

PSHE including RHE and Sex Ed. Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 A	What is the same and different about us?	Who is special to us?	How can we look after each other and the world?	What can we do with money?	Who helps to keep us safe?	What helps us to stay healthy?
KS1 B	What helps us to stay safe?	What is bullying?	What jobs do people do?	What makes a good friend?	How do we recognise our feelings?	What helps us grow and stay healthy?
LKS2 A	What keeps us safe?	How can we be a good friend?	Why should we eat well and look after our teeth?	What are families like?	What makes a community?	Why should we keep active and sleep well?
LKS2 B	How do we treat each other with respect?	What skills, strengths and interest do we have?	How can we manage risk in different places?	How can we manage our feelings?	What jobs would we like?	How can our choices make a difference to others and the environment?
UKS2 A	How can drugs common to everyday life affect health?	Y5 Sex Ed: How will we grow and change? Y6: What makes up a person's identity?	How can friends communicate safely?	How can we decide what to view or share online?	How can look after our physical health?	Y6 Sex Ed: How do friendships change as we grow? Y5: What makes up a person's identity?
UKS2 B	How can we help in an accident and emergency?	Y5 Sex Ed: How will we grow and change? Y6: How can the media influence people?	How can we look after our mental health?	What decisions can people make with money?	What will change as we become more independent?	Y6 Sex Ed: How do friendships change as we grow? Y5: How can the media influence people?

Year 1 and 2 Medium Term Plan

Cycle	Term	Half Termly Question	Additional Events	By the end of this unit, pupils should know...	Resources
	Autumn 1	What is the same and different about us?	<p>Transition</p> <p>Getting to know you</p> <p>Class Charter</p>	<ul style="list-style-type: none"> -What they like/dislike and are good at -What makes them special and how everyone has different strengths -How their personal features or qualities are unique to them -How they are similar or different to others and what they have in common -To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private 	
	Autumn 2	Who is special to us?	<p>Anti-bullying Week</p> <p>Remembrance</p>	<ul style="list-style-type: none"> -About the different people in their family/those that love and care for them -What their family members, or people that are special to them, do to make them feel loved and cared for -How families are all different but share common features - what is the same and different about them -About different features of family life, including what families do/enjoy together -That it is important to tell someone (a trusted adult) if something about their family makes them feel unhappy or worried -That family is one of the groups they belong to, as well as school, friends, clubs 	
	Spring 1	How can we look after each other and the world?	<p>Safer Internet Day</p> <p>Children's Mental Health Awareness Week</p>	<ul style="list-style-type: none"> -How people grow and change and how people's needs change as they grow from young to old -How to manage change when moving to a new class/year group -How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively -What can harm the local and global environment; how they and others can help care for it* -The responsibilities they have in and out of the classroom* -How people and animals need to be looked after and cared for* 	

	Spring 2	What can we do with money?		<ul style="list-style-type: none"> -What money is – that money comes in different forms* -How money is obtained* -How people make choices about what to do with money, including spending and saving* -The difference between needs and wants – that people may not always be able to have the things they want* -How to keep money safe and the different ways of doing this* 	
	Summer 1	Who helps to keep us safe?		<ul style="list-style-type: none"> -That people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people* -Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say -How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say -How to respond safely to adults they don't know -What to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard 	
	Summer 2	What helps us stay healthy?	Transition	<ul style="list-style-type: none"> -What being healthy means and who helps them to stay healthy e.g. parent, doctor, dentist -That things people put into or onto their bodies can affect how they feel -How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy -Why hygiene is important and how simple hygiene routines can stop germs from being passed on -What they can do to take care of themselves on a daily basis e.g. brushing teeth and hair, handwashing 	
	Autumn 1	What helps us to stay safe?	Transition Getting to know you Class Charter	<ul style="list-style-type: none"> -How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/household products; online) -How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them* -How not everything they see online is true or trustworthy and that people can pretend to be someone who they are not. -How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them. 	

