

Juniper Hill School- Life Skills Curriculum September 2026
Knowledge and skills Overview Document

Topic: Respectful, kind relationships (Juniper Hill School's own unique topic)

In this unit, children will explore what makes each person unique and learn how to value and respect the diversity they encounter in their families, school and wider community. They will develop an understanding of culture, respect and self-respect, while recognising the importance of treating everyone fairly and kindly, regardless of their background, beliefs or identity. Pupils will learn about stereotypes and discrimination, including how these can be harmful and how to challenge them appropriately. Through discussion and reflection, children will build empathy, celebrate differences, strengthen their sense of self-worth and understand how their own actions can contribute to a more inclusive and respectful world.

Objective	EYFS	Year 3	Year 5
Lesson 1 Culture What are my family's cultural beliefs? (Link to work on Diversity)	I know that different people have different cultures.	To know that different people have different cultural beliefs. I can talk about my own family's cultural beliefs.	To know that different people have different cultural beliefs. I can talk about and describe my own family's cultural beliefs. I can understand what it must be like for people who move to a new country and understand the challenges they may face.
Lesson 2 Respect That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. (Link to work on Diversity)	I know how important respecting other people is. I know how to show respect to people.	I know that everyone looks and behaves differently, and has different homes and cultures. I know how important it is to show everyone respect.	I know that everyone is different. People have different backgrounds, characters and personalities. I know that people make different choices depending on their beliefs. I know how important it is to show respect to everyone.
Lesson 3 Self-Respect The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and	I care about fairness (and equity)	I am learning to accept who I am and the way I am (with imperfections). I feel worthy of respect from myself and others.	I have a realistic sense of my strengths and weaknesses. I am learning to accept who I am. I feel worthy of respect from myself and others. (NB: This is one of the essential tools to help build self-respect)

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build a strong sense of their own identity, including through developing skills and interests.		(NB: This is one of the essential tools to help build self-respect)	
Lesson 4 Stereotypes What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.	I know that boys and girls can do the same things, e.g., both play with the same toys, enjoy the same hobbies and activities	I know what the word stereotype means. I know it is unfair to make sweeping statements about what boys and girls can/can't do. EXT - I can identify examples of gender stereotypes in everyday life, including in toys, jobs, sports and the media	I can identify examples of gender stereotypes in everyday life, including in toys, jobs, sports and the media. I can explain why stereotypes can be harmful and how they can affect people's choices and opportunities. I can challenge stereotypes by giving examples of boys and girls succeeding in a wide range of roles, activities and interests. I can reflect on my own assumptions and make fair judgements based on individuals rather than stereotypes.
Lesson 5 Stereotypes To challenge racial stereotypes	I know that everybody is valued and important, regardless of their colour.	I know that it's wrong to make judgements about people based on their skin colour. I know that everyone should be treated fairly and with respect, regardless of their race, ethnicity or background.	I know that everyone should be treated fairly and with respect, regardless of their race, ethnicity or background. I can recognise examples of unfair treatment or discrimination based on skin colour. I can explain why judging someone by their appearance is harmful and unfair. I can describe the positive contributions of people from different racial and cultural backgrounds. I can challenge stereotypes and prejudiced comments in an appropriate and respectful way.
Lesson 6 Owning my own behaviour To behave with kindness and respect to everyone I know and meet face to face and online.	To make a promise to treat everyone with kindly	To make a promise to myself to treat everyone with kindness and respect at school, at home and in the community.	To write a promise to myself to show inclusive behaviour by treating everyone equally and valuing diversity within my family, school, community and online.