

Personal, Social and Health Education Curriculum

including statutory Relationships, Health (and Sex) Education

	Start of Autumn term	Autumn term	Spring term	Summer term
Year 1	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	1. Rights and responsibilities. Being responsible – rule of law 2. Rules/class charter Being responsible – rule of law 3. School council – Being responsible -democracy (BV) 4. Introduction to growth mindset Feelings and Emotions	1. What makes me unique? Relationships – personal identify 2. Who are the special people in my life? Relationships - communities 3. What makes a family? Relationships - families 4. What is the same or different about us? Relationships – friendships- Mutual respect (BV) 5. How can I be a good friend? Relationships - friendships 6. Why should I be kind online? Online Safety 7. How do I ask for permission? Relationships - content	1. Which foods keep me healthy? Keeping Healthy - eating 2. Why should I wash my hands? Keeping Healthy - hygiene 3. How do I keep my teeth healthy? Keeping Healthy – dental hygiene 4. What are feelings? Feelings and Emotions 5. What are our good and not so good feelings? Feelings and Emotions 6. What is jealousy? Feelings and Emotions	1. What is an accident? Keeping Safe 2. What can go on or into our bodies? Keeping Safe/Keeping Healthy – Drugs and Alcohol 3. How can medicines keep us healthy? Keeping Safe/Keeping Healthy – Drugs and Alcohol 4. How can we keep safe and get help if we need it? Keeping Safe - safeguarding 5. Why should we look after living things? Being responsible 6. How can we stay safe on the road? Keeping Safe – road and rail safety 7. How can we stay safe in the sun? Keeping Safe

Year 2	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	<p>1. Identify hopes and fears for the year. Feelings and Emotions</p> <p>2. Rights and responsibilities in class and around school. Being responsible</p> <p>3. School council – being responsible – democracy (BV)</p> <p>4. Growth mindset and challenge. Feelings and Emotions</p>	<p>1. How do we change as we grow? Keeping Healthy - puberty</p> <p>2. What are the different types of families? Relationships - families</p> <p>3. How are friendships made? Relationships - friendships</p> <p>4. Why do we fall out and make up in friendships and how can we get help if we need it? Relationships – friendships</p> <p>5. How can I be kind to others and what should I do if I see unkind behaviour? Relationships – friendships</p> <p>6. How can I understand how someone is feeling through their body language? Relationships – friendships Feelings and Emotions</p> <p>7. How can my actions online affect other people? Online Safety</p> <p>8. How can I keep safe online? Online Safety</p>	<p>1. How can being active keep us healthy? Keeping Healthy – physical health</p> <p>2. How can food keep us healthy? Keeping Healthy – healthy eating</p> <p>3. Why do we need to brush our teeth? Keeping Healthy – dental health</p> <p>4. What are our 'big feelings' and how can we manage them? Feelings and Emotions</p> <p>5. What are the changes that we might have in our lives? Feelings and Emotions</p> <p>6. What can we do if we are worried? Feelings and Emotions</p> <p>7. What is anger and how can we manage it? Feelings and Emotions</p>	<p>1. Is it safe to eat, drink or play with? Keeping Safe – Drugs and Alcohol</p> <p>2. Why should I tie my shoelaces? Keeping Safe</p> <p>3. What are the rules for keeping safe from medicines and household products? Keeping Safe – Drugs and Alcohol</p> <p>4. How can we keep safe and get help when we need it? Keeping Safe - safeguarding</p> <p>5. How do we become better at something? Being responsible/ Feelings and Emotions</p> <p>6. How can we be kind and helpful in our community? Being responsible - community</p> <p>7. What is money and how can it be earned? Being responsible – financial education</p>

