

Personal, Social, Health and Citizenship; Relationships, Sex & Health Education Programme of study: EYFS, KS1 and KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>All about me</p> <p>New beginnings Classroom Routines Expectations Golden Rules Zones of Regulation Emotions – Colour Monster How do our choices impact others? Team Work Values What makes a good friend? Friend on Friday Hand Washing – Hygiene Oral Health Importance of Exercise Healthy Eating Healthy Foods /Unhealthy foods Human Body Senses/parts Growing and Changing – baby-elderly People who Help Us</p>	<p>Celebrations</p> <p>Team Work Importance of Listening Bravery (WW) Oral health Values Importance of sharing and taking turns Friend on Friday</p> <p>Festivals</p> <p>Bonfire Safety – discussing own experiences. Remembrance Day/ Nurses (empathy) Diwali/Hannukah – Different Cultures Christmas – thinking of special times and people/family</p>	<p>Once Upon A Time</p> <p>Different houses Getting along together – building houses Chinese New Year – different cultures feelings – fair/unfair Friend on Friday Internet Safety Make your dreams come true Stranger Danger – Red Riding Hood/Goldilocks (Police dial 999) Road Safety</p>	<p>Amazing Adventures</p> <p>Friendships Friend on Friday Emotions Class Rules What am I good at? Setting a goal Looking after the environment – Dinosaurs and all that Rubbish. Looking after plants – Beans.</p>	<p>Up above and Down Below</p> <p>Easter experiences Understanding my feelings Fair/unfair Protecting our Oceans Routines – day/night Sun Safety</p>	<p>Going Wild</p> <p>Sun Safety Preparing for transition to Year 1 Reflection on Reception Year Growing Sunflowers Balance Bikes – Safety (equipment)</p>
	Autumn		Spring		Summer	
Year 1	<p>Relationships - TEAM Together everyone achieves more - identifying teams they belong to. Belonging to groups and communities; Listening - being a good listener Being kind - kind and unkind, constructive support; Bullying and teasing - recognise different forms of unkind behaviour, teasing and bullying; Brilliant brains - how to be a positive learner; Making good choices - identify good and not-so good choices and recognise what they like/dislike</p> <p>Relationships - Be Yourself Marvellous me - what makes them special; ways in which we are unique; Feelings - naming and describing feelings; Things I like - talk about thing that make them happy; being unique and special Uncomfortable feelings - talk about things which make them unhappy or cross, recognise and respond to their own feelings and those of others; Changes - feelings and loss ; Speak up! - making choices and recognising good/not so good consequences. Share opinions</p>		<p>Health & Wellbeing - Aiming High Star qualities: - recognise strengths, learn from experiences Positive learners - explain how a positive learning attitude can help them: Bright futures - talk about jobs people do and think about what they might want to be when they grow up. Jobs for all - share opinions on why a person's interests and skills make them suited to doing a job, respect differences and similarities; Going for goals - thinking about things they would like to achieve in the future; Looking forward - change which might happen to them and associated feelings</p> <p>Living in the Wider World - Britain My school - contribute to life of own school and community; My community - being a good neighbour; impact of behaviour on others; being part of the community My neighborhood - everyone has rights and responsibilities; caring for the environment.; My country - describe what it is like to live in Britain; British people - respect differences and similarities; how people in Britain can be different and how they are the same What makes me proud of Britain? - explain own views about being British and living in Britain; belonging to different groups and communities</p>		<p>Living in the Wider World - Money Matters Money; - where it comes from and why we need it Keep it safe - ; choices about keeping money safe and why this is important Save or spend? use for different purposes and why it is important to keep track of spending Want or need? - role of money; choices Look after it - how to keep belongings safe; new opportunities and responsibilities; Going shopping - what influences choices</p> <p>Health & Wellbeing - It's my body My body, my business - know they can choose what happens to their body; secrets and nice surprises; acceptable/ unacceptable physical contact Active and asleep - healthy choices about sleep and exercise Happy healthy food - making healthy choices about food and drink; Clean as a whistle -personal hygiene, spread of diseases ; Can I eat it? - what is safe to eat and drink - medicines/household products I can choose - choosing to keep themselves safe</p>	

