

RSHE (PSHE) Key Stage 1

Curriculum map





1. Philosophy

Six underlying attributes at the heart of Oak's curriculum and lessons.

Lessons and units are **knowledge and vocabulary rich** so that pupils build on what they already know to develop powerful knowledge.

Knowledge is **sequenced** and mapped in a **coherent** format so that pupils make meaningful connections.

Our **flexible** curriculum enables schools to tailor Oak's content to their curriculum and context.

Our curriculum is **evidence informed** through rigorous application of best practice and the science of learning.

We prioritise creating a **diverse** curriculum by committing to diversity in teaching and teachers, and the language, texts and media we use, so all pupils feel positively represented.

Creating an **accessible** curriculum that addresses the needs of all pupils is achieved to accessibility guidelines and requirements.



2. Units



KS1 RSHE (PSHE) is formed of 8 units and this is the recommended sequence:

Unit Title	Recommended year group	Number of lessons
1 Me, you and us!	Year 1, Year 2	6
2 Forever friends	Year 1, Year 2	4
3 Happy Families	Year 1, Year 2	4
4 I know my rights!	Year 1, Year 2	6
5 Stop the spread!	Year 1, Year 2	4
6 It's OK not to be OK!	Year 1, Year 2	5
7 Stop, think, stay safe!	Year 1, Year 2	3
8 Lockdown capsule	Year 1, Year 2	6



3. Lessons

Unit 1 Me, you and us!

6 Lessons

Lesson
number

Lesson question

About the lesson

1.

All about me

Pupils will learn

- By the end of this lesson, pupils will be able to use an enchanted mirror that looks at a person's personality. They will list special things about themselves.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify special things about themselves.

2. One big family

Pupils will learn

- By the end of this lesson, pupils will show their understanding by creating a paper doll chain with key words highlighting similarities and differences.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to describe similarities and differences between themselves and others.



3. My hobbies

Pupils will learn

- By the end of this lesson, pupils will be able to identify a range of groups. They will use a body outline and label it with groups they belong to e.g. class, school, sports etc.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify groups they belong to.
-

4.

Team player

Pupils will learn

- By the end of this lesson, pupils will be able to create a 'job sheet' for specific roles within a group e.g. leader, member, friend.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify roles within a group.
-



5.

Community care

Pupils will learn

- By the end of this lesson, pupils will be able to describe a good and bad experience they have had within a group e.g. being left out and add solutions. They will be able to identify highs and lows of being in a group.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to describe what it's like being part of a group.
-

6.

Belonging

Pupils will learn

- By the end of this lesson, pupils will be able to create a memory pot with things you have experienced within a group e.g. special people, special places. They will be able to identify the highlights of being part of a group.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to explain what is special about groups they belong to.
-





Lesson
number

Lesson question

About the lesson

1.

Who am I?

Pupils will learn

- By the end of this lesson, pupils will be able to draw their perfect friend and include good traits e.g. listening, caring, sharing etc. They will realise every action has a consequence, both positive and negative.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to recognise their actions can affect others.
-

2. That's not fair

Pupils will learn

- By the end of this lesson, pupils will be able to -sort scenarios into fair and unfair e.g. sharing toys (fair), leaving someone out of a game (unfair). They will know the difference between kind and unkind acts.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify what is fair and unfair.
-

3. Forever friends

Pupils will learn

- By the end of this lesson, pupils will be able to describe how to respond, who to tell and what to say. They can identify unkind traits and know how to deal with them

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify when people are being unkind to them or others.
-



4.

Listening ears

Pupils will learn

- By the end of this lesson, pupils will be able to: -know the rules of a good listener -use good listening skills when working and playing with others cooperatively - develop strategies to resolve a simple argument.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to develop strategies to listen to others.
-





Lesson
number

Lesson question

About the lesson

1.

My special people

Pupils will learn

- By the end of this lesson, pupils will be able to: - identify their special people (parent, carer, grandparent, relatives, friends, teachers) -draw around their hand and write their special people on each finger. -list how special people care for them (cook, clean, clothes that fit, take them to nice places).

