			<u>KS2 PSHE –</u> <u>Self-Esteem</u>
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