Cycle B (21-22)				- How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets	
	Autumn 2	What is bullying?	Anti-bullying Week Remembrance	-How words and actions can affect how people feel -How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe -Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable -How to respond if this happens in different situations -How to report bullying or other hurtful behaviours, including online, to a trusted adult and the importance of doing so	
	Spring 1	What jobs do people do?	Safer Internet Day Children's Mental Health Awareness Week	-About a range of different jobs including those done by people they know or people who work in their community -How people use the internet and digital devices in their jobs and everyday life -How people have different strengths and interest that enable them to do different things	
	Spring 2	What makes a good friend?		-How to make friends with others -How to recognise when they feel lonely and what they could do about it -How people behave when they are being friendly and what makes a good friend -How to resolve arguments that can occur in friendships -How to ask for help if a friendship is making them unhappy	
	Summer 1	How do we recognise our feelings?		-How to recognise, name and describe a range of feelings -What helps them to feel good, or better if not feeling good -How different things/ties/experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) -How feelings can affect people in their bodies and behaviour -Ways to manage big feelings and the importance of sharing their feelings with someone they trust -How to recognise when they might need help with feelings and how to ask for help when they need it	
	Summer 2	What can help us grow and		-That different things help their bodies to be healthy including food and drink, physical activity, sleep and rest -That eating and drinking too much sugar can affect their health, including dental health	

		stay healthy?		<ul style="list-style-type: none"> -How to be physically active and how much rest and sleep they should have everyday -That there are different ways to learn and play; how to know when to take a break from screen-time -How sunshine helps bodies to grow and how to keep safe and well in the sun 	
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Year 3 and 4 Medium Term Plan

Cycle	Term	Half Termly Question	Additional Events	By the end of this unit, pupils should know...	Resources
	Autumn 1	What keeps us safe?	<ul style="list-style-type: none"> Transition Getting to know you Class Charter 	<ul style="list-style-type: none"> -How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe -That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable -How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) -What to do in an emergency, including calling for help and speaking to the emergency services -How to help keep their body protected and safe e.g. wearing a seatbelt, protective clothing and stabilizers* -How everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines and other household products responsibly) -How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burs 	
	Autumn 2	How can we be a good friend?	<ul style="list-style-type: none"> Anti-bulling Week Remembrance 	<ul style="list-style-type: none"> -How friendships support well-being and the importance of seeking support if feeling lonely or excluded -How to recognise if others are feeling lonely and excluded and strategies to include them -How to build good friendships, including identifying qualities that contribute to positive friendships -That friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences 	

			<ul style="list-style-type: none"> -How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support 	
Spring 1	Why should we eat well and look after our teeth?	<p>Safer Internet Day</p> <p>Children's Mental Health Awareness Week</p>	<ul style="list-style-type: none"> -How to eat a healthy diet and the benefits of nutritionally rich foods -How to maintain good oral hygiene and the importance of regular visits to the dentist -How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health -How people make choices about what to eat and drink, including who and what influence these -How, when and where to ask for advice and help about healthy eating and dental care 	
Spring 2	What are families like?		<ul style="list-style-type: none"> -How families differ from each other (including that not every family has the same family structure) -How common features of positive family life often include shared experiences e.g. celebrations, special days or holidays -How people within families should care for each other and the different ways they demonstrate this -How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe 	
Summer 1	What makes a community?		<ul style="list-style-type: none"> -How they belong to different groups and communities e.g. friendship, faith, clubs -What is meant by a diverse community; how different groups make up the wider community around the school -How the community helps everyone to feel included and values the different contributions that people make -How to be respectful towards people who may live differently to them 	
Summer 2	Why should we keep active and sleep well.	Transition	<ul style="list-style-type: none"> -How regular physical activity benefits bodies and feelings -How to be active on a daily and weekly basis - how to balance time online with other activities -How to make choices about physical activity, including what and who influences decisions -How the lack of physical activity can affect health and wellbeing -How lack of sleep can affect the body and mood and simple routines that support good quality sleep 	

