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| St Mary’s Catholic Primary School – PSHE / RSE Curriculum Progression | |
| PSHE / RSE Intent | At St. Mary’s Primary School we aim to create a happy, purposeful and supportive environment where children are enabled to become successful learners, develop their full potential and achieve the highest educational standards they can. We have a passionate commitment to learning and recognition of the uniqueness of individual learners. It is driven by our desire to offer the best possible education for our pupils in partnership with parents, Governors and the local community. We believe a collaborative culture is fundamental in enabling children to develop personally and emotionally, and as young citizens. Children grow up in a complex and ever changing world and are exposed to an increasing range of influences. As a school we aim to build on and complement the learning that has already started at home to provide the knowledge, understanding and skills that children need to lead healthy, fulfilling and meaningful lives, both now and in the future. Personal, Social, Health and Economic Education (PSHE) and Relationships and Sex Education are central to our school’s ethos, supporting children in their development, and underpinning learning in the classroom, school, and in the wider community. Effective Relationship and Sex Education (RSE) is essential if young people are to make responsible and well informed decisions about their lives. RSE is concerned with helping and supporting young people through their physical, emotional and moral development. In the early years it will focus on friendship, bullying and building self-esteem. This will progressively move towards the explanation of puberty and how we change as we grow up, both physically and emotionally, and how life is created through God’s loving plan. |
| EYFS –Personal, Social and Emotional Development  Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life. | |

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| 0-3 YEARS   |  | | --- | | Find ways to calm themselves, through being calmed and comforted by their key person. |   Establish their sense of self.  Express preferences and decisions. They also try  new things and start establishing their autonomy.  Engage with others through gestures,  gaze and talk.  Use that engagement to achieve a goal.  For example, gesture towards their cup to say they want a drink.  Find ways of managing transitions, for example  from their parent to their key person.  Thrive as they develop self-assurance.  Look back as they crawl or walk away from their key person.  Look for clues about how to respond  to something interesting.  Play with increasing confidence on their own and with other children, because they know their key person is nearby and available.  Feel confident when taken out around the  local neighbourhood and enjoy exploring  new places with their key person. | 3-4 YEARS  Select and use activities and resources, with help  when needed. This helps them to achieve a goal  they have chosen, or one which is suggested  to them.  Develop their sense of responsibility and  membership of a community.  Become more outgoing with unfamiliar people,  in the safe context of their setting.  Show more confidence in new social situations.  Increasingly follow rules, understanding why they  are important.  Remember rules without needing an adult  to remind them.  Develop appropriate ways of being assertive.  Talk with others to solve conflicts.  Talk about their feelings using words like ‘happy’,  ‘sad’, ‘angry’ or ‘worried’.  Understand gradually how others might be feeling. | RECEPTION  See themselves as a valuable individual.  Build constructive and respectful relationships.  Express their feelings and consider the feelings of others.  Show resilience and perseverance in the face of challenge.  Identify and moderate their own feelings socially and emotionally.  Think about the perspectives of others.  Know and talk about the different factors that support their overall health and wellbeing:  • regular physical activity  • healthy eating  • toothbrushing  • sensible amounts of ‘screen time’  • having a good sleep routine  • being a safe pedestrian |

