


Unit	Lesson name	Lesson No.	Learning objective	Expected Standard (EXS)	GDS				
						Mental Health		Useful Resources	
							Unit 1 - Understanding emotions	Week 1 - What are feelings? (Happy, sad, angry, scared) use emotion flashcards children guess the feeling	
	Year 2 Family and Relationships – Scheme	Lesson 1: Families offer stability and love	1	To begin to understand the role of the family in their lives.	Understand that families offer love and support	Explain different ways families show love and support and describe how this support may change at different times (e.g. when someone is unwell or worried).	Objective - To be able to recognise, name and talk about a range of feelings.	Week 2 - Facial expressions and Body language - make use of mirrors, feeling charades	Use feelings cards or emotion thermometer to check in.
		Lesson 2: Families are all different	2	To begin to understand the range of families they may encounter now and in the future.	Understand that different families may be made up of different people.	Confidently describe a wide range of family structures and explain that all families are equally valuable, even if they are different from their own.		Week 3 - My feelings chart - daily check in - create a class and individual feelings check in board.	
		Other people's feelings	3	To recognise how others show feelings in different ways and how to respond.	Consider what friends may be thinking and feeling in different situations.	Predict how friends might feel in a range of situations and suggest thoughtful actions they could take to support them.		Week 4 - Using words to express feelings	Books -
		Lesson 4: Unhappy friendships	4	To begin to understand that some friendships might make us feel unhappy and how to deal with this	Recognise some issues that may occur in friendships and which of these may need adult help to resolve.	Explain why some friendship problems can be solved independently while others need adult support, giving clear examples and reasons.		Week 5 - Feelings in stories - Identifying emotions in characters, what could I do to help the character feel better?	
		Lesson 5: Introduction to manners and courtesy	5	To begin to understand the conventions of courtesy and manners	Understand that expectations of manners may change according to the situation.	Compare different social situations and justify why different manners or behaviours are expected in each.		Week 6 - Creating a personal 'calm down strategy' which strategies did they find most useful throughout the term.	- The colour monster by Anna Lewis
Lesson 6: Change and loss		6	To begin to understand how loss and change can affect us.	Know that remembering people who were important to them but are no longer here can cause a mixture of emotions.	Describe a range of emotions linked to loss and explain healthy ways people may express or manage these feelings.	Unit 2 - Building friendships and kindness	Week 1 - What makes a good friend? (Twinkl resources)		
Lesson 7: Gender stereotypes - Careers and jobs	7	To develop an understanding of stereotypes and how these might affect job/career choices	Explain what gender stereotypes are in relation to careers.	Challenge gender stereotypes by explaining why anyone can do any job and provide examples that break stereotypes. Give thoughtful reasons why equality and inclusion matter and describe the positive impact this has on individuals and communities.		Week 2 - Sharing and taking turns	- Ruby's worry by Tom Percival (there is a youtube video on this)		
KS1 RSE & PSHE Lesson Plan   Health and Wellbeing	Lesson 1: Experiencing different emotions	1	To describe a range of feelings and develop simple strategies for managing them.	Use multiple colours in a diagram to show how they can feel more than one emotion at a time. Describe how they would feel in a particular situation and understand that not everyone feels the same.			Week 3 - Kind words vs		
	Lesson 2 Being Active	2	To understand the benefits of physical activity.	Understand the effect of physical activity on their body and mind. Describe energetic physical activities that they enjoy.	Explain how different types of physical activity affect both physical health and emotions, using appropriate vocabulary.	Objective - Develop empathy, sharing and cooperation	Week 4 - Listening skills	- Have you filled a bucket today? By Carol McCloud	
	Lesson 3: Relaxation: breathing exercises	3	To use breathing exercises to relax.	Describe the positive effects of relaxation and know there are different ways to relax. Know how to use breathing exercises to relax.	Compare different relaxation techniques and explain when and why one method may be more helpful than another.		Week 5 - Resolving little conflicts (messages and compromise)		
	Lesson 4: Steps to success	4	To understand strengths and set achievable goals.	Recognise and describe what they are good at and what skills they would like to develop. Create a complete ladder detailing achievable steps which work towards a goal.	Design a realistic, detailed goal ladder and explain how each step contributes to success.		Week 6 - Celebrating friendships	- The huge bag of worries by Virginia IrDaily mindful minutes - guided breathing or nature listening. Feelings check in - circle time where children outside	
	Lesson 5: Developing a growth mindset	5	To identify strategies to help overcome barriers or manage difficult emotions. To develop a growth mindset.	Explain what a growth mindset is. Use strategies to stay calm during trick challenges.	Apply growth mindset language independently and explain how learning from mistakes helps improvement.	Unit 3 - Self awareness and confidence	Week 1 - I am special because... (all about me poster/flower)		
	Lesson 6: Healthy diet	6	To understand what it means to have a healthy diet.	Explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices. State what ingredients they can see on a dish and compare them with the food pyramid.	Analyse a meal by grouping foods, explaining nutritional balance, and predicting short- and long-term effects of poor diet choices		Week 2 - My superpowers (What I'm good at)	Resources -	
	Lesson 7: Looking after our teeth	7	To understand ways of looking after our teeth.	Understand what helps to keep teeth healthy.	Explain how daily habits affect dental health and justify choices that support long-term tooth care.		Week 3 - Trying new things		
<a href="https://www.kopowprimary.com/subjects/rse-pshe/key-stage-1/year-2/safety-and-the-changing-body/lesson-9-staying-safe-with-medicine/">https://www.kopowprimary.com/subjects/rse-pshe/key-stage-1/year-2/safety-and-the-changing-body/lesson-9-staying-safe-with-medicine/</a>	Lesson 1: Introduction to the internet	1	To understand what the internet is and how it can help us.	Understand how the internet can be used to help us.	Explain both the benefits and potential risks of internet use, showing an understanding of balance and responsibility.		Week 4 - I can ask for help	- Twinkl have some useful resources such as How to be a good friend sorting cards, What I want in a friend, All about me flower.	