				-How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried	
Cycle B (21-22)	Autumn 1	How do we treat each other with respect?	Transition Getting to know you Class Charter	-How people's behaviour affects themselves and others, including online -How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return -About the relationship between rights and responsibilities -About the right to privacy and how to recognise when a confidence or secret should be kept (surprise) or not agreed to and when to tell -The rights that children have and why it is important to protect these -That everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination -How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) - how to report concerns	
	Autumn 2	What skills, strengths and interests do we have?	Anti-bullying Week Remembrance	-How to recognise personal qualities and individuality* -To develop self-worth by identifying positive things about themselves and their achievements* -How their personal attributes, strengths, skills and interest contribute to their self-esteem* -How to manage when there are set-back, learn from mistakes and reframe unhelpful thinking* -How to set goals for themselves*	
	Spring 1	How can we manage risk in different places?	Safer Internet Day Children's Mental Health Awareness Week	-How to recognise, predict, assess and manage risk in different situations -How to keep safe in the local environment and less familiar locations -How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage their influence -How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online -How to report concerns including about inappropriate online content and contact -That rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law -How people's online actions can impact on other people	

	<p>Spring 2</p>	<p>How can we manage our feelings?</p>		<ul style="list-style-type: none"> -How everyday things can affect feelings -How feelings change overtime and can be experienced at different levels of intensity -The importance of expressing feelings and how they can be expressed in different ways -How to respond proportionately to, and manage, feelings in different circumstances -How to access advice and support to help manage their own and others' feelings 	
	<p>Summer 1</p>	<p>What jobs would we like?</p>		<ul style="list-style-type: none"> -That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime* -That some jobs are paid more than others and some may be voluntary (unpaid)* -About the skills, attributes, qualifications and training needed for different jobs* -That there are different ways into jobs including college, apprenticeships and university* How people choose a career/job and what influences their decision, including skills, interests and pay* -How to question and challenge stereotypes about the types of jobs people can do* -How they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions* 	
	<p>Summer 2</p>	<p>How can our choices make a difference to others and the environment?</p>	<p>Transition</p>	<ul style="list-style-type: none"> -The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues -How people have a shared responsibility to help protect the world around them.* -How everyday choices can affect the environment* -How what people choose to buy or spend on can affect others or their environment* -How to share care and concern for others (people and animals)* -How to carry out personal responsibilities in a caring and compassionate way* 	

Year 5 and 6 Medium Term Plan

Cycle	Term	Half Termly Question	Additional Events	By the end of this unit, pupils should know...	Resources
	Autumn 1	How can drugs common to everyday life affect health?	<p>Transition</p> <p>Getting to know you</p> <p>Class Charter</p>	<ul style="list-style-type: none"> -How drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing -That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal -How laws surrounding the use of drugs exist to protect them and others -Why people choose to use or not use different drugs -How people can prevent or reduce the risks associated with them* -That for some people, drug use can become a habit which is difficult to break -How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use -How to ask for help from a trusted adult if they have any worries or concerns about drugs 	
	Autumn 2	Y5 Sex Ed: How will we grow and change?	<p>Anti-bulling Week</p> <p>Remembrance</p>	<ul style="list-style-type: none"> -About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams -How puberty can effect emotions and feelings -How personal hygiene routines change during puberty -How to ask for advice and support about growing and changing and puberty 	
		Y6: What makes up a person's identity?		<ul style="list-style-type: none"> -How to recognise and respect similarities and differences -That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)* -How individuality and personal qualities makes up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)* -About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others -How to challenge stereotypes and assumptions about others 	

