LTP 3 Year Rolling Programme- RSHE- Kestrels

LOTC	Hello Yellow Day Online safety expectations CIN Day – charity event Visits to local shops – Christmas Fayre Enterprise project	Anti-bullying ambassadors – Online Safety Visits to local shops Enterprise project – class fund raising Work place visit	Flat Stanley First Aid workshop Class Jobs Online Safety ICT Local leisure visit
Year 1	**Term 1**	**Term 2**	**Term 3**
	• Things I am good at • My beaming personality - personal strengths • What makes me feel good/ bad • Discrimination: sex, gender, race, disability etc • Being a Good Friend • Understanding my emotions • Healthy and unhealthy relationships • How social media can affect me	• Diversity – Valuing everyone around us • Sexual orientation. Growing up – exploring different relationships e.g LGBT+ • Stereotyping • Bullying – the victim/ protagonist and onlooker	• Taking care of ourselves • Elements of a healthy lifestyles • Fitness • What to do when you feel unwell. Who pays for my prescription • Healthy eating • Smoking/ Vaping/ Edibles • Setting personal goals
Year 2	**Term 1**	**Term 2**	**Term 3**
	• Exploring different job roles • Research the local labour market • Meet and question people about their jobs • Professional appearance and conduct • Class business project: money made to be spent as class chooses!	• Friendship (valuing others/ managing conflict) • Kind and unkind behaviours • Self-esteem and unkind comments • Managing big feelings • Reproduction • Appropriate and not appropriate behaviour in a relationships • Consent • Peer pressure	• Feeling frightened/worried • Medicinal drugs • Keeping safe around water and in the home Exploring emergency situations in the home • Keeping safe online • Transition and safety
Year 3	**Term 1**	**Term 2**	**Term 3**
	• Talking without words/ Communication & Body Language • Appropriate/ inappropriate touch • Learning to Listen / Hold a conversation • Social scripts • Formal vs informal situations	• Crime in our community – what can we do • knife crime • grooming • cat fishing • gambling • Using the internet safely • Debating issues	• Taking responsibility in the community • Taking responsibility for our world – making a difference • How to persuade others to do the right thing • Road safety: on foot, scooters/bikes etc. • Recycling project - to raise money for a chosen cause