Year 3	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	<p>1. Understand why we have rules and how they relate to responsibilities. Being responsible – rule of law (BV)</p> <p>2. Understand that my actions affect myself and others. Being responsible</p> <p>3. School council – Being responsible -democracy (BV)</p> <p>4. Growth mindset in others – how to recognise it. Feelings and Emotions</p>	<p>1. What makes a good friend? Relationships - friendships</p> <p>2. What are the challenges that friendships can Face? Relationships - friendships</p> <p>3. How should I respond to bullying and hurtful behaviour? Relationships – friendships, bullying</p> <p>4. What does it mean to be anti-racist? Relationships – community, mutual respect and tolerance (BV)</p> <p>5. What are family relationships like? Relationships - families</p> <p>6. What are safe choices online? Online Safety</p> <p>7. How can we give and ask for permission? Relationships - consent</p> <p>8. What are personal space and personal boundaries? Relationships - consent</p>	<p>1. How can I make healthier choices about what I eat? Keeping Healthy</p> <p>2. What are the safety rules for taking medicines? Keeping Healthy – Drugs and Alcohol</p> <p>3. Why are dental health routines important? Keeping Healthy – dental health</p> <p>4. What are our everyday feelings? Feelings and Emotions</p> <p>5. How can we express our feelings in different ways? Feelings and Emotions</p> <p>6. What is grief and how can we manage it? Feelings and Emotions - grief</p>	<p>1. How can I make safe choices in the community? Keeping Safe</p> <p>2. How can I make safe choices at home? Keeping Safe</p> <p>3. What are borrowing and stealing? Being responsible – rule of law (BV)</p> <p>4. How can I build confidence in asking for help when I need it? Keeping Safe - safeguarding</p> <p>5. How can I manage risks at home? Keeping Safe</p> <p>6. How can I cross the road safely? Keeping Safe – road and rail safety</p> <p>7. How can we look after our world? Being responsible</p>

Year 4	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	<p>1. Understand our actions can affect others and that rewards and consequences can motivate us. Being responsible</p> <p>2. Democracy - understand how groups make decisions. 3. Being responsible - democracy (BV)</p> <p>4. School council – Being responsible -democracy (BV)</p> <p>5. Growth mindset – how this can change our brain. Feelings and Emotions</p>	<p>1. What different types of families are there? Relationships - families</p> <p>2. What changes can happen in families? Relationships - families</p> <p>3. Which communities do we belong to? Relationships – communities, mutual respect (BV)</p> <p>4. What does it mean to be anti-racist? Relationships – communities, mutual respect and tolerance (BV)</p> <p>5. How can we treat each other equally? Relationships – friendship, mutual respect and tolerance (BV)</p> <p>6. How can we have positive online relationships? Online Safety</p> <p>7. What is appropriate and inappropriate touch? Relationships/ Keeping Safe -consent, safeguarding</p> <p>8. What makes a healthy or</p>	<p>1. How can we maintain a healthy lifestyle? Keeping Healthy – physical health</p> <p>2. How can I make healthier choices? Keeping Healthy – physical health</p> <p>3. How can we plan a healthy meal? Keeping Healthy – healthy eating</p> <p>4. How can change, loss and grief affect us? Feelings and Emotions</p> <p>5. How can we manage our feelings in difficult situations? Feelings and Emotions</p> <p>6. How can we manage feelings of jealousy? Feelings and Emotions</p>	<p>1. How can we use medicines safely? Keeping Safe – Drugs and Alcohol</p> <p>2. How do smoking and alcohol affect people’s health? Keeping Healthy – Drugs and Alcohol</p> <p>3. How can we behave responsibly? Keeping Safe/ Being responsible</p> <p>4. How can we support our families and carers? Relationships/ Being responsible – families</p> <p>5. What are the different types of abuse and who can I talk to if I need help? Keeping safe - safeguarding</p> <p>6. How can we keep safe in a risky situation? Keeping Safe/ Being responsible</p> <p>7. How can I call for help in an emergency? Keeping Safe – First Aid</p> <p>8. What are asthma and anaphylactic shock? What can we do to help in an emergency? Keeping Safe – First Aid</p>