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|  | **Autumn:** Relationships | | | **Spring:** Living in the wider world | | | **Summer:** Health and Wellbeing | | |
| **Families and**  **friendships** | **Safe relationships** | **Respecting ourselves and others** | **Belonging to a**  **community** | **Media literacy and**  **digital resilience** | **Money and work** | **Physical health and Mental wellbeing** | **Growing and**  **changing** | **Keeping safe** |
| Cycle 1 1/2/3 | Roles of different | Recognising privacy; | How behaviour | What rules are; | Using the internet | Strengths and | Keeping healthy; | Recognising what | How rules and age |
| people; families; | staying safe; seeking | affects others; being | caring for others’ | and digital devices; | interests; jobs in the | food and exercise, | makes them unique | restrictions help us; |
| feeling cared for | permission | polite and respectful | needs; looking after | communicating | community | hygiene routines; | and special; feelings; | keeping safe online |
|  |  |  | the environment | online |  | sun safety | managing when |  |
|  |  |  |  |  |  |  | things go wrong |  |
| Cycle 2 1/2/3 | Making friends; | Managing secrets; | Recognising things | Belonging to a | The internet in | What money is; | Why sleep is im- | Growing older; | Safety in different |
| feeling lonely and | resisting pressure | in common and | group; roles and | everyday life; online | needs and wants; | portant; medicines | naming body parts; | environments; risk |
| getting help | and getting help; | differences; playing | responsibilities; | content and infor- | looking after money | and keeping healthy; | moving class or year | and safety at home; |
|  | recognising hurtful | and working coop- | being the same | mation |  | keeping teeth |  | emergencies |
|  | behaviour | eratively; sharing | and different in the |  |  | healthy; managing |  |  |
|  |  | opinions | community |  |  | feelings and asking |  |  |
|  |  |  |  |  |  | for help |  |  |
| Cycle 3 1/2/3 | What makes a | Personal boundar- | Recognising re- | The value of rules | How the internet | Different jobs and | Health choices and | Personal strengths | Risks and hazards; |
| family; features of | ies; safely respond- | spectful behaviour; | and laws; rights, | is used; assessing | skills; job ste- | habits; what affects | and achievements; | safety in the local |
| family life | ing to others; the | the importance of | freedoms and re- | information online | reotypes; setting | feelings; expressing | managing and re- | environment and |
|  | impact of hurtful | self-respect; courte- | sponsibilities |  | personal goals | feelings | framing setbacks | unfamiliar places |
|  | behaviour | sy and being polite |  |  |  |  |  |  |
| Cycle 1 4/5/6  **11** | Positive friendships, | Responding to | Respecting differ- | What makes a | How data is shared | Making decisions | Maintaining a bal- | Physical and emo- | Medicines and |
| including online | hurtful behaviour; | ences and similari- | community; shared | and used | about money; using | anced lifestyle; oral | tional changes in | household products; |
|  | managing confiden- | ties; discussing dif- | responsibilities |  | and keeping money | hygiene and dental | puberty; external | drugs common to |
|  | tiality; recognising | ference sensitively |  |  | safe | care | genitalia; personal | everyday life |
|  | risks online |  |  |  |  |  | hygiene routines; |  |
|  |  |  |  |  |  |  | support with pu- |  |
|  |  |  |  |  |  |  | berty |  |
| Cycle 2 4/5/6 | Managing friend- | Physical contact and | Responding respect- | Protecting the envi- | How information | Identifying job inter- | Healthy sleep | Personal identity; | Keeping safe in |
| ships and peer | feeling safe | fully to a wide range | ronment; ompass- | online is targeted; | ests and aspirations; | habits; sun safety; | recognising individ- | different situations, |
| influence |  | of people; recognis- | sion towards others | different media | what influences | medicines, vaccina- | uality and different | including responding |
|  |  | ing prejudice and |  | types, their role and | career choices; | tions, immunisations | qualities; mental | in emergencies, first |
|  |  | discrimination |  | impact | workplace stereo- | and allergies | wellbeing | aid and FGM |
|  |  |  |  |  | types |  |  |  |
| Cycle 3 4/5/6 | Attraction to others; | Recognising and | Expressing opin- | Valuing diversity; | Evaluating media | Influences and | What affects mental | Human reproduc- | Keeping personal |
| romantic relation- | managing pressure; | ions and respecting | challenging discrim- | sources; sharing | attitudes to money; | health and ways | tion and birth; | information safe; |
| ships; civil partner- | consent in different | other points of view, | ination and stereo- | things online | money and financial | to take care of it; | increasing indepen- | regulations and |
| ship and marriage | situations | including discussing | types |  | risks | managing change, | dence; managing | choices; drug use |
|  |  | topical issues |  |  |  | loss and bereave- | transition | and the law; drug |
|  |  |  |  |  |  | ment; managing |  | use and the media |
|  |  |  |  |  |  | time online |  |  |

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| Cycle 1 Yrs. 1/2/3 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  Roles of different people; families; feeling cared for  PoS Refs: R1, R2, R3, R4, R5 | * about people who care for them, e.g. parents, siblings, grandparents, relatives,   friends, teachers   * the role these different people play in children’s lives and how they care for them * what it means to be a family and how families are different, e.g. single parents,   same-sex parents, etc.   * about the importance of telling someone — and how to tel them — if they are worried about something in their family | [Medway Public Health Directorate -](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) [Primary RSE Lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Safe relationships**  Recognising privacy; staying safe; seeking permission  PoS Refs: R10, R13, R15, R16, R17 | * about situations when someone’s body or feelings might be hurt and whom to go   to for help   * about what it means to keep something private, including parts of the body that are private * to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) * how to respond if being touched makes them feel uncomfortable or unsafe * when it is important to ask for permission to touch others * how to ask for and give/not give permission | [1 decision - Relationships (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education  Ten Ten Resources |
| **Respecting ourselves and others**  How behaviour affects others; being polite and respectful  PoS Refs: R21, R22 | * what kind and unkind behaviour mean in and out school * how kind and unkind behaviour can make people feel * about what respect means * about class rules, being polite to others, sharing and taking turns | Coram Life Education  Ten Ten Resources |
| **Spring —** Living in the wider world | **Belonging to a community**  What rules are; caring for others’ needs; looking after the environment  PoS Refs: L1, L2, L3 | * about examples of rules in different situations, e.g. class rules, rules at home, rules   outside   * that different people have different needs * how we care for people, animals and other living things in different ways * how they can look after the environment, e.g. recycling | [1 decision - Being responsible (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) [Experian - Values, Money and Me (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic)  Coram Life Education |

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| **Spring —** Living in the wider world | **Media literacy and Digital resilience**  Using the internet and digital devices; communicating online  PoS Refs: L7, L8 | * how and why people use the internet * the benefits of using the internet and digital devices * how people find things out and communicate safely with others online | [BBFC - ‘Watch Out! Helping to make good](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good) [viewing choices’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good)  Coram Life Education |
| **Money and Work**  Strengths and interests; jobs in the community  PoS Refs: L14, L16, L17 | * that everyone has different strengths, in and out of school * about how different strengths and interests are needed to do different jobs * about people whose job it is to help us in the community * about different jobs and the work people do | [BBFC - ‘Watch Out! Helping to make good](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good) [viewing choices’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good)  Coram Life Education |
| **Summer —** Health and wellbeing | **Physical health and Mental wellbeing**  Keeping healthy; food and exercise; hygiene routines; sun safety  PoS Refs: H1, H2, H3, H5, H8, H9, H10 | * what it means to be healthy and why it is important * ways to take care of themselves on a daily basis * about basic hygiene routines, e.g. hand washing * about healthy and unhealthy foods, including sugar intake * about physical activity and how it keeps people healthy * about different types of play, including balancing indoor, outdoor and screen-based   play   * about people who can help them to stay healthy, such as parents, doctors, nurses,   dentists, lunch supervisors   * how to keep safe in the sun | [PSHE Association - Health Education: food](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) [choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [1 decision - Keeping/staying healthy](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy)  Coram Life Education |
| **Growing and changing**  Recognising what makes them unique and special; feelings; managing when things go wrong  PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24 | * to recognise what makes them special and unique including their likes, dislikes and what they are good at * how to manage and whom to tell when finding things difficult, or when things go   wrong   * how they are the same and different to others * about different kinds of feelings * how to recognise feelings in themselves and others * how feelings can affect how people behave | [PSHE Association – Mental health and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [wellbeing lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [Medway Public Health Directorate - Primary](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) [RSE Lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [1 decision - Feelings and emotions](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£)  Coram Life Education |
| **Keeping safe**  How rules and age restrictions help us; keeping safe online  PoS Refs: H28, H34 | * how rules can help to keep us safe * why some things have age restrictions, e.g. TV and film, games, toys or play areas * basic rules for keeping safe online * whom to tell if they see something online that makes them feel unhappy, worried, or scared | [Thinkuknow: Jessie and Friends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/jessie-friends)  [1 decision - Computer safety/Hazard watch](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [BBFC - ‘Watch Out! Helping to make good](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good)  [viewing choices’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good) |

