

PSHE & RSHE CURRICULUM FRAMEWORK: WHOLE SCHOOL OVERVIEW

Living in the Wider World			Health and Wellbeing		Relationships	
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Core Values and community	#WWSafe	Digital Safeguarding	Owning your choices	Positive Mental Health	Respectful Relationships and Sex Education
Year R PSED (See statutory EYFS curriculum 2021 and Development Matters Guidance 2021')	Getting to know your new class/ school Routines, rules and expectations in the classroom/ school. Making relationships & own and others feelings Consent focus: Personal boundaries and consent to touch each other. Self – regulation School Values	Personal Safety Using equipment safely (classroom, P.E, outdoors) Keeping safe in the outdoor learning area. Road Safety Keeping safe on school trips (St James Park Trip) What to do in emergency. (Fire service) People who help us in the community Dental hygiene - Continuing with school Learning Values/5rs	How to safely use I.T in school – Safety tips - What sites can we use	It's O.K to be different... How we are alike and different? Hobbies, interests and dislikes. Trying new things. Initiating own ideas and talking about them. Self – belief, resilience & self-regulation Completing tasks Right and Wrong	What are feelings? How do we show feelings? Talking about how they and others feel. Behaviour and consequences. Adjusting behavior to different situations. Right and wrong. Sun safety	Looking after ourselves Understand ways we can look after ourselves. Understand basic hygiene routines and why it is important to keep clean. Healthy food choices Keeping safe when in new places – The farm Recognise all families are different. PANTS- Stand up, speak out NSPCC workshops.
Year 1	How do we decide how to behave? School/Class values; respecting others' needs; positive behaviour; listening; feelings and bodies can be hurt. Rules that keep us safe How do people make friends? How to ask for help if a friendship/ something else makes them unhappy. Consent focus: Consent when playing games with each other, respecting others wishes	How do we keep safe? Keeping safe in familiar /unfamiliar situations including stranger danger and resisting pressure to do things they don't want to do. household products (including medicines) sun safety, who helps keep us safe or healthy; asking for help. Emergencies/accidents. Anti- bullying week	Staying Safe online How to use the laptops/ipads- logging on and off. Going places safely online. Searching online. Private personal information online Creating work online Sending emails Not all information online is true. Age restrictions	What makes us special? Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities. Sharing opinions. Belonging to groups Money What money is. How to save and spend money. Different jobs people have.	How do we feel? Different kinds of feelings; explore ways to manage and help our big feelings. What to do if you feel lonely? Identify comfortable and uncomfortable feelings. <i>Think about change and things we can look forward to in the future</i>	Keeping ourselves clean and families Understand some basic hygiene principles To introduce the concept of growing and changing To explore different types of families and who to ask for help Caring for ourselves and other living things

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Year 2	<p>How can we help? Rules and why they are important; school rules and values. respecting own and others' rights/needs; looking after the environment and caring for living things. Responsibilities within the community. Age restrictions Consent focus: Consent to use each- others belongings, respecting privacy, permission and seeking permission</p>	<p>Safe and unsafe play. Different ways/ games to play. Recognising risks. Recognising the importance of taking a break from technology/ T.V. How to get help including in an emergency. What is bullying? Hurtful teasing/ bullying is wrong, what to do about bullying; unsafe secrets; Anti- bullying week. What makes a good friendship? How to resolve friendship difficulties.</p>	<p>Appropriate use of I.C.T Using appropriate websites Digital footprints What cyber bullying means and what you can do about it</p>	<p>How can we be healthy? Recognise what they are good at; set simple goals; growing and being more independent; Things and people that help to keep bodies and minds healthy (activity, rest/sleep, food); healthy choices, belonging to different groups. Dental care. How to look after money.</p>	<p>How do we show our feelings? Recognising how others are feeling; sharing feelings, big feelings, feelings regarding change or loss. Preparing for change/ transition Feelings change and not everyone experiences the same feeling in the same situation. How worries can affect us and what we can do to feel better.</p>	<p>Differences, Personal Space and Families. Begin to understand the concept of gender stereotypes Identify differences between males and females and understand how this is part of the lifecycle Describe physical difference and name body parts- private body parts Feeling safe/ unsafe with adults. How to get help.</p>