		unhealthy relationship? Relationships/ Keeping Safe consent, safeguarding		
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Year 5	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	<p>1. Understand how an individual's behaviour can impact on a group contribute to the group. Being responsible – rule of law, mutual respect (BV)</p> <p>2. Understand how democracy benefits the school community and know how to participate. Being responsible – democracy (BV)</p> <p>3. To identify the characteristics of growth and fixed mind sets and link these to set back and success. Feelings and Emotions</p>	<p>1. What is personal identity? Relationships – personal identity, community</p> <p>2. What are the benefits and importance of including others? Relationships – personal identity, community Relationships - friendships</p> <p>3. What is a stereotype? Relationships – community, tolerance and mutual respect (BV)</p> <p>4. What does it mean to be anti-racist? Relationships - community, tolerance and mutual respect (BV)</p> <p>5. How can we include and accept others? Relationships community, tolerance and mutual respect (BV)</p>	<p>1. How can I get a good night's sleep? Keeping Healthy – physical health</p> <p>2. What are the effects of smoking and vaping? Keeping Healthy – Drugs and Alcohol</p> <p>3. How can we increase our physical activity? Keeping Healthy – physical health</p> <p>4. What is mental health? Feelings and Emotions</p> <p>5. How can I look after my mental health at times of challenge or change? Feelings and Emotions</p> <p>6. How can I manage feelings of anger? Feelings and Emotions</p>	<p>1. How can I manage peer pressure? Relationships – friendships, community, mutual respect and tolerance</p> <p>2. How does immunisation prevent the spread of disease? Keeping Healthy – Drugs and Alcohol</p> <p>3. How can I help someone who is bleeding? Keeping Safe- First Aid</p> <p>4. How can I help someone who has a head injury? Keeping Safe – First Aid</p> <p>5. What are the different types of abuse and who can I talk to if I need help? Keeping safe – safeguarding</p> <p>6. How can we make and spend money? Being responsible – financial education</p>

		<p>6. Why should we look out for other people? Keeping Safe/ Being responsible – friendship, community</p> <p>7. What should we consider when making friends online? Online Safety</p> <p>8. What should we consider when sharing images online? (optional) Online Safety</p>		<p>7. What are the physical changes that happen during puberty? Relationships = puberty</p> <p>8. How can we manage feelings and hygiene during puberty? Relationships - puberty</p>
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Year 6	Establishment phase 'Being me in my world'	Relationships	Health and Wellbeing	Living in the wider world
	<p>1. Identify my goals for this year and understand that resilience and a growth mindset is needed to meet them. Feelings and Emotions</p> <p>2. Make choices about my own behaviour and understand that my actions affect myself and others. Feelings and Emotions/ Relationships – mutual respect and tolerance (BV)</p> <p>3. School council – Being responsible -democracy (BV)</p> <p>4. Understand how an individual's behaviour can impact on a group and a group functions effectively.</p>	<p>1. What are the benefits and importance of including others? Relationships- community</p> <p>2. Why are positive, respectful relationships so important? Relationships – friendships</p> <p>3. What is the impact of bullying and how can we seek support? Relationships – friendships, bullying</p> <p>4. What are British Values and why are they important? Relationships – all BV</p> <p>5. What are the negative effects</p>	<p>1. How can we maintain a balanced lifestyle? Keeping Healthy/ Feelings and Emotions</p> <p>2. What are the effects of alcohol? Keeping Healthy – Drugs and Alcohol</p> <p>3. What are the effects of legal and illegal drug use? Keeping Healthy – Drugs and Alcohol</p> <p>4. How can we manage situations and peer influence associated with drugs? Relationships/ Being responsible</p>	<p>1. How can we be safe road users? (Recap) Keeping Safe – road and rail safety</p> <p>2. How can we be safe around railway/tubes? Keeping Safe – road and rail safety</p> <p>3. What are the consequences of stealing? Being responsible – rule of law (BV)</p> <p>4. What should we consider when spending money online? Being responsible – financial education</p>

	<p>Feelings and Emotions/ Relationships – mutual respect and tolerance (BV)</p>	<p>of stereotyping? Relationships – community, mutual respect and tolerance (BV)</p> <p>6. What does it mean to be anti-racist? Relationships – mutual respect and tolerance (BV)</p> <p>7. What should we consider when sharing images online? Online Safety</p> <p>8. What should we consider when spending money online? Being responsible/ Online Safety – financial education</p> <p>9. How can we make decisions that keep us safe from others online? Online Safety</p>	<p>– Drugs and Alcohol,</p> <p>5. How can we understand messages about drugs in the media? Being responsible – Drugs and Alcohol</p> <p>6. How can we manage and support others with their loss and grief? (optional or Summer term) Relationships/ Feelings and Emotions - grief</p>	<p>5. What are the different types of abuse and who can I talk to if I need help? Keeping safe, safeguarding</p> <p>6. What is exploitation? Keeping Safe - safeguarding/ Relationships – community</p> <p>7. Why do people belong to gangs? Relationships – community, safeguarding</p> <p>Transition</p> <p>1. What are common worries when starting Secondary School and how can I manage these? Feelings and Emotions - transition</p> <p>2. How can I take on new challenges? Feelings and Emotions - transition</p>
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