



West End Primary School PSHE / RSE Curriculum 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSED EYFS	<p>Self Regulation</p> <p>Settling in to school Naming different feelings and emotions of themselves and others.</p>	<p>Self Regulation</p> <p>Trying something new, working towards simple goals. Begin to focus attention.</p>	<p>Self Regulation</p> <p>Regulate behaviour according to own feelings and those of others.</p>	<p>Self Regulation</p> <p>Respond appropriately to others and demonstrate ability to follow instructions</p>	<p>Self Regulation</p> <p>Work towards simple goals and control immediate impulses when appropriate</p>	<p>Self Regulation</p> <p>To understand feelings and develop the ability to cope with change , in relation to transition</p>
	<p>Managing Self</p> <p>Understand and follow class rules and routines Manage personal needs and basic hygiene</p>	<p>Managing Self</p> <p>Building confidence and independence in trying new activities. Developing independence in dressing and personal needs</p>	<p>Managing Self</p> <p>Demonstrate resilience and perseverance in the face of challenge Oral hygiene The importance of making healthy food choices.</p>	<p>Managing Self</p> <p>Building independence and confidence to make decisions Explore ways of keeping healthy Keeping safe when crossing the road</p>	<p>Managing Self</p> <p>Understand right from wrong and moderate behaviour Understand how to keep safe in relation to strangers</p>	<p>Managing Self</p> <p>Show independence, resilience and perseverance in the face of challenge</p>
	<p>Building Relationships</p> <p>Begin to build positive relationships with adults and class members</p>	<p>Building Relationships</p> <p>Develop an awareness of others and their needs Turn taking</p>	<p>Building Relationships</p> <p>Play and work cooperatively. Talk about immediate family members and people in the community.</p>	<p>Building Relationships</p> <p>Form positive relationships with others Show sensitivity to the needs of others.</p>	<p>Building Relationships</p> <p>Think about the perspectives of others. Work and play cooperatively</p>	<p>Building Relationships</p> <p>Show sensitivity to their own and to others' needs</p>

RSE EYFS	<p>Relationships -Trust (Value) - Trust and Relationships (Collective Worship)</p> <p>Respectful Relationships(PSED) -respecting others, courtesies and manners Following rules and routines. -- Tolerance of those with different and beliefs and cultures (SMSC, Understanding of the World)</p>	<p>Health and wellbeing (PSED/PD) -Oral hygiene, brushing teeth</p> <p>Mental wellbeing Generosity (Value) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(Physical development) Dancing Assembly</p>	<p>Relationships -Understanding (Value)</p> <p>Respectful Relationships (PSED) Living in the wider world Working co-operatively Talk about immediate family members and those in the wider community(Understanding of the World) -Rule of Law (SMSC) -Working together(Collective Worship)</p>	<p>Relationships (PHSE) -Families and people who care for me - standing up for others (Collective Worship)</p> <p>Respectful Relationships (PSED)) Form positive relationships with others Show sensitivity to the needs of others - Tolerance of different Faiths (SMSC)</p>	<p>Health and wellbeing (PSED)) Mental wellbeing Working towards simple goals and manage feelings and emotions -Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p>	<p>Respectful Relationships(PSED) -Understand that everybody is unique . - about the ways we are the same as other people. -Show sensitivity to the needs of others -Individual liberty(SMSC) Self-Knowledge, self-esteem and increasing confidence in our own abilities</p>
	<p>Mental wellbeing -Daily Feelings Check –in</p> <p>Physical Health and wellbeing (Physical Development) Dancing Assembly - Daily Meditation/ Mindfulness -Naming parts of the body (Understanding of World) - Managing personal needs and basic hygiene (PSED)</p>	<p>Relationships (PSED) Develop an awareness of others and their needs Turn taking -Friends (Collective Worship)</p> <p>-Respectful Relationships -Anti -bullying Week -Democracy (SMSC)</p>	<p>Being Safe Online (Computing) -Safer internet day (9th Feb)</p> <p>Mental wellbeing -Daily Feelings Check – in -Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1st Feb)</p> <p>Physical Health and wellbeing (PSED/PD) Oral hygiene The importance of making healthy food choices.</p> <p>(Physical Development)) Dancing Assembly</p>	<p>Mental wellbeing (PSED)) -Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>Physical Health and wellbeing (PSED/PD) Oral hygiene The importance of making healthy food choices. Keeping safe when crossing the road</p> <p>(Physical Development)) Dancing Assembly</p>	<p>Health and Prevention(PSED/PD) - basic personal hygiene routines and why these are important.</p> <p>(Physical Development) Dancing Assembly</p>	<p>Mental wellbeing (PSED) To understand feelings and develop the ability to cope with change , in relation to transition -Happiness (Value) - Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(Physical Development) Dancing Assembly</p>

