



## Personal, Social, Health & Relationship Sex Education



Year Group & Topics linked to PSHE & RSE	Aspect of Relationship & Sex Education (RSE), Personal Social Health & Emotional (PSHE) Curriculum	Area of Relationship & Sex Education (RSE), Personal Social Health & Emotional (PSHE) Covered
<b>Year 1</b>	<p>Rules</p> <p>Stranger danger and keeping safe</p> <p>Financial Education</p> <p>Anti - Bullying</p> <p>Caring Friendships</p> <p>Mental wellbeing</p> <p>Health and Prevention - dental &amp; handwashing</p> <p>Medicines</p> <p>HE/PH&amp;MW: Physical health and fitness</p> <p>My body</p> <p>Making choices and keeping my body safe</p>	<p>Understand what rules are and why we have them. Write a class charter.</p> <p>Understanding the dangers of strangers Know how to cross a road and train track safely. Know how to stay safe outdoors.</p> <p>Understand that we can keep our money in different places and some places are safer than others. Know that money comes from both regular (wages, pocket money etc.) and irregular (birthday money etc.) sources. Understand why we need money.</p> <p>Know what bullying is.</p> <p>Identify actions that could be done if you feel you are being bullied.</p> <p>Know how someone who is bullied might feel.</p> <p>Find out about each other. Share qualities about ourselves. Identify how people make friends. Understand how important friends are in making us feel happy and secure and the characteristics you need to be a good friend.</p> <p>Know there is a normal range of emotions that all humans experience in relation to different experiences and situations. Identify a variety of emotions and know to experience this range is normal. Relate emotions to own life experiences. Recognise when you need to talk about your emotions. Understand if it is appropriate to feel sad in particular scenarios. Explore the emotion of anger. Understand why we get angry. Know triggers that can create anger. Know strategies/self-soothing techniques that can be used to deal with anger.</p> <p>Know importance of washing our hands in the prevention of viruses and germs spreading. Know importance of brushing teeth. Understand the benefits of good oral hygiene and visiting dentist regularly.</p> <p>Know that medicines should not be taken unless an adult gives it to you. Know medicines comes in different forms and to know the names of some common medicines .Know when we would use a medicine. Know how medicines are taken. Know where medicines come from.</p> <p>Understand what exercise means. Understand the effects exercise has on our body. Begin to explore the benefits of exercise.</p> <p>Identify similarities between boys and girls. Identify the differences between boys and girls body parts. Use correct terminology. Know boys and girls have similarities and differences. Recognise most children can make choices. Know the 2 types of choices. Recognise the process/steps of making a choice or decision. Understand that what is on the outside should not always influence your decision. Understand that we have a choice to make when keeping our body safe particularly our private parts.</p>

<p><b>Year 2</b></p> <p>Homes</p>	Rules	Understand what rules are and why we have them. Devise a class charter.
	Fire/firework safety. Keeping safe in the home.	Know fires and fireworks can be dangerous.
	Financial Education	Know the different hazards that can be found in the home.
	Anti - Bullying	Become aware that our feelings and actions have an impact on others and vice versa. Understand the difference between needs and wants. Know that there are different ways to save money.
	Respectful relationships	Know what charities are for and what some might do. Know where money goes if it is given to a charity.
	Caring friendships	Understand how being bullied would make you feel. Understand how bullying affects behaviour and how to resolve this. Know that bullies can choose to stop being a bully.
	Medicines	Know how I am the same/different from my friends. Understand the meaning of being tolerant and respectful and why sometimes this may be difficult. Know the conventions of courtesy and manners.
	Health and Prevention (sun damage)	Know how people chose and make friends and the characteristics of good friendships. Know the characteristics of good friendships, including mutual respect, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	Healthy eating	Understand what negotiation and compromise is. Understanding all friendships have ups and downs and that these can be worked through and violence should not be used to solve issues. Know healthy friendships are positive and welcoming and do not exclude people. Know how important friends are in making us feel happy and secure and how they can help you.
	Physical health and fitness	Know what medicines are and how they help us. To know how to keep safe around medicines.
<p><b>Year 3</b></p>	Growing up - from baby to adult	Know about safe and unsafe exposure to the sun. Know the risk of sun damage, including skin cancer.
	Body hygiene	Understand the meaning of diet and what foods constitute a healthy diet. Know that eating a balanced diet helps us to exercise well and that some food groups are needed for exercise. Plan a balanced dinner. Plan a healthy balanced breakfast. Prepare a healthy balanced breakfast.
		Know the importance of building regular exercise into daily and weekly routines and the benefits of this.
	Rules	Understand that babies grow up and change. Describe some of the ways babies change as they get older. Understand the human growth lifecycle (from scan photo to pensioner). Compare what they can do now to what they could do as a baby.
	Financial Education	Know ways to keep my body clean.
		Understand my rights and responsibilities in the school. Understand what other rules are needed within the school.
		Consider saving, spending and budgeting in known contexts. To understand that individuals and families may need or choose to spend their money in different ways. Know about different ways to gain money including earning it through work. Be aware of other people's lifestyles and beliefs. Know how money can make things different for other people here and in other countries.

