

RSHE Golden Threads and Sticky knowledge

Golden Threads:

- 1. Family and Relationships**
- 2. Safety and the changing body**
- 3. Health and Wellbeing**
- 4. Citizenship**
- 5. Economic Wellbeing**

Golden Threads	Bluebell	Fern	Bramble	Laurel
Family and Relationships	<p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>What is family?</p> <p>What are friendships?</p> <p>Making friends</p> <p>Friendship problems</p> <p>Healthy Friendships</p> <p>Families offer stability and love</p> <p>Families are all different</p> <p>Managing friendships</p> <p>Unhappy friendships</p> <p>Valuing me</p> <p>Manners & courtesy</p> <p>Loss and change</p>	<p>Healthy families</p> <p>Friendships - conflict</p> <p>Effective communication</p> <p>Learning who to trust</p> <p>Respecting differences</p> <p>Stereotyping</p> <p>Respect & manners</p> <p>Healthy friendships</p> <p>My behaviour</p> <p>Bullying</p> <p>Stereotypes</p> <p>Families in the wider world</p> <p>Loss and change</p>	<p>Build a friend</p> <p>Resolving conflict</p> <p>Respecting myself</p> <p>Family life</p> <p>Bullying</p> <p>Respect</p> <p>Developing respectful relationships</p> <p>Stereotypes</p> <p>Bullying</p> <p>Being me</p> <p>Loss and change</p>
Safety and the changing body	<p>Understand how to be a safe pedestrian</p>	<p>Getting lost</p> <p>Making a call to the emergency services</p> <p>Asking for help</p> <p>Appropriate contact</p> <p>Medication</p> <p>Safety at home</p>	<p>Basic first aid</p> <p>Communicating safely online</p> <p>Online safety</p> <p>Fake emails</p> <p>Drugs, alcohol & tobacco</p> <p>Keeping safe out and about</p> <p>Online restrictions</p>	<p>Online friendships</p> <p>Identifying online dangers</p> <p>The changing adolescent body (puberty, including menstruation)</p> <p>First aid</p> <p>Drug education</p> <p>Drugs alcohol & tobacco</p>

		People who help to keep us safe The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education	Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body (puberty)	First aid Critical digital consumers Social media The changing adolescent body (puberty, conception, birth)
Health and Wellbeing	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy Experiencing different emotions Being active Steps to success Growth mindset Healthy diet Dental health	My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health	Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Health concerns Creating habits The effects of technology on health
Citizenship		Responsibility Rules Caring for others: Animals The needs of others Rules beyond school Our school environment Our local environment Community Similar, yet different Belonging	Responsibility Rights of the child Rights and responsibilities What are human rights? Caring for the environment Recycling Community Local community groups Charity Contributing	Responsibility Breaking the law Rights and responsibilities Protecting the planet Human rights Food choices and the environment Caring for others Community Contributing to the community Pressure groups

		<p>Job roles in our local community Similar yet different: My local community</p> <p>Democracy Democratic decisions School Council Giving my opinion</p>	<p>Diverse communities</p> <p>Democracy Local democracy Rules Local councillors</p>	<p>Prejudice and discrimination Valuing diversity</p> <p>Democracy Parliament National democracy</p>
Economic Wellbeing		<p>Money Introduction to money Looking after money Banks and building societies Saving and spending</p> <p>Career and aspirations Jobs in school</p> <p>Money Where money comes from Needs and wants Wants and needs Looking after money</p> <p>Career and aspirations Jobs</p>	<p>Money Ways of paying Budgeting How spending affects others Impact of spending</p> <p>Career and aspirations Jobs and careers Gender and careers</p> <p>Money Spending choices/ value for money Keeping track of money Looking after money</p> <p>Career and aspirations Influences on career choices Jobs for me</p>	<p>Money Borrowing Income and expenditure Risks with money Prioritising spending</p> <p>Career and aspirations Stereotypes in the workplace</p> <p>Money Attitudes to money Keeping money safe Gambling</p> <p>Career and aspirations What jobs are available Career routes</p>

Sticky Knowledge linked to the Golden Threads

Bluebell - Reception

Golden Thread	Why it's good to be me? Kapow units covered: Self-regulation: My feelings Building relationships: specific relationships	How can we make the world a better place? Kapow units covered: Managing self: Taking on challenges Self-regulation: listening and following instructions	How do we show kindness to people and places? Kapow units covered: Building relationships: my family and friends Managing self: My wellbeing
Family and Relationships	Children will know: <ul style="list-style-type: none"> • How to explore and understand their feelings. • How to communicate and cope with feelings and emotions • Why families and special people are valuable • That families can be similar and different 		Children will know: <ul style="list-style-type: none"> • What characteristics makes a good friend • The importance of listening to one another
Safety and the changing body			Children will know: <ul style="list-style-type: none"> • The importance of exercise, meditation and a balanced diet.
Health and Wellbeing		Children will know: <ul style="list-style-type: none"> • That we can use 'grounding' coping strategies to self-regulate • How to be resilient when facing challenges 	
Citizenship		Children will know: <ul style="list-style-type: none"> • Why we have rules in school and in society 	