<p>PSHE Year 1</p>	<p>Relationships</p> <p>R1- about recognising how other people are feeling about sharing feelings their own feelings with others</p> <p>R6/7 about listening to others and playing cooperatively</p> <p>R11 that bodies and feelings can be hurt</p>	<p>Health and wellbeing</p> <p>H8/9- about growing, changing and becoming more independent</p> <p>H13/14/15-how to ask for help if they are worried about something</p> <p>H12- about rules for keeping safe (in familiar and unfamiliar situations)</p>	<p>Living in the wider world</p> <p>L1/2- about group and class rules and why they are important</p> <p>L5- about looking after the local environment</p>	<p>Relationships</p> <p>R5- to share their views and opinions with others</p> <p>R9-about special people in their lives</p>	<p>Health and wellbeing</p> <p>H3- to recognise what they are good at and set simple goals</p> <p>H5- about how it feels when there is change or loss</p> <p>H6/7-about basic personal hygiene routines and why these are important</p>	<p>Living in the wider world</p> <p>L8- that everybody is unique</p> <p>L9- about the ways we are the same as other people</p>
<p>RSE Year 1</p>	<p>Relationships</p> <p>-Trust (Value)</p> <p>- Trust and Relationships (Collective Worship)</p> <p>Caring Friendships (PSHE)</p> <p>-characteristics of positive friendships.</p> <p>Respectful Relationships(PSHE)</p> <p>-respecting others, courtesy and manners.</p> <p>-- Tolerance of those with different and beliefs and cultures (SMSC)</p> <p>Online Relationships (Computing)- How to recognise harmful content, risk and how to report them</p> <p>Mental wellbeing</p>	<p>Health and wellbeing (PSHE)</p> <p>-growing and changing</p> <p>-mental wellbeing (PHSE)</p> <p>How to ask for help if worried</p> <p>-Families</p> <p>-Generosity (Value)</p> <p>-Daily Feelings Check –in</p> <p>- Daily Meditation/ Mindfulness</p> <p>(PE Lessons)</p> <p>Dancing Assembly</p> <p>Relationships (PHSE)</p> <p>-keeping safe</p> <p>-Friends (Collective Worship)</p> <p>-Respectful Relationships</p>	<p>Relationships</p> <p>-Understanding (Value)</p> <p>Respectful Relationships (PHSE)</p> <p>Living in the wider world</p> <p>Working co-operatively</p> <p>Looking after the environment</p> <p>-Rule of Law (SMSC)</p> <p>-Working together(Collective Worship)</p> <p>Being Safe Online (Computing)</p> <p>-Safer internet day (9th Feb)</p> <p>Mental wellbeing</p> <p>-Daily Feelings Check – in</p> <p>-Building on what you have learned (Collective Worship)</p>	<p>Relationships (PHSE)</p> <p>-Families and people who care for me</p> <p>- standing up for others (Collective Worship)</p> <p>Respectful Relationships (PHSE)</p> <p>share their views and opinions with others</p> <p>-Tolerance of different Faiths (SMSC)</p> <p>Mental wellbeing</p> <p>-Courage (Value)</p> <p>-Facing challenges (Collective Worship)</p> <p>-Daily Feelings Check –in</p> <p>- Daily Meditation/ Mindfulness</p>	<p>Health and wellbeing (PSHE)</p> <p>Mental wellbeing</p> <p>-Recognise what they are good at.</p> <p>- Understand how it feels when there is change or loss.</p> <p>-Patience (Value)</p> <p>-Patience, Self-control and Letting Go (Collective Worship)</p> <p>-Daily Feelings Check –in</p> <p>- Daily Meditation/ Mindfulness</p> <p>Health and Prevention(PHSE)</p> <p>- basic personal hygiene routines and why these are important.</p> <p>(PE Lessons)</p>	<p>Respectful Relationships(PSHE)</p> <p>-Understand that everybody is unique .</p> <p>- about the ways we are the same as other people.</p> <p>- Describe memories and changes that have happened in their own lives (History)</p> <p>-Individual liberty(SMSC)</p> <p>Health and Wellbeing Healthy Eating</p> <p>Choice of healthy food and preparation (DT)</p> <p>- Identify, name, draw and label the basic parts of the human body.(Science)</p> <p>Mental wellbeing</p> <p>-Happiness (Value)</p>

	<p>-Daily Feelings Check -in</p> <p>Physical Health and wellbeing (PE Lessons) Dancing Assembly - Daily Meditation/ Mindfulness</p>	<p>-Anti -bullying Week -Democracy (SMSC)</p>	<p>-Children’s Mental Health Week (1st Feb)</p> <p>Physical Health and wellbeing (PE Lessons) Dancing Assembly</p>	<p>Physical Health and wellbeing (PE) Dancing Assembly -Simple road safety</p>	<p>Dancing Assembly</p> <p>Being Safe Online (ICT) to understand the importance of asking for help from an adult when: Pop ups appear/unknown Emails appear/anything unfamiliar on the screen appears</p> <p>Respectful Relationships (SMSC) Mutual respect.</p>	<p>- Happiness (Collective Worship) -Daily Feelings Check -in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) Dancing Assembly</p>