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| Cycle 2 Yrs. 1/2/3 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  Making friends; feeling lonely and getting help  PoS Refs: R6, R7 R8, R9, R24 | * how to be a good friend, e.g. kindness, listening, honesty * about different ways that people meet and make friends * strategies for positive play with friends, e.g. joining in, including others, etc. * about what causes arguments between friends * how to positively resolve arguments between friends * how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else | [1 decision - Relationships](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Safe relationships**  Managing secrets; resisting pressure and getting help; recognising hurtful behaviour  PoS Refs: R11, R12, R14, R18, R19, R20 | * how to recognise hurtful behaviour, including online * what to do and whom to tell if they see or experience hurtful behaviour, including   online   * about what bullying is and different types of bullying * how someone may feel if they are being bullied * about the difference between happy surprises and secrets that make them feel   uncomfortable or worried, and how to get help   * how to resist pressure to do something that feels uncomfortable or unsafe * how to ask for help if they feel unsafe or worried and what vocabulary to use | [1 decision - Relationships (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) [Thinkuknow Jessie and Friends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/jessie-friends)  Coram Life Education |
| **Respecting ourselves and others**  Recognising things in common and differences; playing and working cooperatively; sharing opinions  PoS Refs: R23, R24, R25 | * about the things they have in common with their friends, classmates, and other people * how friends can have both similarities and differences * how to play and work cooperatively in different groups and situations * how to share their ideas and listen to others, take part in discussions, and give reasons for their views | [PSHE Association – Inclusion, belonging](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  Coram Life Education |
| **Spring** | **Belonging to a community**  Belonging to a group; roles and responsibilities; being the same and different in the community  PoS Refs: L2, L4, L5, L6 | * about being a part of different groups, and the role they play in these groups e.g.   class, teams, faith groups   * about different rights and responsibilities that they have in school and the wider   community   * about how a community can help people from different groups to feel included * to recognise that they are all equal, and ways in which they are the same and   different to others in their community | [PSHE Association – Inclusion, belonging](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  Coram Life Education |

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| **Spring —** Living in the wider world | **Media literacy and Digital resilience**  The internet in everyday life; online content and information  PoS Refs: L8, L9 | * the ways in which people can access the internet e.g. phones, tablets, computers * to recognise the purpose and value of the internet in everyday life * to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos * that information online might not always be true | [BBFC - ‘Watch Out! Helping to make good](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good) [viewing choices’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good)  Coram Life Education |
| **Money and Work**  What money is; needs and wants; looking after money  PoS Refs: L10, L11, L12, L13, L15 | * about what money is and its different forms e.g. coins, notes, and ways of paying for   things e.g. debit cards, electronic payments   * how money can be kept and looked after * about getting, keeping and spending money * that people are paid money for the job they do * how to recognise the difference between needs and wants * how people make choices about spending money, including thinking about needs and wants | [1 decision - Money matters](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£)  [Experian - Values, Money and Me (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic)  Coram Life Education |
| **Summer —** Health and wellbeing | **Physical health and Mental wellbeing**  Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help  PoS Refs: H4, H6, H7, H16, H17, H18, H19, H20 | * about routines and habits for maintaining good physical and mental health * why sleep and rest are important for growing and keeping healthy * that medicines, including vaccinations and immunisations, can help people stay   healthy and manage allergies   * the importance of, and routines for, brushing teeth and visiting the dentist * about food and drink that affect dental health * how to describe and share a range of feelings * ways to feel good, calm down or change their mood e.g. playing outside, listening to   music, spending time with others   * how to manage big feelings including those associated with change, loss and bereavement * when and how to ask for help, and how to help others, with their feelings | [PSHE Association - Health Education: food](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) [choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [PSHE Association - The Sleep Factor](https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints)  [1 decision - Keeping/staying healthy (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [PSHE Association – Mental health and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [wellbeing lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [1 decision - Feelings & emotions (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-resources)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) [Education (Year 1-2)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Winston’s Wish – Loss and bereavement](https://www.pshe-association.org.uk/curriculum-and-resources/resources/winstons-wish-lessons-loss-and-bereavement-ks1-4)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy) |
| **Growing and changing**  Growing older; naming body parts; moving class or year  PoS Refs: H20, H25, H26, H27 | * about the human life cycle and how people grow from young to old * how our needs and bodies change as we grow up * about change as people grow up, including new opportunities and responsibilities * preparing to move to a new class and setting goals for next year | [Medway Public Health Directorate - Primary](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) [RSE Lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom (5-](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [7), Naming body parts (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Ten Ten Resources |