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify their special people and how they care for them.

Guidance warnings

- Contains subject matter which individuals may find upsetting.
-

2.

My family network

Pupils will learn

- By the end of this lesson, pupils will be able to create a safety pod with information on whom they can ask for help. They can identify key people who will help and how.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify who they can ask for help.

Guidance warnings

- Contains subject matter which individuals may find upsetting.
-



3. My special circles

Pupils will learn

- By the end of this lesson, pupils will be able to identify groups and how they feel being part of a group. They will create circles, naming groups they belong to e.g. class, school, sports.

Equipment

- You will need two different coloured pens: black or blue and another coloured pen, such as green or red.

Essential additional subject-specific information

- Objective: to identify groups that they belong to.

Guidance warnings

- Contains subject matter which individuals may find upsetting.



4. One big family

Pupils will learn

- By the end of this lesson, pupils will be able to create a world filled with different families and know this is OK.

Essential additional subject-specific information

- Objective: to identify how families are different.

Guidance warnings

- Contains subject matter which individuals may find upsetting.
-



Lesson
number

Lesson question

About the lesson

1.

Same or Different

Pupils will learn

- By the end of this lesson, pupils will be able to: - identify the differences and similarities between people - show tolerance towards people with differences to them - create a Venn diagram about themselves and another person.

Essential additional subject-specific information

- Objective: to identify and respect the differences and similarities between people.
-

2.

We have rights

Pupils will learn

- By the end of this lesson, pupils will: - know their rights - understand the importance of sharing and returning things that are borrowed - create a roll on the wall to demonstrate their understanding.

Essential additional subject-specific information

- Objective: to understand that we all have rights.
-

3. We are all responsible

Pupils will learn

- By the end of this lesson, pupils will be able to: - recall our rights - know our responsibilities - understand how to protect others' bodies and feelings - add new learning to the roll on the wall from the previous week.

Essential additional subject-specific information

- Objective: to understand that we all have responsibilities.



4. Stand up to bullying

Pupils will learn

- By the end of this lesson, pupils will: -identify what bullying means -know strategies against bullying - know who to report bullying to and how to help -create a leaflet, poster, screenplay or comic strip about anti-bullying.

Essential additional subject-specific information

- Objective: to develop strategies to resist teasing or bullying.
-

5. Safety first

Pupils will learn

- By the end of this lesson, pupils will be able to: - identify online safety rules -explain how to be responsible online - create a rhyme, poem, slogan or quote to help people remember the safety tips.

Essential additional subject-specific information

- Objective: to understand rules of keeping safe online.
-

6. Online Heroes

Pupils will learn

- By the end of this lesson, pupils will be able to: -recall the safety tips -recognise when to say 'yes', 'no', 'I'll ask' and 'I'll tell' -create a poster about online rules.

Essential additional subject-specific information

- Objective: to know how to keep yourself and others safe online.

Guidance warnings

- Contains subject matter which individuals may find upsetting.
-





Lesson
number

Lesson question

About the lesson

1.

Health hero!

Pupils will learn

- By the end of this lesson, pupils will know the benefits of: - physical activity - rest - healthy eating - dental health.
- They will create a video or instructions about one of the following: 1. Physical activity (exercises, games) 2. Rest (yoga, meditation) 3. Dental health (brushing teeth).

Essential additional subject-specific information

- Objective: to understand how to maintain a healthy lifestyle.

2.

Healthy hands are happy hands

Pupils will learn

- By the end of this lesson, pupils will: -know how to maintain personal hygiene -understand the importance of handwashing -know how to avoid the spreading of bacteria and viruses -carry out science experiment to show why soap is important.

Essential additional subject-specific information

- Objective: to understand the importance of and how to maintain personal hygiene.

3. Catch it, bin it, kill it!

Pupils will learn

- By the end of this lesson, pupils will know: -know some diseases -how some diseases can be spread -how to control this spread -create a poster informing people how to stop the spread.

