

Summer term RSHE 2026

These are the topics and intended learning outcomes for Willow Class in the summer term.

Topic 1: Keeping Safe

1. *This will be your life!* - Children will be able to identify aspirational goals and describe the actions needed to set and achieve these.
2. *Our recommendations* - Children will be able to present information they researched on a health and wellbeing issue, outlining the key issues and making suggestions for any improvements concerning these issues.
3. *What's the risk? (P1)* - Children will be able to identify risk factors in a given situation and understand and explain the outcomes of risk-taking in a given situation, including emotional risks.
4. *What's the risk? (P2)* - Children will be able to recognise what risk is, explain how risks can be reduced, understand risks related to growing up and assess risks to keep themselves safe.
5. *Basic first aid, including Sepsis Awareness* - Children will know how to make a clear and efficient call to emergency services if necessary and understand concepts of basic first-aid, for example dealing with common injuries.
6. *Five Ways to Wellbeing project* - Children will be able to explain what the five ways to wellbeing are and describe how these contribute to a healthy lifestyle.

Topic 2: Growing and Changing

1. How are they feeling? - Children will be able to use a range of words and phrases to describe the intensity of different feelings, distinguish between good and not so good feelings and explain strategies to build resilience.
2. Taking notice of our feelings - Children will be able to identify people who can be trusted, understand what kinds of touch are acceptable or unacceptable and describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.
3. Dear Ash - Children will be able to explain the difference between a safe and an unsafe secret and identify situations where someone might need to break a confidence in order to keep someone safe.
4. Growing up and changing bodies (genders will be split for this lesson) - Children will be able to identify some products that they may need during puberty and why and know what menstruation is and why it happens.
5. Changing bodies and feelings (genders will be split for this lesson) - Children will be able to know the correct words for the external sexual organs and discuss some of the myths associated with puberty.
6. Help! I'm a teenager - get me out of here! - Children will be able to list how our bodies feel when nervous or relaxed and describe how to be resilient in order to find someone who will listen to you.
7. **YEAR 6 ONLY:** Making babies (genders will be split for this lesson) - Children will be able to identify the changes that happen through puberty to allow sexual reproduction to occur; know a variety of ways in which the sperm can fertilise the egg to create a baby and know the legal age of consent and what this means. Please note - you have the right to withdraw your child from this.