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| **Summer —** Health and wellbeing | **Keeping safe** | * how to recognise risk in everyday situations, e.g. road, water and rail safety,   medicines   * how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and ‘out and about’ * to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger * how to help keep themselves safe at home in relation to electrical appliances, fire   safety and medicines/household products   * about things that people can put into their body or onto their skin (e.g. medicines   and creams) and how these can affect how people feel   * how to respond if there is an accident and someone is hurt * about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say | [1 decision - Keeping/staying safe (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) |
| Safety in different environments; risk and safety at home; emergencies | [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) [Education (Year 1-2)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  Coram Life Education |
| PoS Refs: H29, H30, H31, H32, H33, |  |
| H35, H36, H27 |  |

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| Cycle 3 Yrs. 1/2/3 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  What makes a family; features of family life  PoS Refs: R1, R6, R7, R8, R9 | * to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents * that being part of a family provides support, stability and love * about the positive aspects of being part of a family, such as spending time together   and caring for each other   * about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty * to identify if/when something in a family might make someone upset or worried * what to do and whom to tell if family relationships are making them feel unhappy or   unsafe | [Coram Life Education – The Adoptables’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education)  [Schools Toolkit](https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Safe relationships**  Personal boundaries; safely responding to others; the impact of hurtful behaviour  PoS Refs: R19, R22, R24, R30 | * What is appropriate to share with friends, classmates, family and wider social groups including online * about what privacy and personal boundaries are, including online * basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision * that bullying and hurtful behaviour is unacceptable in any situation * about the effects and consequences of bullying for the people involved * about bullying online, and the similarities and differences to face-to-face bullying * what to do and whom to tell if they see or experience bullying or hurtful behaviour | Coram Life Education |
| **Respecting ourselves and others**  Recognising respectful behaviour; the importance of self-respect; courtesy and being polite  PoS Refs: R30, R31 | * to recognise respectful behaviours e.g. helping or including others, being   responsible   * how to model respectful behaviour in different situations e.g. at home, at school,   online   * the importance of self-respect and their right to be treated respectfully by others * what it means to treat others, and be treated, politely * the ways in which people show respect and courtesy in different cultures and in   wider society | [Premier League Primary Stars-KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Behaviour/relationships Do the right](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [thing](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  Coram Life Education |

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| **Spring —** Living in the wider world | **Belonging to a community**  The value of rules and laws; rights, freedoms and responsibilities  PoS Refs: L1, L2, L3 | * the reasons for rules and laws in wider society * the importance of abiding by the law and what might happen if rules and laws are broken * what human rights are and how they protect people * to identify basic examples of human rights including the rights of children * about how they have rights and also responsibilities * that with every right there is also a responsibility e.g. the right to an education and   the responsibility to learn | Coram Life Education |
| **Media literacy and Digital resilience**  How the internet is used; assessing information online  PoS Refs: L11, L12 | * how the internet can be used positively for leisure, for school and for work * to recognise that images and information online can be altered or adapted and the   reasons for why this happens   * strategies to recognise whether something they see online is true or accurate * to evaluate whether a game is suitable to play or a website is appropriate for their age-group * to make safe, reliable choices from search results * how to report something seen or experienced online that concerns them e.g. images   or content that worry them, unkind or inappropriate communication | [Google and Parent zone Be Internet Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  Coram Life Education |
| **Money and Work**  Different jobs and skills; job stereotypes; setting personal goals  PoS Refs: L25, L26, L27, L30 | * about jobs that people may have from different sectors e.g. teachers, business   people, charity work   * that people can have more than one job at once or over their lifetime * about common myths and gender stereotypes related to work * to challenge stereotypes through examples of role models in different fields of work   e.g. women in STEM   * about some of the skills needed to do a job, such as teamwork and decision-making * to recognise their interests, skills and achievements and how these might link to future jobs * how to set goals that they would like to achieve this year e.g. learn a new hobby | [FPA – Growing up with Yasmine and Tom (7-](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [9), Gender stereotypes (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  [LOUD! Network - Job skills, influences and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/loud-network-ks2-lessons-%E2%80%98job-skills-influences)  [goals](https://www.pshe-association.org.uk/curriculum-and-resources/resources/loud-network-ks2-lessons-%E2%80%98job-skills-influences)  [Environment Agency – Flood alert](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2)  Coram Life Education |
| **Summer —** Health and wellbeing | **Physical health and Mental wellbeing**  Health choices and habits; what affects feelings; expressing feelings  PoS Refs: H1, H2, H3, H4, H6, H7, H17, H18, H19 | * about the choices that people make in daily life that could affect their health * to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) * what can help people to make healthy choices and what might negatively influence   them   * about habits and that sometimes they can be maintained, changed or stopped | [PSHE Association - Health Education: food](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) [choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [PSHE Association – Mental health and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [wellbeing lessons (KS2 - Y3/4)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [1 decision Keeping/staying healthy](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme); [Feelings](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [& emotions](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£) |

