

PSHCE/Relationships, sex and health education curriculum

	Autumn	Spring	Summer
Year 1	<p><b>Autumn</b>  <b>Healthy bodies, healthy minds</b>                      Our bodies and the amazing things they can do. Learning the correct name for different body parts.  <b>Zippy's friends module 1</b>  <b>Identifying feelings - happy, sad, angry, jealous, nervous</b></p> <p><b>Online relationships/Being safe</b>                      Computing unit  <b>Healthy and happy friendships</b>                      Forming friendships and how kind or unkind behaviours impact other people.</p> <p><b>Zippy's friends module 2- Improving communication/ listening/ who can help us/ Saying what we want to say</b></p>	<p><b>Spring</b>  <b>Caring and responsibility</b>                      Identifying who our special people are and how they keep us safe.</p> <p><b>Zippy's friends module 3 - Making and breaking relationships. How to keep a friend / Dealing with loneliness and rejection/ How to resolve conflicts/ how to make friends</b></p> <p><b>Families and committed relationships</b>                      What a family is (including difference and diversity between families) and why families are important and special.</p> <p><b>Zippy's friends module 4- Conflict resolution. How to recognise good solutions/ dealing with bullying/ solving problems/ helping others resolve conflicts</b></p>	<p><b>Summer</b>  <b>Similarities and differences</b>                      Similarities and differences between people and how to respect and celebrate these.</p> <p><b>Zippy's friends module 5. Dealing with change and loss. Change and loss are part of life. Coping with death / learning from change and loss.</b></p> <p><b>Coping with change</b>                      Growing from young to old and how we have changed since we were born.</p> <p><b>Zippy's friends module 6- Coping. Different ways to cope / How to help others/ adapting to new situations/ celebrating together</b></p>
Year 2	<p><b>Healthy and Happy Friendships: What makes a happy friendship?</b>                      Understanding what makes a happy friendship.</p> <p>Recognising personal boundaries and safe/unsafe situations.  <b>Similarities and Differences: Strengths, abilities and stereotypes</b>                      Exploring different strengths and abilities.</p> <p>Understanding and challenging stereotypes.</p>	<p><b>Caring and responsibility: special people in our communities</b>                      The different communities and groups we belong to and how we help and support one another within these.  <b>Families and Committed Relationships: The diversity of families</b>                      The different people in our families, and how families vary.</p>	<p><b>Healthy Bodies</b>  <b>Healthy Minds:</b>  <b>Staying safe and healthy</b>                      Ways to stay healthy, including safe and unsafe use of household products and medicines.  <b>Coping with Change: Growing up and setting goals</b>                      Exploring how our bodies and needs change as we grow older.</p> <p>Aspirations and goal setting.</p>
Year 3	<p><b>Healthy and happy friendships: Being a good friend</b></p>	<p><b>Caring and responsibility: Responsibility and boundaries</b></p>	

	<p>Being a good friend and respecting personal space. Strategies for resilience</p> <p><b>Similarities and differences: Valuing and respecting one another</b> Respecting and valuing differences. Shared values and communities.</p>	<p>Our responsibilities and ways we can care and show respect for others.</p> <p><b>Families and committed relationships: Different types of committed relationships</b> Different types of committed relationships and the basic characteristics of these.</p>	<p><b>Healthy bodies and healthy minds: Sleep, food and hygiene</b> Maintaining physical and mental wellbeing through healthy eating, sleep and keeping clean.</p> <p><b>Coping with change: Coping with feelings when things change</b> Coping with feelings around the changes in our lives.</p>
Year 4	<p><b>Healthy bodies, healthy minds</b> Influences on our health and wellbeing including friends and media and awareness of how these can affect personal health choices.</p> <p><b>Apple's friends module 1- Class agreement</b> <b>Our feelings and range of emotions</b> <b>How to feel better</b> <b>Creating story endings</b> <b>'Waking Up'</b></p> <p><b>Communication - Families and Committed Relationships</b> The range of relationships we experience in our everyday lives. How to understand the differences between types of relationship we encounter.</p> <p><b>Apple's friends module 2- Listening skills and being a good listener.</b> <b>Being assertive and saying what you really want to say.</b> <b>Speaking in difficult situations.</b> <b>Create a story ending.</b> <b>'Weekend Plans'</b></p>	<p><b>Happy and Healthy Friendships</b> Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.</p> <p><b>Apple's friends module 3-What makes a good friend?</b> <b>Coping with loneliness or rejection.</b> <b>Problems between friends.</b> <b>Complete the story, 'New Neighbours'</b> <b>Discovery</b> <b>Similarities and Differences/ Healthy and Happy Friendships</b> Identity and diversity. Seeing different perspectives and not making judgements based on appearance.</p> <p><b>Apple's friends unit 4 - Who can help me?</b> <b>Steps to good solution.</b> <b>Against bullying: wishes for our class.</b> <b>Complete the story "Big Boys Football"</b></p>	<p><b>Apple's friends unit 5</b> <b>-Change is part of life.</b> <b>Different types of change.</b> <b>Coping with loss.</b> <b>Complete the story 'Tommy's Holiday'</b></p> <p><b>Apple's friends unit 6</b> <b>-Dealing with disappointment.</b> <b>Ways to cope with worries.</b> <b>Complete the story' End of the Holidays'</b> <b>Celebrate Together</b></p>
Year 5	<p><b>Similarities and differences: Celebrating strengths and setting goals</b></p>	<p><b>Caring and responsibility: Caring in the community</b></p>	<p><b>Healthy bodies, healthy minds: Valuing our bodies and minds</b></p>

