

Garinim	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>RSE scheme</b>						<b>Christopher Winter Scheme</b> Our lives To consider the routines and patterns of a typical day To understand some areas in which the children can look after themselves e.g. dressing and undressing. To understand why hygiene is important Explain why it is important to keep clean Understand some basic hygiene routines To recognise that all families are different
						Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad
<b>Shorashim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Barnet Scheme</b>	Health & Wellbeing - Physical Keeping Safe and Healthy Identify and carry out various actions that they can take to keep themselves in better long-term health. Identify where they feel safe and less safe. Explain how and where to cross a road safely.	Living in the wider world - Economic Wellbeing Learning about Money Recognise common British currency and understand its value. Understand the difference between needs and wants and make basic choices about spending.	Relationships - Social Beginning to Understand Me and Others Know the qualities that make a good friend. Begin to understand the ways that they are unique. Begin to understand that others may be different from them. Explore the ideas of 'fairness, right and kind'.	Relationships - Emotional Knowing What to Do Name some feelings. Know who to speak to at home and school if worried. School/Class Rules and routines.	Living in the wider world - Being a Responsible Citizen Taking Part and Belonging Name some feelings. Know who to speak to at home or school if worried. Know school rules and routines.	Christopher Winter Scheme Growing and Caring for Ourselves To understand some basic hygiene principles To introduce the concept of growing and changing To explore different types of families and who to ask for help
<b>Vocabulary</b>	Healthy, hygiene, care, unhealthy, balance, safe	Strengths, interests, community, jobs, work	Friends, teachers, parents, sibling, grandparents, relatives, families	Feelings, help, private, uncomfortable, safe, unsafe, permission	Rules, care, environment, behaviour, respect, polite, rules, sharing	Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vagina
<b>Shtilim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Barnet Scheme</b>	Relationships - Social Others and Me in My Class Know who appropriate people are to tell. Know how to tell appropriate people, identify groups which they belong to. Begin to identify differences across the individuals in the class, school, area, country, world.	Relationships - Emotional Developing Confidence Understand more about their own feelings and how to manage them.	Living in the wider world - Economic Wellbeing Keeping Money Safe Understand where money comes from. How to keep it safe and know that it can be used for different purposes, including spending and saving.	Living in the wider world - Being a Responsible Citizen Rights and Responsibilities Understand that everyone has rights and responsibilities as members of families and the wider community.	Health & Wellbeing - Physical Keeping Myself Healthy How exercise helps them to keep healthy. The food choices can help keep them be healthy. How to keep themselves clean. How to prevent the transfer of infections at a basic level. Some things that change as a baby grows into an older person.	Christopher Winter Scheme Differences To introduce the concept of male and female and gender stereotypes To identify differences between males and females To focus on sexual difference and name body parts To explore some of the differences between males and females and to understand how this is part of the lifecycle
	Kindness, listening, honesty, friends, inclusion, arguments, help	Differences, secrets, worried, uncomfortable, common, groups, reasons, situations	Currency, jobs, banks, savings, money, spending	Rights, responsibilities, community, classmates, groups, rules, faith	Routines, life cycle, human, bodies, hygiene, diet.	Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina
<b>Anafim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Barnet Scheme</b>	Relationships - Emotional More About Me Explain more about their choices and why they make them despite their preferences. When to listen to emotions. Keep personal information safe. Resisting pressure from others.	Relationships - Social Supporting Friends and Other People Recognise the feelings of others without being told explicitly. Know who their friends are and why. Act supportively towards victims of bullying and take action should they witness bullying.	Living in the wider world - Economic Wellbeing Let's Go Shopping! Understand that you can pay for goods in a range of ways. Keep simple financial records and recognise influences on choices about spending and saving.	Health & Wellbeing - Physical Safe and Healthy at Home, School and Locally Explain to others how they can keep themselves safe and healthy; at school; at home; and in the locality	Living in the wider world - Being a responsible citizen Diversity and Society Understand that a diverse range of people make up our community. Understand the importance of respecting equality.	Christopher Winter Scheme Valuing difference and keeping safe To explore the differences between males and females and to name the body parts To consider touch and to know that a person has the right to say what they like and dislike To explore different types of families and who to go to for help and support
<b>Vocabulary</b>	Personal boundaries, family, classmates, respect, safe, behaviour, bullying	Recognise, respect, stability, love, support, caring, unsafe	Jobs, vocation, stereotypes, records, financial, choices, spending, saving	Choices, healthy, unhealthy, safety	Laws, respect, society, human rights, responsibilities, equality	Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, uterus, family, fostering, adoption, relationship
<b>Heads Up</b>			<b>8 x 1 hour sessions each week</b> To have the opportunity to think about their feelings and how they feel about themselves. To have the opportunity to explore their friendships and consider how they interact and communicate with others. To enhance social skills and manage difficult peer relationships including bullying. To build greater emotional resiliency in classroom and playground. To boost confidence and self esteem. To work collaboratively. To develop problem solving skills.		<b>30 mins and can be run every 2 weeks</b> Consolidation sessions	