PSHE Year 2	<p>Relationships</p> <p>R2,4,12- About different types of behaviour and how this can make others feel</p> <p>R8- about the importance for respect for the differences and similarities between people</p> <p>R13/14- that hurtful teasing and bullying is wrong</p>	<p>Health and wellbeing</p> <p>H10- the correct names for the main parts of the body of boys and girls</p> <p>H16- about privacy in different contexts</p> <p>H11- that household products, including medicines, can be harmful if not used correctly</p>	<p>Living in the wider world</p> <p>L3-about respecting the needs of ourselves and others</p> <p>L4- about groups and communities that they belong to</p>	<p>Relationships</p> <p>R3- about the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid</p> <p>R10-about appropriate and inappropriate touch</p>	<p>Health and wellbeing</p> <p>H1-about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)</p> <p>H2- about making healthy choices</p> <p>H4- about different kinds of feelings • simple strategies to manage feelings</p>	<p>Living in the wider world</p> <p>L6/7- about where money comes from and what it is used for • about how to keep money safe</p> <p>L10- about the people who work in their community • how to get their help, including in an emergency</p>
RSE Year 2	<p>Relationships -Trust (Value) - Trust and Relationships (Collective Worship)</p>	<p>Health and wellbeing (PSHE) -the correct names for the main parts of the body of boys and girls</p>	<p>Relationships -Understanding (Value)</p> <p>Respectful Relationships (PHSE)</p>	<p>Relationships (PHSE) Families and people who care for them - about the importance of not keeping secrets</p>	<p>Health and wellbeing(PSHE) Physical Health and Fitness -about some of the things that keep our</p>	<p>Relationships (PHSE) Respectful Relationships</p>

<p>Caring Friendships (PSHE) -Understanding of different types of behaviour and how this can make others feel</p> <p>Respectful Relationships(PSHE) -respecting others, courtesy and manners. -- Tolerance of those with different and beliefs and cultures (SMSC)</p>	<p>Drugs/Health & Prevention (PSHE) that household products, including medicines, can be harmful if not used correctly</p> <p>Physical Health and wellbeing (PE Lessons) Dancing Assembly</p> <p>Basic First Aid – how to get help, including in an emergency. Make a clear and efficient call to emergency services How to be safe in a fire situation .Visit from Fire Service</p> <p>Mental wellbeing -Generosity (Value) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p>	<p>Living in the wider world respecting the needs of ourselves and others - about groups and communities that they belong to -Rule of Law (SMSC) -Working together (Collective Worship)</p> <p>Being Safe Online (Computing) -Safer internet day (9th Feb)</p> <p>Physical Health and wellbeing Mental wellbeing -Daily Feelings Check – in - Daily Meditation/ Mindfulness</p> <p>-Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1st Feb) - (PE Lessons) - Dancing Assembly</p>	<p>that make them feel uncomfortable, anxious or afraid</p> <p>Being Safe (PHSE) - about appropriate and inappropriate touch</p> <p>Being Safe Online (Computing) Strategies for keeping safe. Communicating safely and respectfully online.</p>	<p>bodies healthy (physical activity, sleep, rest, healthy food)</p> <p>Health and Prevention (PHSE) - about making healthy choices</p> <p>Mental Wellbeing (PSHE) - about different kinds of feelings • simple strategies to manage feelings</p> <p>-Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) Dancing Assembly</p>	<p>- about the people who work in their community -Individual liberty (SMSC)</p>
<p>Physical Health and wellbeing (PE Lessons) Dancing Assembly -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p>	<p>Relationships Being safe (PSHE) -privacy in different contexts NSPCC Pants</p> <p>Being Safe Online (Computing) Strategies for keeping safe. Communicating safely and respectfully online.</p> <p>Relationships</p>		<p>Physical Health and wellbeing Mental wellbeing -Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness - Simple road safety</p> <p>(PE Lessons) - Dancing Assembly</p>	<p>Respectful Relationships (SMSC) Mutual respect.</p>	<p>Physical Health and wellbeing Mental wellbeing -Happiness (Value) - Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) -Dancing Assembly</p> <p>Basic First Aid – how to get help, including in an emergency. Make a clear and efficient call to emergency services.</p>

		-Friends (Collective Worship) -Respectful Relationships -Anti -bullying Week -Democracy (SMS)				