	<p>Celebrating strengths, setting goals and keeping ourselves safe online.  <b>Passport - Module 1 - Emotions</b></p> <p><b>Healthy and happy friendships: Changing friendships</b>  Identity and peer pressure off and online. Positive emotional health and wellbeing.  <b>Passport - Module 2 - Relationships and Helping Each Other</b>  <b>Supports Computing E-safety module from the previous term.</b></p>	<p>How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.</p> <p><b>Families and committed relationships: Healthy committed relationships</b>  The characteristics of healthy, positive and committed relationships and how these develop as people grow older.</p>	<p>Our unique bodies and self - acceptance- valuing our bodies and minds: lifestyle habits ( including alcohol, tobacco and drugs ) and their effects on wellbeing.  <b>Passport Module 3 - Difficult situations</b></p> <p><b>Coping with change: Puberty and emotions</b>  How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.  <b>Passport 4 Fairness, Justice and What is Right (Linked to R.E topic)</b>  <b>Passport Module 5 Change and Loss</b></p>
<p>Year 6</p> <p>Economic wellbeing/ financial education is delivered in the Summer Term through Enterprise Week and Careers Week.</p>	<p><b>Healthy and happy friendships: Relationships and feelings</b></p> <p><b>Relationships</b>  Pupils will explore the concept of identity as well as the stereotypes and prejudice that can lead to people making judgements about others. They will explore how peer-pressure can affect us and how to cope with changes in friendships as they grow older, including during transition to secondary school.</p> <p><b>Health and wellbeing</b>  Children will explore the importance of emotional health and wellbeing, investigating skills and techniques for maintaining positive emotional health and resisting negative pressure. They will explore a wider range of positive and negative emotions.</p>	<p><b>Caring and responsibility: Responsible behaviour as we get older</b></p> <p><b>Relationships</b>  Pupils will look at our care needs at different stages in our lives. They will learn about the ways in which we can help, support and care for other members of our communities and how we can take more responsibility for self-care. They will investigate topics such as isolation and loneliness and explore the support network available as they transition to secondary school.</p> <p><b>Health and wellbeing</b>  Children will learn about how isolation and loneliness can affect them, and the importance of discussing such issues and seeking support. They</p>	<p><b>Coping with change: Emotional effects of life changes</b></p> <p><b>Relationships</b>  Children will continue to explore the changes that occur during puberty, including a focus on emotions and changing relationships. In Year 6, children will learn about how puberty changes can cause them to argue more with people who are close to them, and they will explore ways to resolve these potential conflicts.</p> <p><b>Health and wellbeing</b>  Children will talk about emotional changes and the different feelings that they may experience during puberty. They will learn techniques to cope with these emotions and ways of supporting one</p>

	<p><b><u>Living in the wider world</u></b> Children will learn to recognise stress and anxiety and how to ask for help when they are experiencing negative emotions. They will practise identifying risks and ways of resisting pressure that threatens their safety.</p> <p><b>Similarities and differences: Respectful behaviour online and offline</b></p> <p><b><u>Relationships</u></b> Pupils will further explore the concept of identity and identifying their own and others' strengths and abilities. They will learn about the characteristics of safe and respectful behaviour online and offline, including respecting personal boundaries.</p> <p><b><u>Health and wellbeing</u></b> Children will further develop their self-worth and self-respect by celebrating their strengths and abilities and setting some goals for themselves.</p> <p><b><u>Living in the Wider World</u></b> Children will learn to identify and avoid risks online, recognise the safety network they have at school and know where to turn for support and advice outside of school.</p>	<p>will explore the mental health benefits of volunteering and community participation and learn some simple self-care techniques, such as having interests and hobbies. They will find out about the importance of self-respect and how this links to their own happiness.</p> <p><b><u>Living in the wider world</u></b> As children learn to take more responsibility and prepare for secondary school, they will learn about the importance of asking for advice and the need to keep asking until they are heard. They will also learn about how to look after their money.</p> <p><b>Families and committed relationships: Relationships (Y4)</b></p> <p><b><u>Relationships</u></b> Children will continue to learn about diversity of relationships and some of the characteristics of a happy family or committed relationship, such as sharing interests, spending time together and being supportive of one another.</p> <p><b><u>Living in the Wider World</u></b> Children will learn about seeking help and support if something makes them uncomfortable in a relationship.</p>	<p>another. In Year 6, children will also learn about the external influences that may affect their sense of self-worth and their body image.</p> <p><b><u>Physical health</u></b> Children will continue to explore the changes to girls' and boys' bodies as they go through puberty.</p> <p><b>Healthy bodies, healthy minds: Being the best me</b></p> <p><b><u>Physical health</u></b> Children will learn about harmful substances that can affect our physical health, including caffeine, tobacco and alcohol. They will find out about viruses and bacteria, how we can prevent illness and the effects of vaccines and immunisation.</p> <p><b><u>Health and wellbeing</u></b> Children will explore the importance of self-value and self-respect. They will learn that mental health needs to be nurtured in the same way as physical health and that there are strategies for self-care. Children will also explore how the internet and social media impact on our personal feelings of wellbeing.</p> <p><b><u>Living in the Wider World</u></b> As children grow up and become more active online, they will learn about the potential risks involved with online interactions and ways to report abuse .</p>
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