

Curriculum subject plan

PSHE/RSHE

YEAR 1	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: • How to describe different feelings and how they can make our bodies feel. • To know some strategies of dealing with 'not so good' feelings. • To understand how our actions can hurt the feelings of others. • To recognise the special qualities in family and friends. • To know which special people keep us safe and how. Valuing difference Children will be taught: • To know the key differences between teasing, being unkind and bullying. • To recognise that everyone is different and will have different thoughts and ideas. • To celebrate and begin to show empathy for those who are different. • To identify those who are special to them (and their special qualities). • To identify ways in which we can show kindness towards others and how that makes them feel. Keeping myself safe Children will be taught: • To know that our bodies need healthy foods, exercise, oxygen and sleep for energy. • To recognise emotions and physical feelings associated with feeling unsafe. • To learn the PANTS rule and which parts of my body are private. • To understand that medicines can sometimes make people feel better when they're ill. • To talk about safety and responsibility around medicines. Rights and responsibilities Children will be taught: • To identify ways of taking care of their health. • To identify how others take care of their environment. • To take care of something or someone else. • To talk about the importance of looking after money. • To learn what to do when someone is injured. Being my best Children are taught: • To recognise how a healthy variety of food can make us feel great. • Recognise that learning a new skill requires practice and the opportunity to fail, safely • To identify strategies to resolve conflict. • To give and receive praise					

	Growing and changing Children are taught: - To think of what babies need to stay happy and healthy. - To identify the changes they have made since they were a baby. - To identify the difference between a surprise and a secret. To identify who they can talk to about secrets. - To identify some internal organs and systems and those body parts which are private. - To identify the trusted people who have helped them grow, they can talk to if they are worried or about their private parts.					
YEAR 2	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: - Recognise that people have different ways of expressing their feelings - To identify different ways to respond to the feelings of others. - To recognise the differences between bullying, unkind behaviour or teasing. - To learn strategies to deal with unkind behaviour, conflict and where to get help if they are upset. - To recognise a healthy friendship and its qualities. Valuing difference Children will be taught: - To identify differences and similarities between others. - Recognise and explain how a person's behaviour can affect other people. - To learn and use different ways to show good listening. - Explain how it feels to be part of a group and left out of a group. - To recognise and talk about acts of kindness and how they can impact others. Keeping myself safe Children will be taught: - To explain simple issues of safety and responsibility about medicines and their use. - To identify situations in which they would feel safe or unsafe - To recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation - To identify safe secrets (including surprises) and unsafe secrets and recognise the importance of telling someone they trust about a secret. - To identify inappropriate touch, how it can make someone feel and that people don't like the same types of touch. Rights and responsibilities Children will be taught: - To identify strategies in cooperation. - To identify strategies in self-regulation. - To name ways to stay safe when using the internet. - To recognise that they have a responsibility to help care for their immediate and broader environment.					

	- To learn about saving and spending money. Being my best Children are taught: - Explain the stages of the learning line showing an understanding of the learning process - To understand the importance of good hand and dental hygiene. - To recognise what the body needs to have energy and stay well. - To identify parts of the body that process food and create energy. Growing and changing Children are taught: - To give positive feedback to someone. - To recognise the range of feelings associated with loss and to discuss things people can do to feel better. - To identify the different stages of growth and what people are able to do at these different stages. - To identify the human private parts/genitals - To explain who can see someone's private part, what consent means and how to protect privacy.					
YEAR 3	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: - To know that feelings and emotions help a person cope with difficult times. - To recognise the skills required to collaborate in a team, knowing when to contribute and when to step back. - To recognise which strategies are appropriate for particular situations. - To listen to and debate ideas and opinions with others with respect and courtesy - To recognise why friends may fall out and how to resolve issues. Valuing difference Children will be taught: - Recognise that there are many different types of families. - Identify the different communities that they belong to - To learn ways of showing respect through language and communication. - To identify different origins, national, regional, ethnic and religious backgrounds - To recognise and explain why bullying can be caused by prejudice. Keeping myself safe Children will be taught: - To identify inappropriate touch, how it can make someone feel and that people don't like the same types of touch. - To define the words danger and risk and explain the difference between the two. - To define the word 'drug' and understand that nicotine and alcohol are both drugs. - To recognise potential risks associated with browsing online. - To recognise and describe appropriate behaviour online as well as offline.					

	Rights and responsibilities Children will be taught: - To talk about and identify people who help them in school and the community. - To learn differences between 'fact' and 'opinion' - To discuss, plan and evaluate ways of helping the environment. - To learn about saving, spending and essential purchases. - To consider how money is earned and the different factors effecting this. Being my best Children are taught: - To recognise how different food groups work in our body. - To explain how some infectious illnesses are spread from one person to another. - To name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain) and explain the respiratory and digestive processes. - To identify my achievements and skills to work on. - To explain how skills are developed. Growing and changing Children are taught: - To identify the meaning of 'body space' and when it is appropriate or inappropriate to allow someone into their body space. - To identify the different types of relationships people have and their different purposes and qualities. - To identify what makes a positive relationship and what makes a negative relationship.					
YEAR 4	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: - To know that feelings can vary by intensity, person and change over time. - To know and understand the qualities of a 'positive, healthy relationship'. - To know when it's appropriate to say no and how. - To know the strategies and skills needed for collaborative work. - To recognise bullying or pressured behaviour. Valuing difference Children will be taught: - To identify different origins, national, regional, ethnic and religious backgrounds - To understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise. - To recognise potential consequences of aggressive behaviour - To define the word respect. - Understand and identify stereotypes, including those promoted in the media. Keeping myself safe Children will be taught: - To define the words danger and risk and explain the difference between the two.					