PSHE Year3	Relationships: R1 To recognise a wider range of feelings in others About responding to how others are feeling R2/R4 About what makes a positive healthy friendship How to maintain good friendships R7 How actions can affect ourselves and others R9 About the concept of keeping something confidential or secret About when they should or should not agree to keep a secret	Health and Wellbeing: H12 That simple hygiene routines can prevent the spread of bacteria and viruses H16 About what is meant by a habit About habits can be hard to change H18 About the changes that happen at puberty H21 About keeping safe in the local environment H22/H25 About keeping safe online H23 About people who help them stay healthy and safe	Living in the wider world: L1 To discuss and debate issues concerning health and wellbeing L2 About the ways in which rules and laws keep people safe To take part in making and changing rules L7 About their responsibilities, right and duties (home, school and the environment) L9/L10 About being part of a community About who works with the local community L11 To appreciate difference and diversity (people living in the UK)	Relationships: R11 About working collaboratively toward shared goals R13 About differences and similarities between people, but understand everyone is equal R15 To recognise and manage dares R21 About the importance of keeping personal boundaries and the right to privacy	Health and Wellbeing: H1/H2 About what makes a 'balanced lifestyle' About making choices in relation to health H4 That images in the media do not necessarily reflect reality H5 To recognise their achievements and set personal targets for the future H9/H10/H11 About managing risk in familiar situations and keeping safe H15 About the importance of school rules for health and safety About how to get help in an emergency	Living in the wider world: L13 About the role of money Ways of managing money (budgeting and saving) L15 About the sustainability of the environment across the world L17/18 That information in the media can be misleading

RSE Year 3	<p>Relationships -Trust (Value) - Trust and Relationships (Collective Worship)</p> <p>Caring Friendships (PHSE) -To recognise a wider range of feelings in others About responding to how others are feeling. -About what makes a positive healthy friendship How to maintain good friendships</p> <p>Respectful Relationships (PHSE)</p>	<p>Health and wellbeing (PSHE) Health and Prevention -That simple hygiene routines can prevent the spread the spread of bacteria and viruses</p> <p>Changing Adolescent Body (PHSE) -About the changes that happen at puberty</p> <p>Internet Safety and Harm (PHSE) -About keeping safe online</p>	<p>Relationships -Understanding (Value)</p> <p>Respectful Relationships (PHSE) -About the ways in which rules and laws keep people safe -To take part in making and changing rules -About their responsibilities, right and duties (home, school and the environment) -About being part of a community -About who works with the local community</p>	<p>Relationships (PHSE) Respectful Relationships -About working collaboratively toward shared goals -About differences and similarities between people, but understand everyone is equal - standing up for others (Collective Worship) -Tolerance of different Faiths (SMSC)</p> <p>Being Safe (PHSE) - About the importance of keeping personal boundaries</p>	<p>Health and wellbeing(PSHE) Physical Health and Fitness/ Healthy Eating/Health and Prevention. (Science) -About what makes a 'balanced lifestyle' About making choices in relation to health.</p> <p>Internet Safety and Harms (PHSE) That images in the media do not necessarily reflect reality</p>	<p>Relationships (PHSE) Respectful Relationships -About the sustainability of the environment across the world</p> <p>-Individual liberty (SMSC)</p> <p>Health and wellbeing Internet Safety and Harms (PHSE) -That information in the media can be misleading.</p> <p>Mental wellbeing -Happiness (Value)</p>

<p>How actions can affect ourselves and others</p> <p>courtesy and manners. -- Tolerance of those with different and beliefs and cultures (SMSC)</p> <p>Being Safe (PHSE) -About the concept of keeping something confidential or secret -About when they should or should not agree to keep a secret.</p> <p>Online Relationships (Computing) - To know the importance of protecting personal information, including passwords, addresses and images</p> <p>Physical Health and wellbeing Mental wellbeing (PE Lessons) Dancing Assembly -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p>	<p>Physical Health and wellbeing (PE Lessons) Dancing Assembly</p> <p>Mental wellbeing -Generosity (Value) -Daily Feelings Check –in</p> <p>Relationships -Friends (Collective Worship)</p> <p>-Respectful Relationships -Anti -bullying Week -Democracy (SMS)</p>	<p>To appreciate difference and diversity (people living in the UK)</p> <p>-Rule of Law (SMSC) -Working together (Collective Worship)</p> <p>Being Safe Online (Computing) -Safer internet day (9th Feb)</p> <p>Physical Health and wellbeing</p> <p>Basic First Aid -how to make a clear and efficient call to emergency services -dealing with common injuries, including head injuries</p> <p>Mental wellbeing -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>-Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1st Feb) (PE Lessons) - Dancing Assembly</p>	<p>and the right to privacy</p> <p>Physical Health and wellbeing (PHSE)</p> <p>Mental wellbeing -To recognise and manage dares</p> <p>-Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) - Dancing Assembly</p>	<p>Basic First Aid (PHSE) About how to get help in an emergency.