Economic Wellbeing			
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Fern - Year 1/2

Golden Thread	<p>What makes a hero?</p> <p>Cycle A</p> <p>Kapow units covered: Y1/2 Family and relationships. Y1/2 Health and Wellbeing</p>	<p>Do we value what we've got?</p> <p>Cycle A</p> <p>Kapow units covered: Y1/2 Safety and the changing body Y1/2 Citizenship</p>	<p>What is a leader?</p> <p>Cycle A</p> <p>Kapow units covered: Y1/2 Economic wellbeing Y1/2 Transition</p>	<p>Where does our food come from?</p> <p>Cycle B</p> <p>Kapow units covered: Y1/2 Family and relationships. Y1/2 Health and Wellbeing</p>	<p>What is play?</p> <p>Cycle B</p> <p>Kapow units covered: Y1/2 Safety and the changing body Y1/2 Citizenship</p>	<p>How has communication changed (and stayed the same) through history?</p> <p>Cycle B</p> <p>Kapow units covered: Y1/2 Economic wellbeing Y1/2 Transition</p>
Family and Relationships	<p>Children will know:</p> <ul style="list-style-type: none"> • How families are different. • The impact of positive friendships. • That stereotyping is unfair • What we mean by 'self-respect' 			<p>Children will know:</p> <ul style="list-style-type: none"> • Differences in family structures • The impact of positive friendships • Conventions of manners and self respect. 		

<p>Safety and the changing body</p>		<p>Children will know:</p> <ul style="list-style-type: none"> • How to communicate safely with adults • How to cross the road safely • How to call 999 • The difference between appropriate and inappropriate contact. 			<p>Children will know:</p> <ul style="list-style-type: none"> • How to communicate with adults safely. • Considering hazards at home • What to do when they're lost • The risks associated with the internet 	
<p>Health and Wellbeing</p>	<p>Children will know:</p> <ul style="list-style-type: none"> • How to identify and understand emotions • Why we wash our hand regularly • About the importance of sleep • How to stay safe in the sun 			<p>Children will know:</p> <ul style="list-style-type: none"> • How to understand emotions • Set achievable goals • The importance of a healthy diet and relaxation • How to look after their teeth 		

	<ul style="list-style-type: none"> • How to deal with allergic reactions 			<ul style="list-style-type: none"> • That exercise keeps my body healthy and strong 		
Citizenship		Children will know: <ul style="list-style-type: none"> • Why we have rules • About different types of groups • About jobs in the community • How to improve our school and local environments 			Children will know: <ul style="list-style-type: none"> • Why we have rules • Understand the needs of animals and younger children • How voting gives a democratic decision • How the school council works 	
Economic Wellbeing			Children will know: <ul style="list-style-type: none"> • What money is and where it comes from • The difference between needs and wants 			Children will know: <ul style="list-style-type: none"> • What money is and different ways that adults get it • How people save money • What banks and building societies are • About career choices

			<ul style="list-style-type: none"> • How to keep cash safe and the purpose of banks. 			
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Bramble – Year 3/4

Golden Thread	<p>What does it mean to be human? Cycle A</p> <p>Kapow units covered: Y3/4 Family and relationships. Y3/4 Health and Wellbeing</p>	<p>What is respect? Cycle A</p> <p>Kapow units covered: Y3/4 Safety and the changing body Y3/4 Citizenship</p>	<p>What's worth fighting for? Cycle A</p> <p>Kapow units covered: Y3/4 Economic wellbeing Y3/4 Transition</p>	<p>What is justice? Cycle B</p> <p>Kapow units covered: Y3/4 Family and relationships. Y3/4 Health and Wellbeing</p>	<p>Who has history ignored? Cycle B</p> <p>Kapow units covered: Y3/4 Safety and the changing body Y3/4 Citizenship</p>	<p>What is a fair society? Cycle B</p> <p>Kapow units covered: Y3/4 Economic wellbeing Y3/4 Transition</p>
Family and Relationships	<p>Children will know:</p> <ul style="list-style-type: none"> • How to deal with friendship issues • Identify bullying and its effects • Physical and emotional boundaries • How to support 			<p>Children will know:</p> <ul style="list-style-type: none"> • How to deal with friendship issues • The issues with stereotyping and reflecting on how we communicate with others. 		