	Lesson 2: Communicating online	2	To understand how to stay safe when using the internet.	Create a poster with clear information about how to remain safe online and what to do if something online makes them feel uncomfortable.	Produce a clear, well-organised poster that explains safety rules and appropriate actions, using age-appropriate vocabulary.		Week 5 - Setting simple goals	- Youtube - Cosmic kids for yoga.	
	Year 2 RSE & PSHE Lesson Plan: Secrets and Surprises	3	To begin to understand the difference between secrets and surprises	Understand what a secret is and what a surprise is.	Explain why some secrets are unsafe and describe how to seek help confidently.		Week 6 - Draw your safe place and trusted adults		
	Lesson 4: Appropriate contact: My private parts	4	To begin to understand the concept of privacy and the correct vocabulary for body parts.	Know the name of parts of the body, including those of the private parts for their gender.	Use correct anatomical terms confidently and explain why private parts should be respected and protected.	Unit 4 - Healthy minds and bodies	Week 1 - Why sleep, food and water matter		
	Lesson 5: Appropriate contact: My private parts are private	5	To understand safe and unsafe touches	Explain the PANTS rule.	Explain how to apply the PANTS rule to different scenarios and explain how it helps keep children safe.	Objective - Understand the link between physical and mental wellbeing	Week 2 - How exercise helps our mood		
	Lesson 6: Respecting personal boundaries	6	To know my body is important and belongs to me.	Explain the PANTS rule.	Apply the PANTS rule to different scenarios and explain how it helps keep children safe.		Week 3 - My calm space, what would it look like, what would be in it?		
	Lesson 7: Road safety	7	To understand ways to keep safe on and near roads	Explain the rules for crossing the road.	Explain road safety rules clearly and apply them to different road situations, including unfamiliar environments.		Week 4 - Mind body connection discussion (butterflies in my tummy etc)		
	Lesson 8: Crossing roads safely	8	To understand ways to keep safe on and near roads	Explain the rules for crossing the road.	Explain road safety rules clearly and apply them to different road situations, including unfamiliar environments.		Week 5 - Yoga and stretching for calm		
	Lesson 9: Keeping safe with medicine	9	To begin to understand how to stay safe with medicines.	Understand when we should take medicines that can help us feel better when we are unwell.	Explain why medicines must be taken responsibly and only with adult support, including potential risks of misuse.		Week 6 - Healthy habits stories eg Ruby's worry		
PSHE RSE Citizenship Lessons KS1 Y2 - Kopow Primary	Lesson 1: Rules beyond school	1	To recognise the importance of rules	Recognise that different rules apply in different situations.	Explain why rules exist and how they help keep people safe and treated fairly	Unit 5 - Managing worries	Week 1 - What is a worry?		
	Lesson 2: Our school	2	To identify ways to look after the school environment.	Explain what makes a good school	Evaluate how behaviour, respect, and cooperation		Week 2 - Drawing our worries - Worry monsters		
	Lesson 3: Our local	3	To recognise the roles people play in looking after the	Recognise that everyone in school has a	Explain how individual and shared responsibilities work	Objective - Develop basic coping	Week 3 - Talking about worries - importance of		
	Lesson 4: Job roles in our	4	To begin to understand the roles people have in the community.	Recognise some local job roles that help the	Explain how different jobs support the community and		Week 4 - Worry tree activity		
	Lesson 5: Similar yet.	5	To recognise similarities and differences between people in the	Recognise similarities and difference	Explain how diversity strengthens the community and		Week 5 - Letting worries go - visualisation		
	Lesson 6: School council	6	To begin to recognise how democracy works in school.	Explain how the school council works.	Describe the democratic process of the school council		Week 6 - Gratitude tree - noticing the good.		
	Lesson 7: Giving my opinion	7	To share and justify opinions by presenting ideas about how the	Share their opinions on things that matter.	Express opinions clearly, listen to others, and give	Unit 6 - Resilience and change	Week 1 - What is resilience?		
KS1 RSE & PSHE   Economic Wellbeing Y2	Lesson 1: Where does	1	To explore the ways people receive money.	Explain some ways adults get money.	Compare different ways adults earn money and explain		Week 2 - Trying again when its hard - I can't do		
	KS1 PSHE Lesson Plan 1.	2	To identify basic needs essential for healthy growth.	Recognise wants and needs.	Explain the difference between want and needs		Week 3 - Goal setting		
	KS1 PSHE Lesson Plan 1.	3	To consider how people decide what they want.	Recognise the difference between a want and	Justify whether items are wants or needs in different		Week 4 - My support circle - Who helps me?		
	Lesson 4 Looking after	4	To explore how bank accounts and cards help with managing money.	Discuss the role of bank account cards.	Explain how bank cards are used safely and why money		Week 5 - Moving on - saying goodbye and hello.		
	Lesson 5: My skills and	5	To identify my skills and talents.	Identify ways to develop their skills and	Explain how practice, feedback, and perseverance help		Week 6 - How have I grown?		
	KS1 PSHE Lesson Plan 1.	6	To describe how to make others feel included.	Explain why treating people equally and					