Anti - Bullying	<p>Explain what bullying is. Understand what it means to be a witness. Know ways in which a witness could help stop bullying.</p>
Respectful relationships	<p>Understand the meaning of being tolerant and respectful. Know the importance of respecting others even when they are very different or make different choices or have different preferences or beliefs. Identify practical steps they can take in a range of different contexts to improve or support respectful relationships. Understand how someone being intolerant towards you might make you feel. Identify practical steps they can take in a range of different contexts to improve or support respectful relationships. Know what a stereotype is and how stereotypes can be unfair, negative or destructive. Know the importance of self-respect and how it links to their own happiness. Know that in school and in wider society they can expect to be treated with respect by others and in turn they should show others respect. Know that it is common courtesy to show respect to those in positions of authority. Show that they understand the term tolerance and respect. Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Identify a set of emotions that all humans experience in relation to different experiences and situations. Recognise and talk about emotions and judge if the feelings experienced are appropriate and proportionate. Identify self-care techniques to help deal with anger and anxiety.</p>
Mental Wellbeing	<p>Understand the importance of exercise. Understand what is involved in good exercise (5 aspects) and how exercise helps with our mental health. Understand that using excessive technology (gaming and tablets) can contribute to an unhealthy lifestyle both physically and mentally. Share their learning through their own composed song.</p>
Physical health and fitness	<p>Understand the effects on our bodies of an unbalanced/poor diet and the risks that come with it. Know the importance of the heart on our body. Understand how to keep our bodies safe when exercising. Identify what an unhealthy lifestyle might consist of for a child. Identify an unhealthy lunchbox from a healthy one.</p>
Healthy eating	<p>Know what a drug is. Know that alcohol and nicotine are legal drugs. Understand that all medicines are drugs, but not all drugs are medicines.</p> <p>Know where babies come from.          Know babies grow in the womb and how they get their food.          Know where babies come from (watching DVD)          Judge what kind of physical contact is acceptable/unacceptable and how to respond. Understand what “personal space” means. To realise that individuals need personal space. Know the difference between a good secret and a bad secret.          Understand when it is right to share a secret.</p>
Drugs, alcohol and tobacco	
Human Life Cycle	
Keeping my body safe	

