

PSHE Rolling programme

Foundation	
<p>Myself and My Relationships</p>	<p>Myself and My Relationships 1 Beginning and Belonging (NB, GFG)</p> <ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to make the classroom a safe and happy place? • How can I play and work well with others? • How can I respect the needs of others? • How does my behaviour make other people feel? <p>Myself and My Relationships 2 My Family and Friends - Including Anti-bullying (GOFO, SNTB)</p> <ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is my family and how do we care for each other? • What is a friend? • How can I be a good friend? • How do I make new friends? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me? <p>Myself and My Relationships 3 My Emotions (C, R, GTBM)</p> <ul style="list-style-type: none"> • Can I recognise and show my emotions? • Can I recognise emotions in other people and say how they are feeling? • Do I know what causes different emotions in myself and other people? • How do I and others feel when things change? • Do I know simple ways to make myself feel better? • How can I help to make other people feel better?

<p>Healthy and Safer Lifestyles</p>	<p>Healthy and Safer Lifestyles 1 My Body and Growing Up</p> <ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up? <p>Healthy and Safer Lifestyles 2 Keeping Safe (Including Drug Education)</p> <ul style="list-style-type: none"> • What do I think I have to keep safe from? • How do I know if something is safe or unsafe? • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • Can I say 'No!' if I feel unsure about something and it does not feel safe or good? • Can I ask for help and tell people who care for me if I am worried or upset? • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? <p>Healthy and Safer Lifestyles 3 Healthy Lifestyles</p> <ul style="list-style-type: none"> • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Do I understand why food and drink are good for us? • Do I understand what exercise is and why it is good for us? • Do I understand why rest and sleep are good for us?
<p>Citizenship</p>	<p>Citizenship 1 Identities and Diversity</p> <ul style="list-style-type: none"> • Who are the people in my class and how are we similar to and different from each other? • Who are the different people who make up a family? • What things are especially important to my family and me? • What are some of the similarities and differences in the way people including families live their lives? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? <p>Citizenship 2 Me and My World</p> <ul style="list-style-type: none"> • Who are the people who help to look after me and my school? • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood including people who help me? • How can we look after the local neighbourhood and keep it special for everybody? • What do animals and plants need to live and how can I help to take care of them? • What is money and why do we need it? • How do we save money?
<p>Transition</p>	<p>Transition</p>

	Year A	YEAR B
Year 1 and 2 Family and relationships	<p>INTRODUCTION TO RSE AND SETTING GROUND RULES</p> <p>What is family?</p> <p>Families offer stability and love</p> <p>Families are all different</p> <p>Friendship problems and how to overcome them</p> <p>Healthy friendships</p> <p>Working with others</p> <p>Stereotyping-gender</p>	<p>INTRODUCTION TO RSE AND SETTING GROUND RULES</p> <p>What are friendships?</p> <p>How to deal with unhappy friendships</p> <p>Recognising other people's emotions</p> <p>Other people's feelings</p> <p>Manners and courtesy</p> <p>Stereotyping-gender</p>
Year 1 and 2 Safety and the changing body	<p>Communicating safely and effectively with adults at school</p> <p>Communicating safely and effectively with adults outside of school</p> <p>Safety with substances what should and should not go in the body</p> <p>Safety and home- potential hazards in the home</p> <p>What to do if I get lost</p> <p>Making a call to emergency services</p> <p>People who help to keep us safe in our community</p>	<p>Introduction to the internet</p> <p>Communicating online- not sharing personal information</p> <p>The difference between secrets and surprises</p> <p>Road safety 1</p> <p>Road safety 2</p> <p>Safety with medicines</p>
Year 1 taught separately Safety and the changing body	Appropriate contact-acceptable and unacceptable physical contact	
Year 2 taught separately Safety and the changing body	<p>My private parts</p> <p>- the concept of privacy and the correct vocabulary for these (vocabulary penis, vulva)</p> <p>My private parts and private- safe and unsafe touches (penis, vulva and testicles)</p>	
Year 1 and 2 Health and wellbeing	<p>Understanding my feelings</p> <p>What am I like- identifying strengths and qualities</p> <p>Ready for bed-effective of good quality sleep</p> <p>Relaxation –laughter and progressive muscle relaxation</p> <p>Handwashing and personal hygiene</p> <p>Sun safety</p> <p>Allergies</p> <p>Steps to success-setting achievable goals</p> <p>Growth mindset-overcoming difficulties</p> <p>People who help us stay healthy</p>	<p>Experiencing different feelings</p> <p>Being active</p> <p>Relaxation-breathing exercises</p> <p>Handwashing and personal hygiene</p> <p>Sun safety</p> <p>Allergies</p> <p>Steps to success-setting achievable goals</p> <p>Growth mindset-overcoming difficulties</p> <p>Healthy diet</p> <p>Looking after our teeth</p>