</p> <p>Mental wellbeing (PHSE) - To recognise their achievements and set personal targets for the future -About managing risk in familiar situations and keeping safe</p> <p>-Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) Dancing Assembly</p> <p>Respectful Relationships (SMSC) Mutual respect.</p>	<p>- Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) -Dancing Assembly</p>
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<p>PSHE Year 4</p>	<p>Relationships R1 To recognise a wider range of feelings in others About responding to how others are feeling R2/4 About what makes a positive relationship friendship and other relationships R8 About the difference between acceptable and unacceptable physical contact How to respond to unacceptable physical contact.</p>	<p>Health and Wellbeing H15 About the importance of school rules for health and safety. About how to get help in an emergency. H17 About drugs that are common in everyday life (medicines, caffeine, alcohol and tobacco). H18 About the changes that happen at puberty. H21 Keeping safe in the local environment. H22/25 About keeping safe online. H23 About people who help them stay healthy and safe.</p>	<p>Living in the wider world L1 To discuss and debate issues concerning health and wellbeing. L4 That everyone has human rights (and that children have their own set of human rights). L6 To learn what anti-social behaviour is and how it can affect people. How to get help and support. L8 To learn about resolving differences- agreeing and disagreeing.</p>	<p>Relationships R10 How to listen and respond respectfully to wide range of people About sharing their point of view R12 About solving disputes and conflict amongst themselves and their peers R14/18 To recognise bullying How to respond and ask for help R16 About what is meant by stereotypes</p>	<p>Living in the wider world L12 To learn about the values and customs of people around the world. L14 To learn about what is meant by 'interest' and 'loan'. L16 To learn what it means to be 'enterprising'. L18 To learn that information presented in the media can be misleading.</p>	<p>Health and Wellbeing H3 To learn about what makes a balanced diet. About opportunities they have to make their own choices about food. About what influences their choice about food. H4 That images in the media do not necessarily reflect reality. H6/H7 About a wider range of feelings both good and not so good. People can experience conflicting feelings at the same time. About describing their feelings to others. H8 About the kind of change that happens in life and the feelings associated with this. H13/14 About feeling negative pressure and how to manage this. H15 About the importance of school rules for health and safety. About how to get help in an emergency.</p>
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RSE Year 4	Relationships -Trust (Value) - Trust and Relationships (Collective Worship)	Physical Health and wellbeing (PE Lessons) Dancing Assembly	Relationships -Understanding (Value)	Relationships (PHSE) Respectful Relationships (PHSE) -To discuss and debate issues concerning health and wellbeing. -That everyone has human rights (and that children have their own set of human rights).	Respectful Relationships (SMSC) Mutual respect. -To learn about the values and customs of people around the world. (PSHE)	Health and wellbeing (PSHE) Physical Health and Fitness/ Healthy Eating/Health and Prevention (PSHE/Science/DT) -To learn about what makes a balanced diet.	
	Caring Friendships (PHSE) -To recognise a wider range of feelings in others -About responding to how others are feeling -About what makes a positive relationship friendship and other relationships.	Changing Adolescent Body (PHSE) -About the changes that happen at puberty	Basic First Aid (PHSE) About the importance of school rules for health and safety. About how to get help in an emergency.	-Rule of Law (SMSC) -Working together (Collective Worship)	-How to listen and respond respectfully to wide range of people About sharing their point of view. -About solving disputes and conflict amongst themselves and their peers. -About what is meant by stereotypes.	Physical Health and wellbeing	About opportunities they have to make their own choices about food. About what influences their choice about food.