Year 4	Rules	Devise a class charter.
	Financial Education	Understand how laws are made. Consider saving, spending and budgeting in known contexts. Understand that individuals and families may need or choose to spend their money in different ways. Consider savings, spending and budgeting in known contexts. Begin to understand risk in relation to finances. Know that you can plan for future spending and how to save. Know that making comparisons between costs, is important in managing your money.
	Anti - Bullying	Know the importance of a witness. Understand how it can make you feel to be a witness or a target of bullying. Understand why it might be difficult for a victim or witness to inform someone and take the right action.
	Respectful relationships	Understand the meaning of peer pressure and know there are different types of peer pressure. Know that you can resist peer pressure and recognise when a friendship is making them unhappy or uncomfortable. Know how to be assertive in order to avoid negative peer pressure.
	Caring friendships	Know who to trust and how to manage situations and how to seek help.
	Online Relationships	Understand the same principles apply to online relationships as to face to face relationships. Know how to recognise risks, harmful content and contact, and how to report them.
		Understand that people sometimes behave differently online, including pretending to be someone they are not. Be aware that not everyone they meet online is automatically trustworthy. Know what to do if they find something inappropriate online and how to report them.
	Drugs, alcohol and tobacco	Understand how drugs can be categorised into legal and illegal. Understand why alcohol and nicotine are drugs. Know the legal limits around alcohol and nicotine. Understand why people choose to drink alcohol or smoke nicotine. Understand the laws associated around nicotine and alcohol. Understand how to be safe around alcohol and smoking.
	Internet safety and harms	Know that for most people the internet is an integral part of life that has many benefits. Know the importance of keeping personal information private. Consider the effect of their online actions on others. Understand the SMART online rules and principles for keeping safe online. Know that passwords help to keep information safe and secure and that they should not be shared.
	Physical health and fitness	Know that inactive lifestyle can lead to these serious risks. Understand there is not a “perfect body”. Understand the health implications of being severely overweight or underweight.
	Healthy eating	Know the characteristics of a poor diet and risks associated with unhealthy eating (including obesity). Understand that food labels are required by law. Know why it is important to list ingredients including allergen information on food products. Know the importance of weight, use by, best for, preparation, place of origin information on the food label. Know that food label contain nutritional information about the food and expected daily consumptions of particulars. Use what I know about food labels to produce a healthy product.

	<p>Healthy and Prevention (allergies)</p> <p>Changing adolescent body – physical changes</p> <p>Families and people who care for me.</p>	<p>Know there are 14 food allergens. Know there are non-food allergens. Know the symptoms of an allergic reaction.</p> <p>Understand what puberty is and begin to look at changes to the body that occur. Know the importance of personal hygiene particularly with its link to puberty.</p> <p>Know that all families look different and may be different to their own family and should be respected and all are characterised by love and care. Understand that all children are conceived from a caring relationship. Understand that couples make decisions about their relationship status and that marriage is a legal commitment of 2 people, which is intended to be lifelong. Identify the key characteristics of a healthy family and the importance of spending time together and sharing each other's lives. Know the importance of these characteristics even through difficult times. Recognise if family relationships are making them feel unhappy or unsafe and how to seek help.</p>
<b>Year 5</b>	<p>Rules</p> <p>Gang Culture</p> <p>Financial Education</p> <p>Anti - Bullying</p> <p>Online Relationships</p> <p>Internet safety and harms</p>	<p>Understand my rights and responsibilities in the school.</p> <p>Know and understand what a gang is and why young people join gangs. Know how gangs can be identified and why some people may choose to be part of a gang. Understand the term Young Offender and know the implications of being one.</p> <p>Know what is deducted from earnings and why.</p> <p>Consider degrees of risk and the possible consequences of taking financial risks. Differentiate between manageable and unmanageable debt. Know about Fairtrade and what it means. To consider the needs of the global environment and the impact of consumer choices.</p> <p>Know rumour spreading and name calling are forms of bullying. Understand why people bully. Generate solutions, consider consequences and decide the best solutions to deal with bullies. Know the rules and principles for keeping safe online. Understand the difference between online communications and offline communications and how online can have higher risks. Understand that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>Understand what information is <i>personal</i> information and to know the risks associated with revealing too much personal information online. Know how information and data is shared and used online. Understand what junk (spam and pop ups) mail is, the forms it takes. Critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. Recognise risks, harmful content and contact, and how to report them. Understand the benefits of rationing time spent online and the risks spending excessive time can have. Know the impact of positive and negative content online can have on their own and others mental and physical wellbeing.</p> <p>Know how and who to seek support including which adults to speak to in school if they are worried about their own or someone else's mental wellbeing.</p>