<p>Year 2</p>	<p>Relationships - VIPs <u>Who are your VIPs?</u> - people who look after them; how to identify special people <u>Families</u> - who to go to; why families are important <u>Friends</u> - communicate feelings. Describe what makes a good friend;</p> <p>Falling out - likes and dislikes; resolving arguments and working out disagreements;</p> <p>Working together; - recognising how their behaviour affects others; cooperating to achieve a task Showing you care - showing special people that the care about them, play and work cooperatively, supporting others</p> <p>Health & Wellbeing - Think Positive <u>Think happy, feel happy!</u> - how happy thoughts make them feel good <u>It's your choice</u> - good and not so good feelings; kind and unkind; how behaviour affects others <u>Go-getters</u> - set simple but challenging goals and consider how to achieve them; <u>Let it out</u> - describe feelings and opinions with others; share and explain own views and cope with difficult emotions <u>Be thankful</u> - vocabulary to describe a range of feelings; focus on what they do have, rather than what they don't have <u>Be mindful</u> - strategies for managing feelings and focus on what is happening now and how they are feeling</p>	<p>Living in the Wider World - One World <u>Families</u>; family life in different countries belonging to different groups and communities; similarities and differences <u>Homes</u> - homes and home life around the world similarities and differences <u>Schools</u>; what it is like to go to school in other countries and identify similarities and differences <u>Environments</u>; explore places where people live which are different from where they live <u>Resources</u>; think about how people use things from the earth ; things which improve or harm the environment <u>Planet protectors</u> - why it is important to care for the earth and protect it strategies and skills to care for the environment</p> <p>Health & Wellbeing - Safety First <u>Keeping safe</u>- how to stay safe and who can help if they feel unsafe; <u>Staying safe at home</u> - harmful household products; <u>Staying safe outside</u>- cycle safety, environment, rail, water and fire; role of emergency services <u>Staying safe online</u> - staying safe when using the internet; <u>The underwear rule</u> - the right to keep things "private"; importance of not keeping a secret; acceptable physical contact <u>People who can help</u> - family networks; sharing a responsibility to keep themselves and others safe contacting emergency services</p> <p>Dental hygiene (stand-alone lesson: brushing teeth; wobbly teeth; drinks to avoid)(making good choices - importance of brushing teeth; foods to avoid)</p>	<p>Living in the Wider World - Respecting rights <u>Rights recognise</u> what is right and wrong, fair and unfair; recognize that people and other living things have rights <u>Protect our rights</u> - making informed choices; who helps protect our rights; share opinions Respecting others; how to show respect for the rights of others and understand why this is important; feeling comfortable/ uncomfortable <u>Everybody's different</u> : respecting differences and similarities;what we have different and in common with others <u>Is it fair?</u> - explain why it is important to be fair ; taking turns, sharing and understanding <u>Taking part</u> - explain why making a positive difference is important. Contribute to the life of the classroom & school</p> <p>Relationships - Growing up <u>Our bodies</u> - names of body parts; Is it OK? judging acceptable physical contact and how to respond <u>Pink and blue</u>; respect differences and similarities; ways we are all unique <u>Look at me now</u> - describe how they have changed since they were a baby; ways in which everyone is unique <u>Getting older</u>; - how they will change as they get older <u>Changes</u> - describe things that might change in a person's life and how it might make them feel.</p>
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	Autumn	Spring	Summer
Year 3	<p>Health & Wellbeing - Aiming high</p> <p><u>Achievements</u> - how actions help them achieve; face new challenges <u>Goals</u> - identify personal goals; make responsible choices <u>Always learning</u> - positive learning attitudes; look for help <u>Jobs and skills</u> - identify skills and attributes needed to do certain jobs; <u>No limit!</u> Gender does not limit; understand about the range of jobs available <u>When I grow up</u> - jobs and skills for the future; how they can make their own contribution to the future</p> <p>Relationships - Be Yourself!</p> <p><u>Pride</u> - say things they are proud of; <u>Feelings</u> - describe how different emotions feel, respond to a range of feelings <u>Express yourself</u> - different ways to cope with any uncomfortable feelings; <u>Know your mind</u> - how to be assertive recognise and manage dares; <u>Media-wise</u> - explore if messages are helpful or harmful.; recognise and challenge stereotypes; explore how the media present information <u>Making it right</u> - strategies if they make a mistake; how their actions affect themselves and others; face new challenges</p>	<p>Relationships - TEAM</p> <p><u>A new start</u> - changes and how they might make them feel; <u>Together everyone achieves more</u> - working as a team; <u>Working together</u> - how actions and behaviour affect the team; <u>Being considerate</u> - pay attention and respond considerately to others; <u>When things go wrong</u> - why disputes happen and strategies to resolve them; looking at alternatives, seeing and respecting others' points of view <u>Responsibilities</u> - own responsibilities to a team; develop skills to exercise these responsibilities</p> <p>Living in the Wider World - Britain</p> <p><u>Living in Britain</u>; - what it is like to live in Britain <u>Democracy</u>; what democracy is and why it's important <u>Rules, laws and responsibilities</u>; how they can help us <u>Liberty</u>; identify the rights of British people Tolerance & respect; describe why a diverse society is important; appreciate the range of national, regional, religious and ethnic identities in the UK What does it mean to be British? what this means to them and others</p>	<p>Living in the Wider World - Money matters</p> <p><u>Where does money come from?