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| **Summer —** Health and wellbeing |  | * the positive and negative effects of habits, such as regular exercise or eating too   much sugar, on a healthy lifestyle   * what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally * that regular exercise such as walking or cycling has positive benefits for their mental   and physical health   * about the things that affect feelings both positively and negatively * strategies to identify and talk about their feelings * about some of the different ways people express feelings e.g. words, actions, body   language   * to recognise how feelings can change overtime and become more or less powerful | Coram Life Education |
| **Growing and changing**  Personal strengths and achievements; managing and reframing setbacks  PoS Refs: H27, H28, H29 | * that everyone is an individual and has unique and valuable contributions to make * to recognise how strengths and interests form part of a person’s identity * how to identify their own personal strengths and interests and what they’re proud   of (in school, out of school)   * to recognise common challenges to self -worth e.g. finding school work difficult,   friendship issues   * basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again | [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Self-esteem](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars); [Inclusion](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Keeping safe**  Risks and hazards; safety in the local environment and unfamiliar places  PoS Refs: H38, H39, H41 | * how to identify typical hazards at home and in school * how to predict, assess and manage risk in everyday situations e.g. crossing the road,   running in the playground, in the kitchen   * about fire safety at home including the need for smoke alarms * the importance of following safety rules from parents and other adults * how to help keep themselves safe in the local environment or unfamiliar places,   including road, rail, water and firework safety | [PSHE Association and GambleAware KS2](https://www.pshe-association.org.uk/content/gambling)  [Lesson 1 Exploring risk](https://www.pshe-association.org.uk/content/gambling)  [1 decision Keeping/staying safe (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) [Education (Year 3-4)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Environment Agency – Canal and river](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2) [safety / Flood alert](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2) |

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| Cycle 1 Yrs. 4/5/6 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  Positive friendships, including online  PoS Refs: R10, R11, R12, R13, R18 | * about the features of positive healthy friendships such as mutual respect, trust and   sharing interests   * strategies to build positive friendships * how to seek support with relationships if they feel lonely or excluded * how to communicate respectfully with friends when using digital devices * how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don’t know * what to do or whom to tell if they are worried about any contact online | [Google and Parent zone Be Internet](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) [Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Safe relationships**  Responding to hurtful behaviour; managing confidentiality; recognising risks online  PoS Refs: R20, R23, R27, R28 | * to differentiate between playful teasing, hurtful behaviour and bullying, including   online   * how to respond if they witness or experience hurtful behaviour or bullying, including   online   * recognise the difference between ‘playful dares’ and dares which put someone   under pressure, at risk, or make them feel uncomfortable   * how to manage pressures associated with dares * when it is right to keep or break a confidence or share a secret * how to recognise risks online such as harmful content or contact * how people may behave differently online including pretending to be someone they   are not   * how to report concerns and seek help if worried or uncomfortable about someone’s behaviour, including online | [Google and Parent zone Be Internet](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) [Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [1 decision Computer safety (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  Coram Life Education |
| **Respecting ourselves and others**  Respecting differences and similarities; discussing difference sensitively  PoS Refs: R32, R33 | * to recognise differences between people such as gender, race, faith * to recognise what they have in common with others e.g. shared values, likes and   dislikes, aspirations   * about the importance of respecting the differences and similarities between people * a vocabulary to sensitively discuss difference and include everyone | [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Diversity](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  Coram Life Education |

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| **Spring —** Living in the wider world | **Belonging to a community**  What makes a community; shared responsibilities  PoS Refs: L4, L6, L7 | * the meaning and benefits of living in a community * to recognise that they belong to different communities as well as the school   community   * about the different groups that make up and contribute to a community * about the individuals and groups that help the local community, including through volunteering and work * how to show compassion towards others in need and the shared responsibilities of   caring for them | [PSHE association Inclusion, belonging](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  RSPCA - [Compassionate class KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rspca-compassionate-class-ks2-lessons-about-animal)  [Worcester University - Moving and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/moving-moving-home-ks2-lesson-plan) [moving home (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/moving-moving-home-ks2-lesson-plan)  [Experian - Values, Money and Me (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic) |
| **Media literacy and Digital resilience**  How data is shared and used  PoS Refs: L13, L14 | * that everything shared online has a digital footprint * that organisations can use personal information to encourage people to buy things * to recognise what online adverts look like * to compare content shared for factual purposes and for advertising * why people might choose to buy or not buy something online e.g. from seeing an advert * that search results are ordered based on the popularity of the website and that this   can affect what information people access | Coram Life Education |
| **Money and Work**  Making decisions about money; using and keeping money safe  PoS Refs: L17, L19 L20, L21 | * how people make different spending decisions based on their budget, values and   needs   * how to keep track of money and why it is important to know how much is being spent * about different ways to pay for things such as cash, cards, e-payment and the   reasons for using them   * that how people spend money can have positive or negative effects on others e.g. charities, single use plastics | [Experian - Values, Money and Me (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic)  Coram Life Education |
| **Summer —** Health and wellbeing | **Physical health and Mental wellbeing** | * to identify a wide range of factors that maintain a balanced, healthy lifestyle,   physically and mentally   * what good physical health means and how to recognise early signs of physical illness * that common illnesses can be quickly and easily treated with the right care e.g.   visiting the doctor when necessary   * how to maintain oral hygiene and dental health, including how to brush and floss   correctly   * the importance of regular visits to the dentist and the effects of different foods,   drinks and substances on dental health | [PSHE Association - Health Education:](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) |
| Maintaining a balanced lifestyle; oral | [food choices, physical activity & balanced](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) |
| hygiene and dental care | [lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) |
|  | [1 decision Keeping/staying healthy (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) |
| PoS Refs: H2, H5, H11 | [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  Coram Life Education |