	- To describe the different types of things that may influence a person to take a risk. - To understand and explain the risks that cigarettes and alcohol can have on a person's body. - To understand that influences can be both positive and negative. - To know and explain strategies for safe online sharing. To understand and explain the implications of sharing images online without consent. Rights and responsibilities Children will be taught: - To learn about human rights and responsibilities and how they can impact their community. - To recognise that they have a part in caring for and supporting their community. - To recognise influences, facts and opinions and doing so in a critical manner. - To identify the impact of bystander behaviour and how they can make a difference to a situation. - To define terms related to finance and explain how society is supported by the income of others. Being my best Children are taught: - To identify how they and their friends are unique. - To recognise that we all make different choices because we are unique. - To understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health. - To understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs) Growing and changing Children are taught: - To identify the different emotional reactions to different types of change and discuss. - To understand how the onset of puberty can have emotional as well as physical impact. - To learn what happens to a woman or a mans body during puberty and that this is linked to reproduction. - To know the key facts of the menstrual cycle and understand that periods are a normal part of puberty. - To discuss the reasons why a person would want to be married, or live together, or have a civil ceremony. To know that marriage should be entered into freely.					
YEAR 5	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: - To learn characteristics and skills in assertiveness - To apply their collaborative skills to friendships and assertiveness. - To learn ways to resolve conflict in an assertive, calm and fair manner. - To identify what things, make a relationship unhealthy and who to talk to if they needed help. - To recognise emotional needs according to circumstance and any risk factors that could affect them. Valuing difference Children will be taught: - To describe the benefits of living in a diverse society - To develop an understanding of discrimination and its injustice and describe this using examples. - To understand that the information we see online, either text or images, is not always true or accurate; - To reflect on the impact social media puts pressure on peoples' life choices.					

- To consider the consequences that behaviour and actions can have on a person's emotions, confidence and behaviour.

Keeping myself safe

Children will be taught:

- To reflect on risk and the different factors and outcomes that might influence a decision.
- To reflect on the consequences of not keeping personal information private and the risks of social media.
- To explore categorisation of drugs, the risks associated with medicines.
- To learn some key facts and information about drugs and medicines.
- To recognise the features of face to face and online bullying and the strategies that deal with it.

Rights and responsibilities

Children will be taught:

- To identify, write and discuss issues currently in the media concerning health and wellbeing.
- To define the terms 'responsibility', 'rights' and 'duties' and consider what they mean to me and my community.
- To identify the responsibilities to my home, community and environment I might have in the future.
- To consider what advice to give relating to saving and borrowing money.
- To define financial terms and explain how others have financial responsibility for the community.

Being my best

Children are taught:

- To describe the four main internal systems of the human body.
- To understand the actual norms around smoking and the reasons for common misperceptions of these.
- To identify the skills and qualities that make us successful and achieve our best.
- To recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life.
- To consider the different responsibilities that they and others have for their health and wellbeing.

Growing and changing

Children are taught:

- To describe the intensity of different feelings and strategies to build resilience.
- To understand the different types of feelings and emotions associated with puberty.
- To recall the key strategies needed in dealing with inappropriate touch, secrets and confidentiality.
- To identify the different types of products someone might use during puberty or menstruation.
- To explain how people might feel at times of change and loss. To consider strategies when coping with this.

YEAR 6	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	Me and my relationships Children will be taught: • To recognise some of the challenges that arise from friendships and suggest strategies for dealing with such challenges. • To practice and use strategies in compromise and negotiation within a collaborative task or activity. • To consider the types of touch that are safe, legal and that I am comfortable with. • To name assertive behaviours and recognise peer influence or pressured behaviour. • To be aware of the variety in behaviour which is dependent on group dynamic, peer pressure, emotional needs and circumstance.					

Valuing difference

Children will be taught:

- To recognise that bullying and discriminatory behaviour can result from disrespect of people's differences
- To know that all people are unique but that we have far more in common with each other than what is different about us
- To understand and explain the term prejudice.
- To define what is meant by the term stereotype
- To describe different types of friendships and relationships and their differing positive qualities.

Keeping myself safe

Children will be taught:

- To explore the risks and legality of communicating and sharing online.
- To describe and explain how easily images can be spread online.
- To explain some of the laws, categories and uses of drugs (both medical and non-medical)
- To understand the definition of an emotional need and how they can be met.
- To explore and understand the terms 'conflicting emotions', responsibility and independence.

Rights and responsibilities

Children will be taught:

- To analyse and reflect on bias in the media.
- To discuss methods of saving and considerations for spending money.
- To discuss voluntary and pressure groups and their role in making changes to our communities and environments.
- To identify or suggest ways that help the environment.
- To define 'democracy' and explain how laws are made.

Being my best

Children are taught:

- To consider how healthy wellbeing and mental health can contribute to a persons aspirations and success.
- To define aspirations and goals.
- To recognise that we will meet challenges on the way to achieving our goals.
- To understand and explain the outcomes of risk-taking in a given situation, including emotional risks.
- To understand risks related to growing up and explain the need to be aware of these.

Growing and changing

Children are taught:

- To identify types of emotional responses and some strategies for coping with change.
- To identify the physical and emotional challenges faced during puberty and the strategies or support available for this.
- To understand that social media and fame don't always reflect true appearance. To give positive feedback that is based on a person's qualities.
- To identify the risks of sharing images online and understand how online influences can cause people to take unsafe risks.
- To identify places or people of support and understand that sometimes confidentiality must be broken to keep a person safe.