

Summer term RSHE 2025

These are the topics and intended learning outcomes for Willow Class in the summer term. Mrs Scanlon will be teaching topic 1 in summer 1 and Miss Brooks will be teaching topic 2 in summer 2. Please speak to us if you have any questions or would like further information.

Topic 1: Being my Best

1. *It all adds up!* - Children will know the basic functions of four systems in the body and know they are inter-related; explain the function of at least one internal organ and understand the importance of food, water, oxygen, sleep and exercise for the health of the human body.
2. *Different skills* - Children will be able to identify their own strengths and talents and areas for improvement; describing strategies for achieving those improvements.
3. *My school community* - Children will be able to state what is meant by community; explain what being part of a school community means to them and suggest ways of improving it.
4. *Independence and responsibility* - Children will be able to identify people who are responsible for helping them stay healthy and safe and identify ways they can help these people.
5. *Star qualities?* - Children will be able to describe 'star' qualities of celebrities as portrayed by the media; recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life and describe 'star' qualities that 'ordinary' people have.
6. *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; including head injuries.

Topic 2: Growing and Changing

1. **I look great!** - Children will understand that fame can be short-lived, recognise that photos can be changed to match society's view of perfection and identify qualities that people have, as well as their looks.
2. **Media manipulation** - Children will be able to define what is meant by the term stereotype, recognise how the media can sometimes reinforce gender stereotypes, recognise that people fall into a wide range of what is seen as normal and challenge stereotypical gender portrayals of people.
3. **Pressure online** - Children will be able to understand the risks of sharing images online and how these are hard to control once shared, understand that people can feel pressured to behave in a certain way because of the influence of the peer group, understand the norms and risk-taking behaviour and that these are usually lower than people believe them to be.
4. **Helpful or unhelpful? Managing change** - Children will be able to recognise some of the life changes they have experienced and their emotional responses to those changes, suggest positive strategies for dealing with change and identify people who can support someone who is dealing with a challenging time of change.
5. **Is this normal? (genders will be split for this lesson)** - Children will be able to define the word 'puberty', giving examples of the physical and emotional changes associated with it, suggest strategies that would help someone who felt challenged by puberty, understand that FGM is illegal and know where someone could get support if they were concerned about their own or another person's safety.
6. **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.