



RSHE

Making It Real

The children will have the opportunity to put their learning into practice within their weekly RSHE lessons. They will also learn about a key idea in detail over the annual Good to Be Week. Topics studied in Good to Be Week will be age and developmentally appropriate. During the Good to Be Me Week, children will meet with visitors, go out into the community and have the chance to see the key ideas as living values in the wider world.



Birchington CE Primary School

RSHE 'Good to Be Me Week' Rolling Themes

Under each heading are topics to be covered over the week. Visitors, trips and speakers are encouraged. All activities are to be age-appropriate and meaningful.

EYFS

Family – Who is special?

- Who can be part of a family
- Different family set ups
- What are the values of a family
- Why family is important

YEAR ONE

Commitment – Promises we make

- Why is commitment important?
- What types of things do we commit to?
- Marriage as a commitment

YEAR TWO

Healthy body, Healthy mind – Looking after the whole

- Exercise and why it is important
- Mental health
- Managing emotions
- Zones of regulation

YEAR THREE

Friendships – You've got a friend in me!

- What makes a good friend
- Loyalty
- Dealing with falling out
- End of friendship

YEAR FOUR

Keeping Safe

- Stranger danger – real life
- Stranger danger – online
- Feeling vulnerable
- Empowering the self

YEAR FIVE

Aspirational Week/ Careers – When I grow up

- Jobs we can do
- Skills and attributes for certain jobs
- Breaking the ceiling

YEAR SIX

My impact on the world – My footprint

- Food miles
- Global warming
- Responsible shopping
- Supporting local business
- Farming