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Year 3	<p>What makes a community? What it means to be in a community; groups and individuals that support the local community; Voluntary communities, Values and customs of people living around the world. Rights, respect and responsibility. Individuality: what does it mean including within the context of a community? How to debate respectfully Friendships and strategies for resolving disputes</p>	<p>What can we do about bullying? Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe Keeping safe in local environment; road safety, how to get help in an emergency. Anti- bullying week</p> <p>Keeping ourselves and others safe First aid focus: Bites and stings, burns and scalds. Calling for help. Consent focus: Boundaries, gut feelings and privacy</p>	<p>Responsible use of ICT Powerful passwords The online community Online Sales Being respectful online. Responding safely and appropriately to adults online</p>	<p>How can we keep physically healthy? What makes a balanced lifestyle; balanced diet; good quality sleep, making choices; influences on choices What good physical health means. How to recognize early signs of physical illness. Recap Oral hygiene. Safety in the sun. Things that may not be so healthy: smoking, alcohol, energy drinks, caffeine- why people use them.</p>	<p>How can we describe our feelings? Wider range of feelings; conflicting feelings experienced at the same time; describing feelings; feelings associated with change; responding to other's feelings what helps people to feel good. The impact of different life changes, and strategies for dealing with grief.</p>	<p>Valuing Difference and Keeping Safe To explore the differences between males and females and to name the body parts Identify different types of touch that people like and do not like Understand personal space Talk about ways of dealing with unwanted touch To explore different types of families and relationships, including marriage, civil ceremonies, living together or apart. Who to go to for help and Support</p>
Year 4	<p>What is diversity? Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes, racism, prejudice and discrimination, the importance of self -respect and respect for others, discuss and debating topical issues respectfully. Opportunities and responsibilities with increasing independence. Human rights and responsibilities</p>	<p>What are we responsible for? Responsibilities; rights, duties and risks at home; in school and local environment; How can we keep safe in our home and in our local area? Managing risk in familiar situations & the local environment; (including fire risk) how regulations/ restrictions promote personal safety; feeling & managing negative pressure; recognising & managing dares; how actions affect themselves and others; people who help us stay healthy/safe, friendships, Anti- bullying week Keeping ourselves and others safe First aid focus: Asthma and allergies. Calling for help. Consent focus: boundaries, healthy and unhealthy relationships.</p>	<p>Responsible digital citizenship Being a good responsible digital citizen Protecting yourself online. Standing up to cyber bullying Safe and accurate searching when and how it is O.K to use the work of others.</p>	<p>How can we be a good friend? Recognise wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; independence, being a good friend, How positive friendships support wellbeing and how friendships can change over time</p>	<p>Positive thinking strategies: The Humnculi Approach. How we tackle worry Anger management. Mindfulness Breathing techniques (e.g. bear breathing) Yoga Where to get help if worried about their health or others. Importance of sleep and other factors that promote our positive mental wellbeing</p>	<p>Intro to puberty: Growing & Changing To explore the human lifecycle. Discuss male and female body parts using agreed words. Know some of the changes which happen to the body during puberty and explore how puberty is linked to reproduction Different types of relationships Gender identity</p>

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Year 5	How do we manage our money? The role of money and ways of managing money: spending, saving. Finance and its role in people's lives; being a critical consumer, what is meant by interest, loan, debt, tax Jobs- including positive and negative influences on job choice.	What does discrimination mean? Actions can affect self and others; kind and unkind behaviour, discrimination, Teasing/bullying; stereotypes; differences and similarities between people; equalities Keeping ourselves and others safe First aid focus: Bleeding and basic life support. Calling for help. Consent focus: What does Consent mean? Permission and personal boundaries. Strategies for unwanted physical contact. Where to get help if you need it.	Using I.C.T safely and effectively Creating secure passwords Digital citizens pledge Dealing with spam Using I.C.T to support home learning	Healthy choices What makes a balanced lifestyle? Making choices, what is meant by a habit, everyday drugs, the law & drugs, who is responsible for their health and well-being? Peer- pressure and strategies for resisting it. Vaccinations, immunisations, medicines. Messages in the media re drugs (e.g. vaping)	What is mental health and well - being? What it means and how we can take care of it . How feelings and emotions are affected and can be managed at changing, or challenging times. The impact of loss and bereavement and strategies for dealing with grief or loneliness. Further ways we can support our mental wellbeing and build resilience.	Puberty To explore the emotional and physical changes occurring in Puberty. Understand how puberty affects the reproductive organs. Describe how to manage physical and emotional changes. To explore the impact of puberty on the body and the importance of hygiene. To explore ways to get support during puberty.
Year 6	What makes us enterprising? Options for the future Different ways of achieving and celebrating personal goals, high aspirations, growth mindset, setting up an enterprise; what enterprise means for work and society. Budgeting. Career pathways	Why and how laws are made? Taking part in making and changing rules, importance of human rights, rights of the child, right to protect their bodies (including tattoos/ ear piercing/ forced marriage) confidentiality and when to break a confidence. Keeping ourselves and others safe First aid focus: Choking and head injuries Consent focus: Relationships and the issue of consent. Appropriate and inappropriate touch. Online consent (further covered in Summer 2)	Online relationships Talking safely online Being a super digital citizen Privacy rules Strategies for handling cyber bullying Media and stereotypes. That images in the media do not necessarily reflect reality.	Anti-Social Behaviour and Peer Pressure Increased independence and responsibility; strategies for managing risk; different influences; resisting unhelpful pressure; personal safety; managing requests for images; how anti-social behaviours affect wellbeing; how to handle anti-social or aggressive behaviours. Gambling Peer on peer exploitation (e.g. inappropriate requests, sexting etc)	Building Resilience/ Coping strategies Importance of taking care of mental health. warning signs and how to seek support for themselves and others. <i>How to reframe unhelpful thinking and manage setbacks.</i> Strategies to respond to feelings, including intense or conflicting feelings; emotions, challenges and change, including the transition to new schools.	Puberty, Relationships and Reproduction Describe how the body changes during puberty in preparation for reproduction. Talk about puberty/reproduction with confidence. Consider physical & emotional behaviour in relationships. Describe decisions to be made before having a baby. Know some basic facts about pregnancy and conception. To explore positive/negative ways of communicating in a relationship. Know how/ where to get support if there is something wrong. FGM/ Right to protect our bodies.