Essential additional subject-specific information

- Objective: to understand how some diseases are spread and can be controlled.



4. Helpful but harmful

Pupils will learn

- By the end of this lesson, pupils will be able to: -name some household products -name some medicines - identify if something is safe - recognise some signs and symbols -design packaging for a new medicine or household product with safety tips.

Essential additional subject-specific information

- Objective: to understand that household products and medicines can be harmful.
-



Lesson number	Lesson question	About the lesson
1.	Feeling good	<p>Pupils will learn</p> <ul style="list-style-type: none">• By the end of this lesson, pupils will -know different ways to communicate their feelings -recognise how others are feeling -know some ways to respond to others feelings -identify how the people are feeling in the pictures - explain how you would respond to them. <p>Essential additional subject-specific information</p> <ul style="list-style-type: none">• Objective: to be able to communicate feelings and respond to others.
2.	Cool down corner	<p>Pupils will learn</p> <ul style="list-style-type: none">• By the end of this lesson, pupils will: -identify good and not so good feelings -develop a vocabulary to describe their feelings to others -develop simple strategies for managing feelings -create a cool down corner -label your items with a short explanation. <p>Essential additional subject-specific information</p> <ul style="list-style-type: none">• Objective: to be able to recognise and manage different feelings.

3. Turn things around

Pupils will learn

- By the end of this lesson, pupils will: -know the different types of bullying (physical, emotional and mental) - understand that all types of bullying are not acceptable - know bullying can also be online -remember that they are a joy from inside out and angry is bullying sadness - write to Angry to stop him bullying -write to Sadness to comfort her.

Essential additional subject-specific information

- Objective: to recognise different types of bullying.
-

4. Don't worry about a thing

Pupils will learn

- By the end of this lesson, pupils will be able to: - name people who could help you - know different ways to ask people for help - create a poster informing children about who they could ask for help and how.

Essential additional subject-specific information

- Objective: to know who to go to if they are worried about themselves or others.
-



5.

Keep calm and carry on

Pupils will learn

- By the end of this lesson, pupils will: - know ways of keeping calm - identify materials you find relaxing - identify activities that make you feel calm and relaxed - list materials or items that make you happy -design an item with labels -make the item

Essential additional subject-specific information

- Objective: to be able to design an object to help manage their feelings.
-





Lesson
number

Lesson question

About the lesson

1.

A private life is a happy life

Pupils will learn

- By the end of this lesson, pupils will: -know the meaning of privacy -understand rights to keep things private - know the importance of respecting others' privacy -sort statements into private and things they can share.

Essential additional subject-specific information

- Objective to: understand what is meant by 'privacy'.

2.

Surprise!

Pupils will learn

- By the end of this lesson, pupils will: -understand what a secret is -understand what a nice surprise is -know the importance of not keeping secrets that make them feel negative feelings -write a secret that they would tell their best friend or a family member and put it in an envelope for them -write a nice surprise that they would like to do for someone and give it to someone who can help you.

Essential additional subject-specific information

- Objective to: understand the difference between keeping secrets and nice surprises.

3.

Local heroes

Pupils will learn

- By the end of this lesson, pupils will be able to: -name people who are special people that work in our community -identify who looks after them and protects them -identify how they are protected -match the 'special people' with their equipment that they need to help people -write a short explanation of what each of them do.

Essential additional subject-specific information

- Objective to: identify the special people who work in our community.
-





Lesson number	Lesson question	About the lesson
1.	To know why effective handwashing is important	<p>Pupils will learn</p> <ul style="list-style-type: none">• By the end of the lesson, pupils will create a poster for effective handwashing. <p>Essential additional subject-specific information</p> <ul style="list-style-type: none">• Objective: to understand the importance of effective handwashing.
2.	Playing together but apart	<p>Pupils will learn</p> <ul style="list-style-type: none">• By the end of the lesson, pupils will create their own playground game. <p>Essential additional subject-specific information</p> <ul style="list-style-type: none">• Objective: to understand the new playground games we can play amidst COVID-19.
3.	My lockdown feelings	<p>Pupils will learn</p> <ul style="list-style-type: none">• By the end of the lesson, pupils will create a happiness jar. <p>Essential additional subject-specific information</p> <ul style="list-style-type: none">• Objective: to understand our feelings during lockdown.