	Respectful Relationships courtesy and manners. -- Tolerance of those with different and beliefs and cultures (SMSC)	Drugs, Alcohol and Tobacco - About drugs that are common in everyday life (medicines, caffeine, alcohol and tobacco).	Internet Safety and Harm (PHSE) -About keeping safe online.	Being Safe Online (Computing) -Safer internet day (9 th Feb)	Standing up for others (Collective Worship) -Tolerance of different Faiths (SMSC)	Internet Safety and Harms (PHSE) - To learn that information presented in the media can be misleading.	Basic First Aid (PHSE) About how to get help in an emergency.
	Being Safe (PHSE) -About the difference between acceptable and unacceptable physical contact -How to respond to unacceptable physical contact.	Internet Safety and Harm (PHSE) -About keeping safe online.	Mental wellbeing -Generosity (Value) -Daily Feelings Check -in - Daily Meditation/ Mindfulness	Physical Health and wellbeing (PHSE) Basic First Aid -how to make a clear and efficient call to emergency services -dealing with common injuries, including head injuries	Physical Health and wellbeing (PHSE) Mental wellbeing - To recognise bullying How to respond and ask for help.	Mental wellbeing -Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check -in - Daily Meditation/ Mindfulness	Internet Safety and Harms (PHSE) -That images in the media do not necessarily reflect reality.
Physical Health and wellbeing (PE Lessons) Dancing Assembly -Daily Feelings Check -in - Daily Meditation/	Relationships -Friends (Collective Worship)	Mental wellbeing (PHSE) -To learn what anti-social behaviour is and how it can affect people. How to get help and support.	Mental wellbeing (PHSE) -Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check -in - Daily Meditation/ Mindfulness	(PE Lessons) Dancing Assembly	Health & Fitness (Science) -humans, need the right types and amount of	Mental wellbeing (PHSE) -About a wider range of feelings both good and not so good. -People can experience conflicting feelings at the same time. About describing their feelings to others. -About the kind of change that happens	

	Mindfulness	-Respectful Relationships -Anti -bullying Week -Democracy (SMS)	-To learn about resolving differences- agreeing and disagreeing. -Daily Feelings Check – in - Daily Meditation/ Mindfulness -Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1 st Feb) (PE Lessons) - Dancing Assembly		nutrition, and that they cannot make their own food; they get nutrition from what they eat An adequate and varied diet is beneficial to health (along with a good supply of air and clean water) Regular and varied exercise from a variety of different activities is beneficial to health (focus on energy in versus energy out. Include information on making informed choices)	in life and the feelings associated with this. -About feeling negative pressure and how to manage this. -Happiness (Value) - Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness (PE Lessons) -Dancing Assembly
PSHE Year 5	Relationships R1: How to respond to a wider range of feelings in others R2/4: About the skills to maintain positive relationships R3: To recognise when a relationship is unhealthy R6: That marriage, arranged marriage and civil partnership is between two people who willingly agree R7: About the consequences of their actions on themselves and others	Health and wellbeing H18: About the changes that happen at puberty About human reproduction – human lifecycle H19: Roles and responsibilities of parents and carers H20: About the right they have to protect their body H21: About strategies for managing personal safety H22/25: Online safety	Living in the wider world L1: Research, discuss and debate issues – health and wellbeing L2: Rules and laws L7: About different kinds of responsibilities L8: About resolving differences	Relationships R11: About the skills needed in an emergency R12: Negotiation and compromise strategies to resolve disputes R13/16/17: About the factors that make people the same or different R14/18: About discrimination, teasing and bullying R15: To recognise and manage dares	Health and wellbeing H1/2: Positively and negatively affects health and wellbeing H5: Different ways of achieving personal goals H8: Coping with change and transition H9/10/11: Strategies for managing risk H12: How the spread of infection can be prevented H15: About the skills needed in an emergency	Living in the wider world L9/10: Part of the community L12: Lives, values and customs of people in other places L15: Resources and the environment L17/18: Critical of what they see in the media

	R9: Confidentiality	H23: Who is responsible for health and wellbeing H24: Safe using mobile				