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| **Summer —** Health and wellbeing | **Growing and changing**  Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty  PoS Refs: H30, H31, H32, H34 | * how to identify external genitalia and reproductive organs * about the physical and emotional changes during puberty * key facts about the menstrual cycle and menstrual wellbeing, erections and wet   dreams   * strategies to manage the changes during puberty including menstruation * the importance of personal hygiene routines during puberty including washing   regularly and using deodorant   * how to discuss the challenges of puberty with a trusted adult * how to get information, help and advice about puberty | [Medway Public Health Directorate -](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) [Primary RSE lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [1 decision Growing and Changing (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education  Ten Ten Resources |
| **Keeping safe**  Medicines and household products; drugs common to everyday life  PoS Refs: H10, H38, H40, H46 | * the importance of taking medicines correctly and using household products safely * to recognise what is meant by a ‘drug’ * that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing * to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects * to identify some of the risks associated with drugs common to everyday life * that for some people using drugs can become a habit which is difficult to break * how to ask for help or advice | [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) [Education (Year 3-4)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  Coram Life Education |

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| Cycle 2 Yrs. 4/5/6 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  Managing friendships and peer influence  PoS Refs: R14, R15, R16, R17, R18, R26 | * what makes a healthy friendship and how they make people feel included * strategies to help someone feel included * about peer influence and how it can make people feel or behave * the impact of the need for peer approval in different situations, including online * strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication * that it is common for friendships to experience challenges * strategies to positively resolve disputes and reconcile differences in friendships * that friendships can change over time and the benefits of having new and different   types of friends   * how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable * when and how to seek support in relation to friendships | [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Inclusion](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Safe relationships**  Physical contact and feeling safe  PoS Refs: R9, R25, R26, R27, R29 | * to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations * how to ask for, give and not give permission for physical contact * how it feels in a person’s mind and body when they are uncomfortable * that it is never someone’s fault if they have experienced unacceptable contact * how to respond to unwanted or unacceptable physical contact * that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about * whom to tell if they are concerned about unwanted physical contact | [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Respecting ourselves and others**  Responding respectfully to a wide range of people; recognising prejudice and discrimination  PoS Refs: R20, R21, R31, R33 | * to recognise that everyone should be treated equally * why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own * what discrimination means and different types of discrimination e.g. racism, sexism,   homophobia   * to identify online bullying and discrimination of groups or individuals e.g. trolling and   harassment | [Premier League - Primary Stars](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Behaviour/relationships Do the right](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [thing](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars); [Developing values](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Coram Life Education - ‘The Belonging](https://www.pshe-association.org.uk/curriculum-and-resources/resources/coram-life-education-belonging-toolkit-ks2-3) [Toolkit’, upper KS2 single and double](https://www.pshe-association.org.uk/curriculum-and-resources/resources/coram-life-education-belonging-toolkit-ks2-3) [lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/coram-life-education-belonging-toolkit-ks2-3) |

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|  |  | * the impact of discrimination on individuals, groups and wider society * ways to safely challenge discrimination * how to report discrimination online |  |
| **Spring —** Living in the wider world | **Belonging to a community**  Protecting the environment; compassion towards others  PoS Refs: L4, L5, L19 | * about how resources are allocated and the effect this has on individuals, communities and the environment * the importance of protecting the environment and how everyday actions can either   support or damage it   * how to show compassion for the environment, animals and other living things * about the way that money is spent and how it affects the environment * to express their own opinions about their responsibility towards the environment | [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-plastic-pollution-lesson-plan) [Tackling plastic pollution with Sky Ocean](https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-plastic-pollution-lesson-plan) [rescue](https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-plastic-pollution-lesson-plan)  [Team Margot – Giving help to others](https://www.pshe-association.org.uk/curriculum-and-resources/resources/team-margot-giving-help-others-resources-blood) [(resources on blood, stem cell and bone](https://www.pshe-association.org.uk/curriculum-and-resources/resources/team-margot-giving-help-others-resources-blood) [marrow donation)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/team-margot-giving-help-others-resources-blood)  [1 decision – Being responsible](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) (£)  [Experian - Values, Money and Me (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic) |
| **Media literacy and Digital resilience**  How information online is targeted; different media types, their role and impact  PoS Refs: L12, L14 | * to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise * basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased * that some media and online content promote stereotypes * how to assess which search results are more reliable than others * to recognise unsafe or suspicious content online * how devices store and share information | [Guardian foundation and National](https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswise-news-literacy-project-and-resources)  [Literacy Trust - NewsWise](https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswise-news-literacy-project-and-resources)  [Google and Parent zone Be Internet](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) [Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [City of London Police - Cyber Detectives](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-london-police-cyber-detectives-lesson-plans)  Coram Life Education |
| **Money and Work**  Identifying job interests and aspirations;  what influences career choices; workplace stereotypes  PoS Refs: L27, L28, L29, L31, L32 | * to identify jobs that they might like to do in the future * about the role ambition can play in achieving a future career * how or why someone might choose a certain career * about what might influence people’s decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values * the importance of diversity and inclusion to promote people’s career opportunities * about stereotyping in the workplace, its impact and how to challenge it * that there is a variety of routes into work e.g. college, apprenticeships, university,   training | [LOUD! Network - Job skills, influences](https://www.pshe-association.org.uk/curriculum-and-resources/resources/loud-network-ks2-lessons-%E2%80%98job-skills-influences)  [and goals](https://www.pshe-association.org.uk/curriculum-and-resources/resources/loud-network-ks2-lessons-%E2%80%98job-skills-influences)  Coram Life Education |
| **Summer** | **Physical health and Mental wellbeing**  Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies | * how sleep contributes to a healthy lifestyle * healthy sleep strategies and how to maintain them * about the benefits of being outdoors and in the sun for physical and mental health * how to manage risk in relation to sun exposure, including skin damage and heat   stroke | [PSHE Association – The Sleep factor](https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints)  Coram Life Education |