4. Agony Aunt

Pupils will learn

- By the end of the lesson, pupils will create their own thought-stopping strategies based on Aunt Aggy's advice.

Essential additional subject-specific information

- Objective: to share worries you may have from lockdown.



5. Make kindness count

Pupils will learn

- Complete random acts of kindness to make themselves and others feel better about Covid-19.

Essential additional subject-specific information

- Objective: to know about random acts of kindness.

6. Eat well; Live well

Pupils will learn

- By the end of the lesson, pupils will design and create their own fruit salad, full of healthy fruits.

Essential additional subject-specific information

- Objective: to understand how to create a healthy snack as part of a balanced diet.
-

4. Learn More



Contents

Section number

Section contents

1.	Introduction to Oak's RHE (PSHE) curriculum
2.	Coherence and flexibility
3.	Interdisciplinary
4.	Knowledge organisation
5.	Knowledge selection
6.	Inclusive and ambitious
7.	Building thinking ratio
8.	Motivation through learning
9.	A curriculum of quality
10.	Safe navigation through the curriculum



11. Unit prior knowledge requirements

11. Themes across the curriculum

1. Introduction to Oak's RSHE (PSHE) curriculum

Relationships and Health Education (RHE) helps pupils stay healthy and safe and gives them the personal and social knowledge and skills they need to negotiate life's challenges, opportunities, and risks. The knowledge, skills and attributes taught within the RHE curriculum have a positive impact in improving emotional wellbeing, academic attainment, and preparation for adulthood. There has never been a greater need for this given the impact of the COVID-19 pandemic across the globe. Lessons relating to mandatory RHE are not applicable to EYFS but a broad and balanced provision is offered here which teachers can use according to pupils' needs.

2. Coherence and flexibility

There is a balance between coherence with calendared events such as E-Safety Week with the flexibility of being able to use some units in line with existing school plans, depending on individual needs. Topics build year-on-year with increasing complexity and depth. All units are designed to be age and stage appropriate. For example, we have created an additional transition unit for Year 6 pupils in readiness for their secondary school journey

3. Interdisciplinary

The RHE curriculum is interdisciplinary and versatile where key literacy and numeracy skills are interwoven into all planning. It ensures that irrespective of the order of units, pupils will develop subject specific knowledge and skills as they work through the content. The delivery of the lessons and units proposed in this programme will support pupils as they transition back into school life following a prolonged period out of school in the first half of 2020.

4. Knowledge organisation

The curriculum for RHE is organised by themes and topics. These include:

- Physical Health



- Mental Wellbeing
- Growing and Changing
- Keeping Safe;
- Families and Friendships
- Safe Relationships
- Respecting Ourselves and Others

Teachers may also wish to teach lessons on wider non-statutory topics grouped under the heading Living in the Wider World, including Belonging to a Community, Media Literacy and Digital Resilience, and Money and Work.

5. Knowledge selection

This programme supports schools to provide a comprehensive programme that integrates, but is not limited to, the statutory Relationships and Health Education (RHE). Curriculum coverage also extends to economic wellbeing, careers and enterprise education. This allows the needs of all children and young people to be met alongside tackling current affairs in real time. This is because unlike many other subjects, much of the specific knowledge taught in this subject can change because of legal changes and medical or technological advances. It is therefore important to ensure that all information used to develop pupils' knowledge on any aspect of RHE is up to date, accurate, unbiased and balanced.

6. Inclusive and ambitious

The curriculum is differentiated by ensuring all necessary components build appropriately towards composite pieces of work. The use of WAGOLLS (What a good one looks like) demystify the destination in any given lesson – often through colour coding and modelling. This enables the teacher to think aloud and model the success criteria.

