

Lightning Class (UKS2)

Cycle A

Autumn Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Relationships	Families and Close Positive Relationships	KS2-R2: that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different KS2-R3: about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong KS2-R4: that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others KS2-R5: that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart 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-R9: how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	FPA – Growing up with Yasmine and Tom (7-9), Families
	Safe Relationships	KS2-R23: About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. KS2-R25: Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. KS2-R26: About seeking and giving permission (consent) in different situations. KS2-R27: About keeping something confidential or secret, when this should (e.g. birthday surprise that others will find out about) or should not be agreed to. And when it is right to break a confidence or share a secret.	NSPCC Share Aware

		KS2-R28: How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. KS2-R29: here to get advice and report concerns if worried about their own or someone else's personal safety (including online).	
	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS2-R20: Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support. KS2-R21: About discrimination: what it means and how to challenge it.	

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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	KS2-L8: About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. KS2-L9: About stereotypes: how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. KS2-L10: About prejudice: how to recognise behaviours- actions which discriminate against others; ways of responding to it if witnessed or experienced.	PSHE association Inclusion, belonging and addressing extremism KS2 Lesson 2 Belonging to a community Compassionate class KS2 RSPCA Tackling plastic pollution with Sky Ocean
	Media Literacy & Digital Resilience (Internet Safety Week)	KS2-H13: About the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. KS2-R23: About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. KS2-L13: About some of the different ways information and data is shared and used online, including for commercial purposes. KS2-L14: About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.	Google and Parent zone Be Internet

		KS2-L15: To recognise things appropriate to share and things that should not be shared on social media, rules surrounding distribution of images. KS2-L16: About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	
	Economic Wellbeing-Money	KS2-L27: About stereotypes in the workplace and that a person's career aspirations should not be limited by them. KS2-L28: About what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs. KS2-L29: That some jobs are paid more than others and money is one factor which may influence a person's job or career; that people may choose to do voluntary work which is unpaid. KS2-L31: To identify the kind of job that they might like to do when they are older. KS2-L32: To recognise a variety of routes into careers (e.g. college, apprenticeship, university).	<u>FPA – Growing up with Yasmine and Tom (7-9), Gender stereotypes (£)</u> <u>Experian - Values, Money and Me</u>

Lightning Class (UKS2)

Cycle A

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Healthy Lifestyles (Physical wellbeing)	KS2-H5: About what good physical health means; how to recognise signs of physical illness. KS2-H8: About how sleep contributes to healthy lifestyles; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour, ability to learn. KS2-H9: That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. KS2-H10: How medicines when used responsibly, contribute to health; that some disease can be prevented by vaccinations and immunisations; how allergies can be managed. KS2-H11: How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption- acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking). KS2-H12: About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun-heat stroke and reduce the risk of skin cancer. KS2-H14: How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.	PSHE Association - Dental Health
	Keeping Safe (inc. Drugs, alcohol and tobacco).	KS2-H37: Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming. KS2-H38: How to predict, assess and manage risk in different situations. KS2-H40: About the importance of taking medications correctly and using household products safely (e.g. following instructions carefully). KS2-H42: About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others;	Red Cross – Life. Live it 'Stay safe' DrugWise 1 decision Keeping/staying safe £

		what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. KS2-H43: About what is meant by first aid; basic techniques for dealing with common injuries. KS2-H44: How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. KS2-H45: That female genital mutilation (FGM) is against British Law, what to do and whom to tell if they think they or someone they know might be at risk. KS2-H46: About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes-vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. KS2-H47: To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. KS2-H48: About why people choose to use or not to use drugs (including nicotine, alcohol and medicines). KS2-H49: About the mixed messages in the media about drugs, including alcohol and smoking-vaping. KS2-H50: About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.	British Red Cross Life. Live it KS2 lesson- Help save lives, Emergency Action
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Lightning Class (UKS2)

Cycle B

Autumn Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Relationships	Friendships	KS2-R10: About the importance of friendships; strategies for building positive friendships; how positive friendships can support wellbeing. 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. KS2-R12: To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face KS2-R14: That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. KS2-R15: Strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. KS2-R16: How friendships can change over time, about making new friends and the benefits of having different types of friends. KS2-R17: That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. KS2-R18: To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.	<u>FPA – Growing up with Yasmine and Tom(7-9), Families</u> <u>FPA – Growing up with Yasmine and Tom (7-9), What makes a good friend?</u> <u>FPA – Growing up with Yasmine and Tom(9-11), Friendships and pressure (£)</u>
	Respecting Self and Others	KS2-R30: That personal behaviour can affect other people; to recognise and model respectful behaviour online.	<u>Premier League Primary Stars-KS2-</u>

		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.	Behaviour/relationships Do the right thing Premier League Primary Stars KS2 PSHE-Diversity Premier League Primary Stars KS2 PSHE-Developing Values
	Managing hurtful behaviour and bullying- <i>Anti-bullying Week</i>	KS2-R20: Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support. KS2-R21: About discrimination: what it means and how to challenge it. KS2-R32: About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. KS2-R33: To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own. KS2-R34: How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.	

Lightning Class (UKS2)

Cycle B

Spring Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Living in the Wider World	Shared Responsibilities	KS2-L4: The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. KS2-L5: Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).	Tackling plastic pollution with Sky Ocean
	Media Literacy & Digital Resilience (Internet Safety Week)	KS2-H13: About the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. KS2-R23: About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. KS2-L13: About some of the different ways information and data is shared and used online, including for commercial purposes. KS2-L14: About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. KS2-L15: To recognise things appropriate to share and things that should be not be shared on social media, rules surrounding distribution of images. KS2-L16: About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	Google and Parent zone Be Internet
	Economic Wellbeing- Aspirations, work and career	L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them.	FPA – Growing up with Yasmine and Tom

		L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid L31. to identify the kind of job that they might like to do when they are older L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)	(7-9), Gender stereotypes (£)
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Lightning Class (UKS2)

Cycle B

Summer Term

Core Theme	Topic	In this unit of work, students learn....	Resources
Health & Wellbeing	Mental Wellbeing	KS2-H15: That mental health, just like physical health, is part of daily life; the importance of taking care of mental health. KS2-H16: About strategies and behaviours that support mental health- including how good quality sleep, physical exercise- time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. KS2-H20: Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. KS2-H21: To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. KS2-H22: To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. KS2-H23: About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. KS2-H24: Problem solving strategies for dealing with emotions, challenges and change, including the transitions to new schools.	<u>PSHE Association – Mental health and wellbeing lessons (KS2 - Y3/4)</u>
	Ourselves- Growing & Changing	KS2-H25: About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes-dislikes). KS2-H26: That for some people gender identity does not correspond with their biological sex. KS2-H27: To recognise their individuality and personal qualities.	<u>Premier League Primary Stars KS2 PSHE – Self-Esteem</u>

		KS2-H30: To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. KS2-H31: About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). KS2-H32: About how hygiene routines can change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. KS2-H33: About the process of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. KS2-H34: About where to get more information, help and advice about growing up and changing, especially about puberty. KS2-H35: About the new opportunities and responsibilities that increasing independence may bring. KS2-H36: Strategies to manage transitions between classes and key stages.	Premier League Primary Stars KS2 PSHE -Inclusion FPA – Growing up with Yasmine and Tom (7-9), Me, myself and I Primary RSE lessons (Y4/5), 'Puberty'
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