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| **Summer —** Health and wellbeing | PoS Refs: H8, H9, H10, H12 | * how medicines can contribute to health and how allergies can be managed * that some diseases can be prevented by vaccinations and immunisations * that bacteria and viruses can affect health * how they can prevent the spread of bacteria and viruses with everyday hygiene   routines   * to recognise the shared responsibility of keeping a clean environment | [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) [Education (Year 5-6)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy)  Coram Life Education |
| **Growing and changing**  Personal identity; recognising individuality and different qualities; mental wellbeing  PoS Refs: H16, H25, H26, H27 | * about personal identity and what contributes to it, including race, sex, gender,   family, faith, culture, hobbies, likes/dislikes   * that for some people their gender identity does not correspond with their biological   sex   * how to recognise, respect and express their individuality and personal qualities * ways to boost their mood and improve emotional wellbeing * about the link between participating in interests, hobbies and community groups   and mental wellbeing | [PSHE Association Mental Health and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) [wellbeing lessons (KS2 Y5-6)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [Premier League Primary Stars – Self-](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [esteem/ Resilience](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  Coram Life Education |
| **Keeping safe**  Keeping safe in different situations, including responding in emergencies, first aid and FGM  PoS Refs: H38, H43, H44, H45 | * to identify when situations are becoming risky, unsafe or an emergency * to identify occasions where they can help take responsibility for their own safety * to differentiate between positive risk taking (e.g. trying a challenging new sport) and   dangerous behaviour   * how to deal with common injuries using basic first aid techniques * how to respond in an emergency, including when and how to contact different   emergency services   * that female genital mutilation (FGM) is against British law¹ * what to do and whom to tell if they think they or someone they know might be at risk of FGM | [St John Ambulance: ‘First Aid Training in](https://www.pshe-association.org.uk/curriculum-and-resources/resources/st-john-ambulance-%E2%80%98first-aid-training-school%E2%80%99)  [School’ lesson plans, KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/st-john-ambulance-%E2%80%98first-aid-training-school%E2%80%99)  [Environment Agency – Canal and river](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2) [safety / Flood alert](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2)  [PSHE Association and GambleAware -](https://www.pshe-association.org.uk/content/gambling)  [Lesson 1 Exploring risk](https://www.pshe-association.org.uk/content/gambling)  [PSHE Association - Keeping safe: FGM](https://www.pshe-association.org.uk/curriculum-and-resources/resources/keeping-safe-fgm-guidance-lesson-plan-year-5-6) |

¹ Teaching about FGM could also be included in units on health, safe relationships, privacy, and body parts (including external genitalia).

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| Cycle 3 Yrs. 4/5/6 | | | |
| **Term** | **Topic** | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn —** Relationships | **Families and friendships**  Attraction to others; romantic relationships; civil partnership and marriage  PoS Refs: R1, R2, R3, R4, R5, R7 | * what it means to be attracted to someone and different kinds of loving relationships * that people who love each other can be of any gender, ethnicity or faith * the difference between gender identity and sexual orientation and everyone’s right   to be loved   * about the qualities of healthy relationships that help individuals flourish * ways in which couples show their love and commitment to one another, including those who are not married or who live apart * what marriage and civil partnership mean e.g. a legal declaration of commitment   made by two adults   * that people have the right to choose whom they marry or whether to get married * that to force anyone into marriage is illegal * how and where to report forced marriage or ask for help if they are worried | [Medway Public Health Directorate](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) [Primary RSE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  Coram Life Education |
| **Safe relationships**  Recognising and managing pressure; consent in different situations  PoS Refs: R26, R28, R29 | * to compare the features of a healthy and unhealthy friendship * about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong * strategies to respond to pressure from friends including online * how to assess the risk of different online ‘challenges’ and ‘dares’ * how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable * how to get advice and report concerns about personal safety, including online * what consent means and how to seek and give/not give permission in different situations | [Thinkuknow Play Like Share](https://www.pshe-association.org.uk/curriculum-and-resources/resources/play-share)  [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Respecting ourselves and others**  Expressing opinions and respecting other points of view, including discussing topical issues  PoS Refs: R30, R34 | * about the link between values and behaviour and how to be a positive role model * how to discuss issues respectfully * how to listen to and respect other points of view * how to constructively challenge points of view they disagree with * ways to participate effectively in discussions online and manage conflict or   disagreements | [Premier League Primary Stars-KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Behaviour/relationships Do the right](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [thing](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  Coram Life Education |