7. Building through ratio

Given the limitations of online/remote learning, planning for error and misconception is key to strengthening existing schemata. This corrects or diversifies the connections of an existing schema, thereby helping pupils know more and remember more. It also ensures that new knowledge is broken down, applied and secured in the long term memory before moving on. Having consistent methods of instruction and spaced practice help pupils to focus on what matters most. The use

of the pause at the point of asking probing questions is effective, especially given the limitations of gaining pupil feedback. This enables the teacher to build in space to respond in a range of ways considering different abilities.



8. Motivation through learning

The teacher motivates pupils through aligning both the statutory disciplinary knowledge with well-designed tasks that demonstrate their understanding. We aim to use a broad range of assessment for learning techniques including questioning to address common misconceptions, to drive pupil learning. Introductory quizzes that increase in difficulty give pupils early success in a lesson. Further, WAGOLs and explicit modelling allow pupils to visualise what success looks like at a granular level, increasing the probability of success for pupils. These combine to increase pupil curiosity and motivation.

9. A curriculum of quality

The curriculum meets statutory requirements and includes some non-statutory elements. It is broad and balanced and contains a golden thread throughout each unit of work, where the teacher can explicitly show how each lesson is connected. This also provides the teacher with opportunity to draw out other qualities such as leadership and empathy. The golden thread helps pupils to deepen and retain their knowledge, skills and understanding. Rigour is achieved by ensuring that the content is accurate and demanding for pupils and is modelled and sequenced to promote effective learning. The teacher does this through modelling with clearly modelled outcomes and success criteria and in doing so, creates the roadmap for success in an explicit and stepped manner.

10. Safe navigation through the curriculum

Units that include topics that could be sensitive, especially given the challenges COVID-19 has posed, have been prefaced with a note and recommendation for a parent or carer to support during those lessons. Schools must ensure vulnerabilities within their respective contexts are identified and support provided as appropriate. For Oak, these are clearly labelled in the lesson introduction.

11. Unit prior knowledge requirements

Unit title

Prior knowledge required

Me, you and us!

Forever friends Happy Families

I know my rights!

Healthy isn't a goal; it's a lifestyle

Stop the spread

It's ok not to be ok

Stop, think, stay safe!

Lockdown Capsule

Understanding of a family unit

Links to belonging covered in EYFS.

An understanding of their self-identity and self-worth.

To show understanding of healthy/ unhealthy lifestyles and how the two affect us

Linked to EYFS unit, Squeaky clean. A basic understanding of hygiene and how viruses spread.

To be aware of our surroundings and know we play a part in keeping ourselves safe.

To be able to express and internalise our own feelings during this lockdown period.



12. Themes across the curriculum

Theme: Families and Friendships (Relationships)

Unit title

Unit 1 – Me, you and us!

Unit 1 – Me, you and us!

Lesson title

One big family

My hobbies

Unit 1 – Me, you and us!

Team player

Unit 1 – Me, you and us!

Community care

Unit 1 – Me, you and us!

Belonging

Unit 2 - Forever friends

Who am I?

Unit 2 - Forever friends

That's not fair!

Unit 2 - Forever friends

Forever friends

Unit 2 - Forever friends

Listening ears

Unit 3 - Happy Families

My special people

Unit 3 - Happy Families

My family network

Unit 3 - Happy Families

My special circles

Unit 3 - Happy Families

One big family

Unit 4 - I know my rights!

Same or different?

Unit 4 - I know my rights!

We have rights!

Unit 4 - I know my rights!

Stand up to bullying!

Unit 7 - Stop, think, stay safe!

Say no!



Unit 7 - Stop, think, stay safe!

Unit 8 - Lockdown capsule

Theme: Safe Relationships (Relationships)

Unit title

Unit 2 - Forever Friends

Unit 3 - Happy Families

Unit 4 - I know my rights!

Unit 6 - It's OK not to be OK

Local heroes

Random Acts of Kindness

Lesson title

Who am I?

That's not fair!

Forever friends

Listening ears

My special people

We are all responsible!

Stand up to bullying!

Safety first!

Online heroes

Understanding adults



Unit 7 - Stop, think, stay safe!