	<p>Physical health and fitness</p> <p>Health and prevention (sleep)</p> <p>Healthy and Prevention (allergies)</p> <p>Mental wellbeing</p> <p>Drugs, alcohol and tobacco</p> <p>Basic First Aid</p> <p>Cyber bullying</p> <p>Mental Wellbeing</p> <p>Changing adolescent body</p>	<p>Know the importance of sufficient good quality sleep for good health and a lack of sleep can affect weight, mood and ability to learn. Know how to recognise early signs of physical illness, such as weight loss, or unexplained body change.</p> <p>Know there are 14 food allergens. Know there are non-food allergens. Know the symptoms of an allergic reaction.</p> <p>Know the benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness. Know that simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Know that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. Know that it is common for people to experience mental ill health and that for many people problems can be resolved if support is made available.</p> <p>Know the associated risks alcohol has on our bodies. Know the associated risks nicotine has on our bodies. Know the associated risks medicines have on our bodies. Know how peer pressure can influence someone to smoke or drink alcohol.</p> <p>Know the concepts of basic first aid, including head injuries.</p> <p>Know how to make a clear and efficient call to emergency services if necessary</p> <p>Understand the term Cyber bullying and to know examples of it. Know the names of the terms for the different types of cyber bullying. Understand the consequences if you are caught being a cyber bully. Know you can report or block a cyber bully. Summarise key information about cyber bullying. Know that cyber-bullying has a negative and often lasting impact on mental wellbeing.</p> <p>Explore the emotional and physical changes occurring in puberty. Know the key facts about the menstrual cycle. Know the emotional changes that can occur during puberty. Understand how I can cope with different mood swings. Know who I can talk to regarding issues with puberty. Know safe websites to look for information about puberty.</p>
<b>Year 6</b>	<p>Rules</p> <p>Radicalisation</p> <p>Cyber bullying</p> <p>Financial Education</p>	<p>Establish aspects that make up a perfect school. Devise a class charter.</p> <p>Know what the British values are. Understand the meaning of Democracy. Understand the meaning of Rule of Law. Know the meaning of Tolerance and Respect as British Value. Know what Radicalisation means. To understand extremism. Understand how being Radicalised goes against British Values.</p> <p>Understand and recognise cyber bullying. Understand the bystander effect.</p> <p>Know there are a range of salaries for different jobs. To know what is deducted from earnings and why? Consider degrees of risk and possible consequences of taking financial risk.</p> <p>Understand value for money. Recognise that resources are limited and we need to make choices. Know that individual and community rights and responsibilities need to be taken into account when making decisions.</p>

	Anti - Bullying	Understand the difference between direct and indirect bullying. Know that bullying can be committed by an individual or a group of people and the effect of this power. Know a range of strategies to manage my feelings and problem solve when I am part of a bullying situation.
	Online Relationships	Understand the meaning of digital footprint. Know how information and data is shared and used online. Understand that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
	Being Safe	Know that there are boundaries that friends should have between them both in person and online. Understand the concept of privacy and how this should be compromised if safety is at risk. Know your body belongs to you and the differences between appropriate and inappropriate and unsafe physical contact. Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Know how to report concerns or abuse, and the vocabulary and confidence needed to do so. Know where to get advice e.g. family, school and/or other sources.
	Caring Friendships	Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
	Drugs, alcohol and tobacco	Identify illegal drugs. Classify illegal drugs. Understand the effects illegal drugs have on your body. Know the effect that mixing drugs together can have on your body. Know why people use illegal drugs. Understand what would happen if you were caught using / in possession of illegal drugs. Know what to do in a medicine/illegal drug emergency. Know how to make a clear and efficient call to emergency services if necessary.
	Basic First Aid	Understand and know why social media, some computer games and online gaming are age restricted. Consider the effect of their online actions on others and know how to recognize and display respectful behaviour online. Know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place. Know where and how to report concerns and get support with issues online.
	Internet safety and harms	
	Human Reproduction	Understand different adult relationships. Understand how babies are made.