RSE Year 5	<p>Relationships -Trust (Value) - Trust and Relationships (Collective Worship)</p> <p>Marriage and People Who Care For Them (PHSE) -That marriage, arranged marriage and civil partnership is between two people who willingly agree</p> <p>Respectful Relationships (PHSE) -How to respond to a wider range of feelings in others - About the skills to maintain positive relationships - To recognise when a relationship is unhealthy. -About the consequences of their actions on themselves and others</p>	<p>Physical Health and wellbeing (PHSE) Who is responsible for health and wellbeing</p> <p>Mental wellbeing -Generosity (Value) -Daily Feelings Check -in (PE Lessons) Dancing Assembly</p> <p>Changing Adolescent Body (PHSE) -About the changes that happen at puberty -About human reproduction – human lifecycle</p>	<p>Relationships -Understanding (Value)</p> <p>Respectful Relationships (PHSE) -Research, discuss and debate issues – health and wellbeing - Rules and laws - About different kinds of responsibilities</p> <p>-Rule of Law (SMSC) -Working together (Collective Worship)</p> <p>Being Safe Online (Computing) Internet safety -Safer internet day (9th Feb)</p>	<p>Relationships (PHSE) Respectful Relationships -Negotiation and compromise strategies to resolve disputes. - About the factors that make people the same or different -About discrimination, teasing and bullying</p> <p>Standing up for others (Collective Worship) -Tolerance of different Faiths (SMSC)</p>	<p>Physical Health and wellbeing (Science) - Describe the life process of reproduction</p> <p>Mental wellbeing (PHSE) -Positively and negatively affects health and wellbeing - Different ways of achieving personal goals - Coping with change and transition - Strategies for managing risk</p> <p>-Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) Dancing Assembly</p> <p>Health & Prevention (PHSE) -How the spread of infection can be prevented</p>	<p>Relationships (PHSE) Respectful Relationships - Part of the community - Lives, values and customs of people in other places - Resources and the environment</p> <p>-Individual liberty (SMSC) Health and wellbeing Internet Safety and Harms (PHSE) -That information in the media can be misleading.</p> <p>Mental wellbeing -Happiness (Value) - Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) -Dancing Assembly</p>
	<p>Physical Health and wellbeing (PE Lessons) Dancing Assembly -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p>	<p>Relationships -Friends (Collective Worship)</p> <p>Families and People Who Care For Me (PHSE) -Roles and responsibilities of parents and carers.</p> <p>Being Safe (PHSE) -About the right they have to protect their body</p>	<p>Physical Health and wellbeing</p> <p>Basic First Aid -how to make a clear and efficient call to emergency services -dealing with common injuries, including head injuries</p> <p>Mental wellbeing (PHSE) -To learn about resolving differences</p>	<p>Physical Health and wellbeing (PHSE) Mental wellbeing - To recognise bullying How to respond and ask for help.</p> <p>-Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) - Dancing Assembly</p> <p>Basic First Aid (PHSE)</p>		

		<p>- About strategies for managing personal safety</p> <p>Online Safety (PHSE) Online safety Safe using a mobile phone.</p> <p>Respectful Relationships -Anti -bullying Week -Democracy (SMS)</p>	<p>-Daily Feelings Check – in - Daily Meditation/ Mindfulness</p> <p>-Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1st Feb) (PE Lessons) - Dancing Assembly</p>	<p>About how to get help in an emergency</p> <p>Physical Health and Fitness/Healthy Eating/Health and Prevention (PSHE/Science/DT) -To learn about what makes a balanced diet. About opportunities they have to make their own choices about food. what influences their choice</p>	<p>Basic First Aid (PHSE) -About the skills needed in an emergency</p> <p>Respectful Relationships (SMSC) Mutual respect.</p>	
PSHE Year 6	<p>Relationships</p> <p>How to respond to a wider range of feelings R1 Different types of relationships R2/R4 Healthy Relationships R3 Committed loving relationships R5/R19 Consequences of actions on others R7 Forced Marriage is illegal R6/20 Judging whether physical contact is acceptable R8 Confidentiality R9</p>	<p>Health and Wellbeing</p> <p>Peer pressure and asking for help H13/14 Habits -tobacco, drug, alcohol.H16 Risks and effects of substances H17 Changes in puberty H18 How a baby is made and how pregnancy can be avoided H19 FGM and speaking out about it H20/L5 Strategies for personal safety- online and mobile phone aswell H21/22/24/25</p>	<p>Living in the Wider World</p> <p>Human right and UN L3/4 Anti -social behaviour L6 Resolving differences, respecting other’s views. L8 Range of identities of groups in UK L11</p>	<p>Relationships</p> <p>Valuing difference R10 Working collaboratively towards shared goals R11 Negotiation and compromise to resolve disputes R12 To recognise and challenge stereotypes R13/16/17 Discrimination R14/R18 Recognise and manage dares R15 Personal boundaries and privacy R21</p>	<p>Health and Wellbeing</p> <p>Different influences on food and diet H3 Images on media and their affects H4 Managing complex or conflicting emotions H6/H7 Coping with change and transition H8 Strategies for managing risks H9/10/11</p>	<p>Living in the Wider World</p> <p>Finance in life, consumers.L13 Importance of looking after money L14 Setting up enterprise L16 Critical of what they see in mediaL17/18</p>