Year 1 and 2 Citizenship	Rules Caring for others: animals The needs of others Similar, yet different Belonging Democratic decisions School council Giving my opinion	Rules beyond school Our school environment Our local environment Job roles on our local community Similar yet different in my local community School council Giving my opinion
Year 1 and 2 Economic wellbeing	Introduction to money Looking after money Banks and Building societies Saving and spending Jobs in school	Where money comes from Needs and wants Wants and needs Looking after money Jobs
Year 1 and 2 transition	1 lesson transition	

	YEAR A	YEAR B
Year 3 and 4 Family and relationships	INTRODUCTION TO RSE AND SETTING GROUND RULES Healthy families Friendship-conflict and resolution Friendship conflict v bullying Effective communication to support relationships Learning who to trust Stereotypes- in everyday life Where do stereotypes come from?	INTRODUCTION TO RSE AND SETTING GROUND RULES Respect and manners Healthy friendships-physical and emotional boundaries How my behaviour affects others Bullying- the effects of bullying and the responsibility of the bystander Stereotypes- in fictional characters Stereotypes- negative effects of Families in the wider world- respecting differences Change and loss- bereavement
Year 3 and 4 Safety and the changing body	Emergencies and calling for help Basic first aid- bites and stings Communicating safely online Cyberbullying Fake emails Making choices for myself Who and what can influence my decisions and how to make the right choices for me Road safety	Internet safety –age restrictions Internet safety share aware Basic first aid asthma Privacy and secrecy and the difference between the two Consuming information online- being a discerning consumer of online information Tobacco- the risks of smoking
Year 4 only taught separately Safety and the changing body	Growing up- that the changes from a child to an adult is called puberty Introduction to puberty (vocabulary breasts, genitals, penis, testicles)	
Year 3 and 4 Health and wellbeing	My healthy diary-physical activity, rest and diet Relaxation-stretched Wonderful me! My superpowers Breaking down problems Diet and dental health	Looking after our teeth Relaxation-visualisation Celebrating mistakes My role my strengths and helping others My happiness Emotions Mental health
Year 3 and 4 Citizenship	Rights of the child Rights and responsibilities Recycling Local community groups Charity Local democracy rules	What are human rights? Caring for the environment Community Contributing Diverse communities Local councillors
Year 3 and 4 Economic wellbeing	Ways of paying Budgeting	Spending choices Keeping track of my money

	How spending affects others Impact of spending Jobs and careers	Looking after money Influences on career choices Jobs for me
Transition	1 lesson transition	
Diversity	School linking project	

	Year A	Year B
Year 5 and 6 Family and relationships	<p>INTRODUCTION TO RSE AND SETTING GROUND RULES</p> <p>Build a friend- what makes a good friend</p> <p>Friendship skills</p> <p>Marriage-different types of marriage and the history of marriage</p> <p>Respecting myself</p> <p>Family life</p> <p>Bullying- the effects of bullying and what might motivate a bully</p> <p>Stereotyping-how attitudes to gender have changed over time</p> <p>Stereotyping and discrimination</p>	<p>INTRODUCTION TO RSE AND SETTING GROUND RULES</p> <p>Respect-how this can be gained and lost</p> <p>Developing respectful relationships</p> <p>Challenging stereotypes</p> <p>Different types of stereotypes</p> <p>Resolving conflict- negotiating and compromise</p> <p>Change and loss- the emotions relating to grief</p>
Year 5 and 6 Safety and the changing body	<p>Online friendships</p> <p>Staying safe online</p> <p>First aid-breeding</p> <p>Drugs, alcohol and tobacco- understanding the influence others can have on us</p>	<p>The risks associated with alcohol</p> <p>Critical digital customers</p> <p>Social media</p> <p>First aid-choking</p> <p>Basic life support</p>
Year 5 taught separately Safety and the changing body	<p>Puberty (<i>vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation</i>)</p> <p>Menstruation (<i>vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation</i>)</p> <p>Emotional changes in puberty</p>	
Year 6 taught separately Safety and the changing body	<p>Physical and emotional changes of puberty (<i>vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples</i>)</p> <p>Conception (<i>parents/carers have the right to withdraw their child from this lesson</i>) (<i>vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse</i>)</p> <p>Pregnancy and birth (<i>parents/carers have the right to withdraw their child from this lesson</i>) (<i>vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care</i>)</p> <p>3 lessons of Identity</p>	

Year 5 and 6 Health and Wellbeing	Relaxation - yoga The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	What can I be? - setting long term goals Relaxation - mindfulness Taking responsibility for my health Resilience toolbox The facts about immunisation Physical health concerns - where to get help Habits - positive and negative
Year 5 and 6 Citizenship	Breaking the law Rights and responsibilities Protecting the planet Contributing to the community Pressure groups Parliament	Human rights Food choices and the environment Caring for others Prejudice and discrimination Valuing diversity National democracy
Year 5 and 6 Economic wellbeing	Borrowing Income and expenditure Risks with money Prioritising spending Stereotypes in the workplace	Attitudes to money Keeping money safe Gambling What jobs are available Career routes
Transition	1 lesson transition	