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| **Spring —** Living in the wider world | **Belonging to a community**  Valuing diversity; challenging discrimination and stereotypes  PoS Refs: L8, L9, L10, R21 | * what prejudice means * to differentiate between prejudice and discrimination * how to recognise acts of discrimination * strategies to safely respond to and challenge discrimination * how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups * how stereotypes are perpetuated and how to challenge this | [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Diversity](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [PSHE association Inclusion, belonging](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [Premier League Primary Stars KS2 PSHE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) [Inclusion](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars) |
| **Media literacy and Digital resilience**  Evaluating media sources; sharing things online  PoS Refs: H37, L11, L13, L15, L16 | * about the benefits of safe internet use e.g. learning, connecting and communicating * how and why images online might be manipulated, altered, or faked * how to recognise when images might have been altered * why people choose to communicate through social media and some of the risks and challenges of doing so * that social media sites have age restrictions and regulations for use * the reasons why some media and online content is not appropriate for children * how online content can be designed to manipulate people’s emotions and   encourage them to read or share things   * about sharing things online, including rules and laws relating to this * how to recognise what is appropriate to share online * how to report inappropriate online content or contact | [Google and Parent zone Be Internet](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) [Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [BBFC - lessons Let’s watch a film! Making](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices)  [choices about what to watch](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices)  [City of London Police - Cyber Detectives](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-london-police-cyber-detectives-lesson-plans)  Coram Life Education |
| **Money and Work**  Influences and attitudes to money; money and financial risks  PoS Refs: L18, L22, L23, L24 | * about the role that money plays in people’s lives, attitudes towards it and what influences decisions about money * about value for money and how to judge if something is value for money * how companies encourage customers to buy things and why it is important to be a   critical consumer   * how having or not having money can impact on a person’s emotions, health and   wellbeing   * about common risks associated with money, including debt, fraud and gambling * how money can be gained or lost e.g. stolen, through scams or gambling and how   these put people at financial risk   * how to get help if they are concerned about gambling or other financial risks | [PSHE Association and GambleAware –](https://www.pshe-association.org.uk/content/gambling) [Exploring risk in relation to gambling](https://www.pshe-association.org.uk/content/gambling)  [Experian - Values, Money and Me (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/values-money-and-me-%E2%80%94-free-ks1-ks2-economic)  Coram Life Education |

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| **Summer —** Health and wellbeing | **Physical health and Mental wellbeing** | * that mental health is just as important as physical health and that both need looking   after   * to recognise that anyone can be affected by mental ill-health and that difficulties   can be resolved with help and support   * how negative experiences such as being bullied or feeling lonely can affect mental   wellbeing   * positive strategies for managing feelings * that there are situations when someone may experience mixed or conflicting   feelings   * how feelings can often be helpful, whilst recognising that they sometimes need to   be overcome   * to recognise that if someone experiences feelings that are not so good (most or all   of the time) – help and support is available   * identify where they and others can ask for help and support with mental wellbeing   in and outside school   * the importance of asking for support from a trusted adult * about the changes that may occur in life including death, and how these can cause   conflicting feelings   * that changes can mean people experience feelings of loss or grief * about the process of grieving and how grief can be expressed * about strategies that can help someone cope with the feelings associated with change or loss * to identify how to ask for help and support with loss, grief or other aspects of   change   * how balancing time online with other activities helps to maintain their health and   wellbeing   * strategies to manage time spent online and foster positive habits e.g. switching phone off at night * what to do and whom to tell if they are frightened or worried about something they have seen online | [PSHE Association Mental Health and](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) |
| What affects mental health and ways to | [wellbeing lessons (KS2 Y5-6)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) |
| take care of it; managing change, loss and bereavement; managing time online | [Every Mind Matters KS2 Social media,](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources) [sleep & physical and mental wellbeing](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources) |
| PoS Refs: H13, H14, H15, H20, H21, H22, H23, H24 | [Guardian foundation and National](https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswise-news-literacy-project-and-resources)  [Literacy Trust - NewsWise](https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswise-news-literacy-project-and-resources) |
|  | [Winston’s Wish – Loss and bereavement](https://www.pshe-association.org.uk/curriculum-and-resources/resources/winstons-wish-lessons-loss-and-bereavement-ks1-4)  Coram Life Education |
| **Growing and changing** | * to recognise some of the changes as they grow up e.g. increasing independence | [Medway Public Health Directorate](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) |
| Human reproduction and birth; | * about what being more independent might be like, including how it may feel | [Primary RSE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) |
| increasing independence; managing transitions | * about the transition to secondary school and how this may affect their feelings * about how relationships may change as they grow up or move to secondary school | [City to Sea – Rethink Periods](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-sea-rethink-periods-ks2-3-lesson-plans) |

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| **Summer —** Health and wellbeing | PoS Refs: H24, H33, H35, H36 | * practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school * identify the links between love, committed relationships and conception * what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults * how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles   into the lining of the womb   * about the responsibilities of being a parent or carer and how having a baby changes   someone’s life | [Every Mind Matters KS2 - Transition to](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources) |
|  | [secondary school](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources) |
|  | [FPA – Growing up with Yasmine and Tom](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
|  | [(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  Coram Life Education |
| **Keeping safe** | * how to protect personal information online * to identify potential risks of personal information being misused * strategies for dealing with requests for personal information or images of themselves * to identify types of images that are appropriate to share with others and those   which might not be appropriate   * that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be * what to do if they take, share or come across an image which may upset, hurt or embarrass them or others * how to report the misuse of personal information or sharing of upsetting content/   images online   * about the different age rating systems for social media, T.V, films, games and online   gaming   * why age restrictions are important and how they help people make safe decisions   about what to watch, use or play   * about the risks and effects of different drugs * about the laws relating to drugs common to everyday life and illegal drugs * to recognise why people choose to use or not use drugs, including nicotine, alcohol   and medicines as well as illegal drugs   * about the organisations where people can get help and support concerning drug use * how to ask for help if they have concerns about drug use * about mixed messages in the media relating to drug use and how they might influence opinions and decisions | [1 decision – Computer safety (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) |
| Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media | [BBFC - lessons Let’s watch a film! Making](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices)  [choices about what to watch](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices) |
|  | [Google and Parent zone Be Internet](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) |
| PoS Refs: H37, H42, H46, H47, H48, | [Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety) |
| H49, H50 | [PSHE Association – Drug and Alcohol](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) |
|  | [Education (Year 5-6)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) |
|  | [City of London Police - Cyber Detectives](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-london-police-cyber-detectives-lesson-plans)  Coram Life Education |