RSE Year 6	Relationships -Trust (Value) - Trust and Relationships (Collective Worship) Respectful Relationships (PHSE) -How to respond to a wider range of feelings -Different types of relationships -Healthy Relationships Marriage and People Who Care For Them (PHSE) -Forced Marriage is illegal Being Safe (PHSE) -Judging whether physical contact is acceptable -Confidentiality	Physical Health and wellbeing Mental wellbeing -Generosity (Value) -Daily Feelings Check –in - Daily Meditation/ Mindfulness (PE Lessons) Dancing Assembly Drugs and Alcohol (PHSE) - Peer pressure and asking for help. -Habits -tobacco, drug, alcohol. -Risks and effects of substances	Relationships -Understanding (Value) Respectful Relationships (PHSE) -Human right and UN -Anti social behaviour L6 -Resolving differences, respecting other’s views. -Range of identities of groups in UK -Rule of Law (SMSC) -Working together (Collective Worship) Being Safe Online (Computing) Internet safety -Safer internet day (9 th Feb)	Relationships (PHSE) Respectful Relationships -Valuing difference -Working collaboratively towards shared goals -Negotiation and compromise to resolve disputes -To recognise and challenge stereotypes -Discrimination Standing up for others (Collective Worship) -Tolerance of different Faiths (SMSC) Being Safe (PHSE) Personal boundaries and privacy	Physical Health and wellbeing Health & Fitness (PHSE) -Different influences on food and diet Mental wellbeing (PHSE) -Managing complex or conflicting emotions. -Coping with change and transition - Strategies for managing risks -Patience (Value) -Patience, Self-control and Letting Go (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness (PE Lessons) Dancing Assembly Internet Safety and Harms (Computing) -Continue to develop the skills to identify risks involved with contact, content and their own conduct whilst online - Identify unsuitable posts (e.g. on blogs, a forum...) pertaining to content and conduct.	Relationships (PHSE) Respectful Relationships - Finance in life, consumers. Importance of looking after money Setting up enterprise -Individual liberty (SMSC)
	Physical Health and wellbeing (PHSE) How to respond to a wider range of feelings R1 (PE Lessons) Dancing Assembly -Daily Feelings Check –in - Daily Meditation/ Mindfulness	Relationships Changes in Puberty (PHSE) -How a baby is made and how pregnancy can be avoided. Being Safe (PHSE) -FGM and speaking out about it . Online Safety (PHSE) Online safety Safe using a mobile phone. Respectful Relationships	Physical Health and wellbeing Basic First Aid -how to make a clear and efficient call to emergency services -dealing with common injuries, including head injuries Mental wellbeing (PHSE) -To learn about resolving differences	Internet Safety and Harms (Computing) -Continue to develop the skills to identify risks involved with contact, content and their own conduct whilst online - Identify unsuitable posts (e.g. on blogs, a forum...) pertaining to content and conduct.	Physical Health and wellbeing (PHSE)	Physical Health and Fitness/ Healthy Eating Health and wellbeing (DT) -To learn about what makes a balanced diet. About opportunities they have to make their own choices about food. About what influences their choice about food. Internet Safety and Harms (PHSE) -Critical of what they see in media Mental Wellbeing -Happiness (Value) - Happiness (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness

		<p>-Anti -bullying Week -Democracy (SMS)</p>	<p>-Daily Feelings Check – in - Daily Meditation/ Mindfulness</p> <p>-Building on what you have learned (Collective Worship) -Children’s Mental Health Week (1st Feb) (PE Lessons) - Dancing Assembly</p> <p>Health and Fitness (Science) -Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</p>	<p>Mental wellbeing - To recognise bullying How to respond and ask for help.</p> <p>-Courage (Value) -Facing challenges (Collective Worship) -Daily Feelings Check –in - Daily Meditation/ Mindfulness</p> <p>(PE Lessons) - Dancing Assembly</p>	<p>to content and conduct.</p> <p>Respectful Relationships (SMSC) Mutual respect</p>	<p>(PE Lessons) -Dancing Assembly</p>
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