A private life is a happy life

Unit 7 - Stop, think, stay safe!

Surprise!

Unit 7 - Stop, think, stay safe!

Say no!



Theme: Respecting Ourselves and Others (Relationships)

Unit title

Lesson title

Unit 1 – Me, you and us!

All about me

Unit 1 – Me, you and us!

My hobbies

Unit 1 – Me, you and us!

Team player

Unit 1 – Me, you and us!

Community care

Unit 1 – Me, you and us!

Belonging

Unit 2 - Forever friends

Who am I?

Unit 2 - Forever friends

That's not fair!

Unit 2 - Forever friends

Forever friends

Unit 2 - Forever friends

Listening ears

Unit 3 - Happy Families

My special people



Unit 3 - Happy Families	My family network
Unit 3 - Happy Families	My special circles
Unit 3 - Happy Families	One big family
Unit 4 - I know my rights!	Same or different?
Unit 4 - I know my rights!	We have rights!
Unit 4 - I know my rights!	Stand up to bullying!
Unit 4 - I know my rights!	Safety first!
Unit 4 - I know my rights!	Online heroes
Unit 6 - It's OK not to be OK	There's always a way to turn things around.
Unit 7 - Stop, think, stay safe!	Local heroes

Theme: Belonging to a community (Living in the Wider World)

Unit title

Lesson title

Unit 1 – Me, you and us!

One big family

Unit 1 – Me, you and us!

My hobbies

Unit 1 – Me, you and us!

Team player

Unit 1 – Me, you and us!

Community care

Unit 1 – Me, you and us!

Belonging

Unit 2 - Forever friends

Who am I?

Unit 3 - Happy Families

My special people

Unit 3 - Happy Families

My special circles

Unit 3 - Happy Families

One big family

Unit 4 - I know my rights!

Same or different?

Unit 4 - I know my rights!

We have rights!

Unit 4 - I know my rights!

We are all responsible!

Unit 4 - I know my rights!

Stand up to bullying!

Unit 6 - It's OK not to be OK

Understanding adults

Unit 7 - Stop, think, stay safe!

Local heroes

Theme: Media Literacy and Digital Resilience (Living in the Wider World)

Unit title

Lesson title



Unit 4 - I know my rights!

Safety first!

Unit 4 - I know my rights!

Online heroes

Unit 6 - It's OK not to be OK

There's always a way to turn things around.

Unit 7 - Stop, think, stay safe!

Say no!

Theme: Money and Work (Living in the Wider World)

Unit title

Lesson title

Unit 7 - Stop, think, stay safe

Local heroes

Theme: Physical Health and Mental Wellbeing

Unit title

Lesson title

Unit 5 - Stop the spread

Health is wealth

Unit 5 - Stop the spread

Healthy hands are happy hands

Unit 5 - Stop the spread

Catch it, bin it, kill it!

Unit 5 - Stop the spread

Helpful but harmful.

Unit 6 - It's OK not to be OK!

Cool down corner



Unit 6 - It's OK not to be OK!

Keep calm and carry on

Unit 8 - Lockdown capsule

Effective handwashing

Unit 8 - Lockdown capsule

Playing together but apart

Unit 8 - Lockdown capsule

My lockdown feelings

Unit 8 - Lockdown capsule

Agony aunt

Unit 8 - Lockdown capsule

Eat well; live well

Theme: Growing and Changing (Health and Wellbeing)

Unit title

Lesson title

Unit 1 - Me, you and us!

All about me

Unit 4 - I know my rights!

We are all responsible!

Theme: Keeping Safe (Health and Wellbeing)

Unit title

Lesson title

Unit 4 - I know my rights!

We are all responsible!

Unit 4 - I know my rights!

Stand up to bullying!



Unit 4 - I know my rights!

Unit 4 - I know my rights!

Unit 5 - Stop the spread

Unit 7 - Stop, think, stay safe

Unit 7 - Stop, think, stay safe

Safety first!

Online heroes

Helpful but harmful

Say no!

999 what's your emergency?

