




*'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'*

	<p><b>Au1</b>  <b>Koinonia</b>  <b>Democracy</b>  <b>Healthy Lifestyle/ Health and Wellbeing</b></p>	<p><b>Au2</b>  <b>Generosity</b>  <b>Individual Liberty</b>  <b>Living in the Wider World - Respecting Environment/ Responsibility</b></p>
<p>Week 1  <b>To always explore the British Value of the Term</b></p>	<p><b>To always explore the British Value of the Term</b></p> <p style="text-align: center;"><b>British Value</b> <b>Democracy</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of the word Democracy in relation to why we need democracy.</li> <li>To understand and know the main political parties in Great Britain</li> </ul> <p><b>KS1 will already know...</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of word Democracy (Using our voice)</li> <li>To understand what Democracy looks like at Bishop King</li> <li>To understand what Democracy looks like in Great Britain (Government)</li> </ul> <p><b>Please use pupil voice to create class rules/routines.</b></p>	<p><b>To always explore the British Value of the Term</b></p> <p style="text-align: center;"><b>British Value</b> <b>Individual Liberty</b></p> <ul style="list-style-type: none"> <li>To understand how Individual Liberty is linked to what rights we have as people 'freedom of opinion, belief, protect against discrimination, right to an education etc.)</li> <li>To know that Individual Liberty allows us to aspire for our future and 'Dream Big.'</li> </ul> <p><b>KS1 will already know...</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of the words Individual Liberty (Knowing we are free and have rights)</li> <li>To understand we are free to do what's right, as long as it doesn't hurt anyone else.</li> <li>To understand we must respect other people's rights and choices.</li> </ul>

<p>Week 2</p>	<p style="text-align: center;"><b>Keeping Healthy - (Physically and Mental Wellbeing)</b></p> <ul style="list-style-type: none"> <li>• To know how to maintain a physically healthy lifestyle</li> <li>• To understand and know how to keep mentally healthy (wellbeing)</li> <li>• To know the value of keeping mentally healthy, how this is just as important as physical health.</li> </ul>	<p style="text-align: center;"><b>'We are all equal'</b> <b>Can I identify and respect the differences and similarities between people?</b></p> <ul style="list-style-type: none"> <li>• To understand diversity within a community and learn how we respect people who are different to us? (BLM Movement) (Gender Equality) (LGBTQ+ Equality)</li> </ul> <p style="text-align: center;"><b>Challenging stereotypes</b></p> <ul style="list-style-type: none"> <li>• To understand the challenges that stereotyping can bring.</li> <li>• To know stereotyping can restrict opportunity and opinions.</li> <li>• Using 'Valuing All God's Children' for support if needed.</li> </ul> 
<p>Week 3</p>	<p style="text-align: center;"><b>Can I recognise my own feelings?</b></p> <ul style="list-style-type: none"> <li>• To know that bad feelings don't last forever, but we must experience them to prevent us from feeling that way again, they help us move forward. (Resilience)</li> <li>• To know and understand what coping strategies work for us – how can I help myself?</li> <li>• To know how to recognise what others might be feeling (exploring empathy, understand we are not alone)</li> </ul>	<p style="text-align: center;"><b>Can I respect equality and to be a productive member of a diverse community?</b></p> <ul style="list-style-type: none"> <li>• To understand the meaning of equality</li> <li>• To know how to show tolerance, respect and generosity to people in different community groups to me.</li> <li>• To understand how to listen and respond respectfully to transitions, beliefs and lifestyles.</li> <li>• To understand the value/benefit of living in a diverse world.</li> </ul>
<p>Week 4</p>	<p style="text-align: center;"><b>Keeping Safe – Safe Adults and Support in the Community</b></p> <ul style="list-style-type: none"> <li>• To know who supports us in school</li> </ul>	<p style="text-align: center;"><b>Shared Responsibilities</b></p> <ul style="list-style-type: none"> <li>• To understand what are our own responsibilities and to know my shared responsibility in school, community and home. (Including</li> </ul>

	<ul style="list-style-type: none"> <li>To know who in our community keeps us safe</li> <li>To know how to access help in an emergency (999 and other agencies who can support children- Kooth, Childline, NSPCC)</li> <li>To understand how to respect privacy and to know that some areas of our life and body are private.</li> </ul>	<p><u>our behaviour</u>)</p> <ul style="list-style-type: none"> <li>To know how my shared responsibility in taking care of our local area (Sincil Bank) other people and living things.</li> </ul>
Week 5	<p><b>Keeping Myself Safe -Exploring First Aid</b></p> <ul style="list-style-type: none"> <li>To understand and know how to keep safe at home.</li> <li>To understand risk in simple everyday situations and what actions to take to minimise harm.</li> <li>To understand how to respect privacy and to know that some areas of our life and body are private.</li> </ul>	<p><b>Shared Responsibilities</b></p> <ul style="list-style-type: none"> <li>To understand and recognise human rights, that are there to protect everyone – (linking back to Individual Liberty and Rights)</li> <li>To understand the relationship between rights and responsibilities</li> </ul>
Week 6	<p><b>Ourselves Growing and Changing</b></p> <ul style="list-style-type: none"> <li>To understand and know how does my body change as I grow? Child Led Discussions (Relate back to Week 5 – respect that our body is private) (Referring to RSE Unanswered Questions LKS1)</li> <li>How do I feel about growing up and changing?</li> <li>What do we call the different parts of girls' and boys' bodies?</li> </ul>	<p><b>Exploring Friendships</b></p> <ul style="list-style-type: none"> <li>To know what makes a good friend?</li> <li>To understand and know strategies to solve conflict between friends and where to seek support (Including Peer Pressure)</li> <li>To understand the feeling loneliness and know how to make friends</li> </ul>

Week 7

### **Ourselves Growing and Changing**

- To understand and know what makes them special and the ways in which we are all unique.
- To know what they are good at, what they like and dislike.



### **How do I keep myself physically and emotionally safe?**

- To understand and know the meaning of Consent
- To know how to have the ability to say 'No'.
- To know what strategies to use when receiving unwanted physical/emotional contact - (Linking back to Week 5, Autumn 1)
- To understand where to get advice and report concerns if worried about my own or someone else's personal safety (including online)