<b>Nitzanim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

<b>Barnet Scheme</b>	Health & Wellbeing - Physical Helping others to keep safe Understand the need to manage risks anywhere. Know when it is appropriate to seek emergency help. Be aware of basic actions to take in emergency situations e.g. know how to ask for emergency help and know how to undertake basic First Aid.	Relationships - Social Who Are These People? Understand the various types of relationships in their lives. Be clear about ways of keeping safe on line and in other cyber spaces. Comment on differences between their lives and the lives of others.	Relationships - Emotional Taking More Control Make informed choices. Know their areas of strength. Be aware of persuasive language. Threats and pressure from others. Express their feelings in a positive way.	Living in the wider world - Economic Wellbeing Work and Money Understand basic concepts around savings accounts, lending and borrowing, paid employment and work of charities.	Living in the wider world - Being a responsible citizen The Environment Understand the importance of respecting the environment.	Christopher Winter Scheme Growing Up To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction
	Hazards, risks, safety, rules, environment.	Relationships, online, differences, similarities	Communication, peer pressure, boundaries, confidence, threats, resilience, assertiveness	Budget, value, important, payment, charity	Community, responsibility, volunteering, compassion	Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings, wet dreams, samitary products, semen, sweat, breasts
<b>Heads Up</b>	<b>14 x 30 min every week</b> To build on the main themes of the Year 3 Heads Up Programme To consolidate the learning from Year 3 Heads Up Programme To continue to have the opportunity to think about their feelings, themselves and their friendships. To provide opportunities to work collaboratively.					
<b>Prachim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Barnet Scheme</b>	Relationships - Social Being Strong Be clear about the difference between confidential and secret. Give praise and constructive feedback to others. Confidently and appropriately challenge when there is a difference of a opinion.	Health & Wellbeing – Physical Drug Education Describe what drugs are and what they do. Describe the effects and dangers of a number of legal and illegal drugs. Practise, demonstrate and describe a number of skills for resisting pressure and temptation to use drugs.	Living in the wider world - Being a responsible citizen The Media (Enterprise or Charity) Discuss and debate topical issues concerning health and well being. To critique views presented by the media.	Relationships - Emotional Moving On With Confidence and Clarity Be aware of the role of the media and advertising in portrayal of images. Be aware of more of their strengths and areas for development. Identify issues involved when changing schools and making new friends and keeping old ones.	Living in the wider world - Economic Wellbeing Let's Make Money! (Enterprise or Charity Fundraising Project) Plan and manage a budget. Calculate profit and loss. Recognise value for money and understand financial risks associated with the internet.	Christopher Winter Scheme Puberty To explore the emotional and physical changes occurring in puberty To understand male and female puberty changes in more detail To explore the impact of puberty on the body & the importance of hygiene To explore ways to get support during puberty
	Healthy relationships, influence, communication, support, peer	Medicines, drug, cigarettes, habit, e-cigarettes, vaping	Online, adverts, fact/fiction, stereotypes, reliable, information	Online, adverts, fact/fiction, stereotypes, reliable, information, strengths,	Jobs, ambition, career, conditions	Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings
<b>Heads Up</b>	3 x 45 minute sessions run across the term Being a Community 1. Gratitude 2. Groups 3. How we listen and what we hear		3 x 45 minute sessions run across the term Our thoughts and our feelings & How we work together 4. Being Resourceful 5. Pumped Up Emotions 6. Don't let it stick		3 x 45 minute sessions run across the term Our thoughts and our feelings & How we work together cont. 7. Feelings Graph 8. Pressing Pause 9. Ending	
<b>Alonim</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>All Barnet scheme completed in Summer Term</b>	Health & Wellbeing – Physical Safe and Healthy in the Future Feel confident in their knowledge of how they can keep themselves safe and healthy as they move on to secondary schools and adulthood.	Living in the wider world - Being a responsible citizen Democracy and Government Have a basic knowledge of the UK democratic system of Government Understand how individuals and communities contribute to the democratic system.	Relationships - Social Me and My Place in the World. Leave school with confidence in having strategies to thrive in the future.	Relationships - Emotional Celebrate the Past and Welcome the Future Recognise their strengths. Be aware of those areas which they may need support. Know how to ask for support. Know some ways of managing pressure.	Living in the wider world - Economic Wellbeing Money in My Future Understand that finance plays an important role in people's lives and can recognise links between learning. The world of work and future economic wellbeing.	Christopher Winter Scheme Puberty, Relationships and Reproduction To consider puberty and reproduction Consider physical & emotional behaviour in relationships To explore the process of conception and pregnancy To explore positive and negative ways of communicating in a relationship
	Feelings, mental health, conflict, support, changes, balance, online	Prejudice, discrimination, challenge, stereotypes, influence, democracy, voting, power	Strategies, values, behaviours, challenge, influence, confidence	Pressure	Role, finances, risk, value, work	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety
<b>Heads Up</b>	8 sessions across Summer term. To be aware of our own emotions and our friendships. To prepare for transitions.					