	someone who has suffered a bereavement					
Safety and the changing body		Children will know: <ul style="list-style-type: none"> • How to stay kind and safe online • How to identify cyber bullying • How to treat bites and stings • About road safety • How our bodies change during puberty (Y4) 			Children will know: <ul style="list-style-type: none"> • How to spot fake emails • Understand the purpose of age restriction online • The risks of smoking • About road safety and how to call emergency services • How our bodies change during puberty (Y4) 	
Health and Wellbeing	Children will know: <ul style="list-style-type: none"> • How to stay healthy and how our diet affects our bodies and teeth 			Children will know: <ul style="list-style-type: none"> • How to look after our teeth • How to practice visualisation • Our strengths 		

	<ul style="list-style-type: none"> • Know to identify strengths • How to develop a growth mindset 			<p>and future career options</p> <ul style="list-style-type: none"> • Understand the term 'mental health' 		
Citizenship		<p>Children will know:</p> <ul style="list-style-type: none"> • The importance of reusing and recycling • Groups in the community • The role of the local council • About our rights 			<p>Children will know:</p> <ul style="list-style-type: none"> • The importance of reusing and recycling • The value of diversity in the community • The ways we can support charities 	
Economic Wellbeing			<p>Children will know:</p> <ul style="list-style-type: none"> • About spending decisions • How to create a budget • How we feel when money is lost • About different jobs 			<p>Children will know:</p> <ul style="list-style-type: none"> • How to create a budget • The emotional impact of money • About potential jobs and careers

Laurel - Year 5/6

<p>Golden Thread</p>	<p>Where do we come from? Who are we?</p> <p>Cycle A Kapow units covered: Y5/6 Family and relationships. Y5/6 Health and Wellbeing</p>	<p>Why do people take risks? Cycle A</p> <p>Kapow units covered: Y5/6 Safety and the changing body Y5/6 Citizenship</p>	<p>What are rights and responsibilities? What does it mean to be free? Cycle A</p> <p>Kapow units covered: Y5/6 Economic wellbeing Y6 ONLY Identity Y5/6 Transition</p>	<p>Is exploration always good? Cycle B</p> <p>Kapow units covered: Y5/6 Family and relationships. Y5/6 Health and Wellbeing</p>	<p>What is friendship? Cycle B</p> <p>Kapow units covered: Y5/6 Citizenship Y5/6 Economic wellbeing</p>	<p>What is democracy? Cycle B</p> <p>Kapow units covered: Y5/6 Safety and the changing body Y6 ONLY Identity Y5/6 Transition</p>
<p>Family and Relationships</p>	<p>Children will know:</p> <ul style="list-style-type: none"> • That families are different and varied • The physical and emotional boundaries in friendships • The roles of bullies, victims and bystanders • About bereavement 			<p>Children will know:</p> <ul style="list-style-type: none"> • Families are varied and must be respected • The physical and emotional boundaries in friendships • The roles of bullies, victims and bystanders • About manners in different situations 		

<p>Safety and the changing body</p>		<p>Children will know:</p> <ul style="list-style-type: none"> • About online friendships and how to stay safe online • About alcohol and tobacco • How to deal with choking • About puberty and menstruation (Y5) • About conception, pregnancy and birth (Y4) 			<ul style="list-style-type: none"> • 	<p>Children will know:</p> <ul style="list-style-type: none"> • How to be critical digital consumers • That online relationships should be treated the same as face to face relationships • How to deal with first aid emergencies • About puberty and menstruation (Y5) <p>About conception, pregnancy and birth (Y4)</p>
<p>Health and Wellbeing</p>	<p>Children will know:</p> <ul style="list-style-type: none"> • The importance of relaxation and sleep • How to set and achieve goals • Take precautions when in the sun 			<p>Children will know:</p> <ul style="list-style-type: none"> • The importance of relaxation and sleep • How to set and achieve goals • The impact of technology 		

	<ul style="list-style-type: none"> About healthy meals and ingredients 			<p>on mental health and wellbeing</p> <p>The benefits of immunisation</p>		
Citizenship			<p>Children will know:</p> <ul style="list-style-type: none"> What happens when the law is broken How to recognise and challenge discrimination The contribution people make to our community How parliament works 	<p>Children will know:</p> <ul style="list-style-type: none"> The role that pressure groups play in society The value of a diverse community How our food choices affect the environment How right and responsibilities are linked 		
Economic Wellbeing			<p>Children will know:</p> <ul style="list-style-type: none"> About income and expenditure Borrowing risks with money About different careers and 		<p>Children will know:</p> <ul style="list-style-type: none"> About attitudes towards money How to keep money safe The risks associated with gambling 	

			the routes into them		About different careers and the routes into them.	
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