</u> - skills needed for a range of jobs and why people go to work <u>Ways to pay</u>; Different ways to pay for things Lending and borrowing; options and consequences to borrowing <u>Priorities</u>; difference between things we want and things we need <u>Advertising</u>; how adverts try to influence our spending and why they do this <u>Keeping track</u>; how and why it is important to do this</p> <p>Health & Wellbeing - It's my body</p> <p><u>My body, my choice</u> - what happens to their body and how to say no; appropriate physical contact and secret keeping <u>Fit as a fiddle</u> - how to keep healthy; <u>Good night, good day</u> - importance of sleep; <u>Cough, splutter, Sneeze!</u> - good hygiene and stopping the spread of disease <u>Drugs: Healing or Harmful?</u> - taking medicine safely and keeping safe around drugs Choices everywhere - make better choices and choose healthy habits</p>
Year 4	<p>Health & Wellbeing - Safety First</p> <p><u>New responsibilities</u>; making good choices to stay safe and healthy <u>Risks, hazards and danger</u>; identify a risky situation and act responsibly; managing dares <u>Under pressure</u>; know that they can choose not to do something that makes them feel uncomfortable. <u>Road safety</u>; how to be safe on or near the road <u>Dangerous substances</u>; know about dangerous substances and how they affect the human body <u>Staying safe online</u>; safety whilst using the internet</p> <p>Health & Wellbeing - <u>Think Positive</u> <u>Happy minds</u> - happy people; understand that a positive attitudes is good for mental health <u>Thoughts and feelings</u>; recognise and manage positive and negative thoughts effectively <u>Changes</u>; coping with difficult changes Keep calm and relax! mindfulness techniques to <u>keep calm</u> <u>You're the boss</u>; identify uncomfortable emotions and manage them effectively <u>Always learning</u>; apply a positive attitude towards learning and take on new challenges</p>	<p>Living in the Wider World - Respecting Rights</p> <p><u>Rights</u>; what rights are and that all people share the same rights <u>Are all rights equal?</u> know the Universal Declaration of Human Rights and the Declaration of the Rights of the Child and why they are important <u>Rules</u>; explain what a democracy is and how this relates to rules and human rights <u>Rights without responsibilities?</u> Human rights are not dependent on responsibilities. <u>Respect</u>; Respecting the rights of others and why this is important <u>Are we so different?</u> how stereotypes can stop people's human rights being met</p> <p>Relationships - VIPs</p> <p><u>Making friends</u>; why we need friendships and how to make them. <u>Staying friends</u>; list positive actions needed to stay friends with their friends <u>Is this a good friend?</u> identify own support network. <u>Falling out</u>; demonstrate strategies for resolving conflicts; look at alternatives, seeing and respecting others' point of view Bullying identify what bullying is and realise the consequences of aggressive behaviour <u>Anti-bullying</u>; know what to do if someone is being bullied; develop strategies for helping themselves and others</p>	<p>Wider World - One World</p> <p><u>Chiwa and Kwende</u>; ways in which people's lives are similar and different and give reasons <u>Chiwa's dilemma (1)</u>; explore differences of opinion and identify if these are fair <u>Chiwa's dilemma (2)</u>; think about the lives of people living in other places, make considered decisions and give reasons for opinions <u>Chiwa's Sugar</u>; recognise how actions impact on people living in different countries and identify things to make the world a fairer place <u>Chiwa's World</u>; climate change and how it affects people's lives <u>Charity for Chiwa</u>; organisations which help people in different countries who are in challenging situations and explain how they do this</p> <p>Talk time - preparing for transition</p> <p>Relationships – Growing up:</p> <p>About the <u>physical and emotional changes</u> that happen when approaching and during puberty. About how <u>hygiene routines</u> change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. About <u>where to get more information</u>, help and advice about growing and changing. <u>Strategies to respond to feelings</u>, including intense or conflicting feelings. How to manage and respond to feelings appropriately and proportionately in different situations. To <u>recognise</u> that there are <u>different types of relationships</u>. That for some <u>people gender identity</u> does not correspond with their biological sex. To recognise and respect that there are different types of <u>family structure</u>.</p>