<p>Spring 1</p>	<p>How can friends communicate safely?</p>	<p>Safer Internet Day</p> <p>Children's Mental Health Awareness Week</p>	<ul style="list-style-type: none"> -How knowing someone online differs from knowing someone face-to-face -About the different types of relationships people have in their lives -How friends and family communicate together; how the internet and social media can be used positively -How to recognise risk in relation to friendships and keeping safe -About the types of content (including images) that is safe to share online; ways of seeking and giving consent before the images or personal information is shared with friends and family -How to respond if a friendship is making them feel worried, unsafe or uncomfortable -How to ask for help or advice and respond to pressure, inappropriate content or concerns about personal safety 	
<p>Spring 2</p>	<p>How can we decide what to view or share online?</p>		<ul style="list-style-type: none"> -That not everything should be shared online or social media and that there are rules about this including the distribution of images -To recognise unsafe or suspicious content online and what to do about it -How to make decisions about the content they view online or in the media and know if it is appropriate for their age range -How to respond to and if necessary, report information views online which is upsetting, frightening or untrue -To discuss and debate what influences people's decisions, taking into consideration different viewpoints 	
<p>Summer 1</p>	<p>How can we look after our physical health?</p>		<ul style="list-style-type: none"> -How positive friendships and being involved in activities such as clubs and community groups support wellbeing -How mental and physical health are linked -How to plan a healthy meal -How to stay physically active -How to maintain good dental health, including oral hygiene, food and drink choices -How to benefit from and stay safe in the sun -How legal and illegal drugs can affect health and how to manage situations involving them -How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside of school -That health problems, including mental health problems, can build up if they are not recognised, managed or if help is not sought early on 	

	Summer 2	Y5: What makes up a person's identity?	Transition	<ul style="list-style-type: none"> -How to recognise and respect similarities and differences -That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)* -How individuality and personal qualities makes up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)* -About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others -How to challenge stereotypes and assumptions about others 	
		Y6 Sex Ed: How do friendships change as we grow?		<ul style="list-style-type: none"> -That people have different kinds of relationships in their lives including romantic and intimate relationships -How puberty related to growing from childhood to adulthood -About the reproductive organs and process – how babies are conceived and born and how they need to be cared for* (Science curriculum IS statutory) -That there are ways to prevent a baby being made* 	
	Autumn 1	How can we help in an accident and emergency?	Transition Getting to know you Class Charter	<ul style="list-style-type: none"> -How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions -That if someone has experienced a head injury, they should not be moved -When it is appropriate to use first aid and the importance of seeking adult help -The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services 	
	Autumn 2	Y5 Sex Ed: How will we grow and change?	Anti-bullying Week	<ul style="list-style-type: none"> -About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams -How puberty can effect emotions and feelings -How personal hygiene routines change during puberty -How to ask for advice and support about growing and changing and puberty 	
		Y6 How can the media influence people?	Remembrance	<ul style="list-style-type: none"> -How the media, including online experiences, can affect people's wellbeing - their thoughts, feelings and actions -That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions -To evaluate how reliable different types of online content and media are e.g. videos, blogs, news, reviews, adverts 	

			<ul style="list-style-type: none"> -How information is ranked, selected, targeted to meet the interest of individuals and groups and can be used to influence them -To recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have -To discuss and debate what influences people's decisions, taking into consideration different viewpoints -How text and images can be manipulated or invented; strategies to recognise this 	
Spring 1	How can we look after our mental health?	<p>Safer Internet Day</p> <p>Children's Mental Health Awareness Week</p>	<ul style="list-style-type: none"> -How to manage the influence of friends and family on health choices -How mental and physical health are linked -How and why to balance time spent online with other activities -How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep -That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one -How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside of school -That health problems, including mental health problems, can build up if they are not recognised, managed or if help is not sought early on -That anyone can experience mental ill-health and to discuss concerns with a trusted adult -That mental health difficulties can usually be resolved or managed with the right strategies and support 	
Spring 2	What decisions can people make with money?		<ul style="list-style-type: none"> -How people make decisions about spending and saving money and what influences them -How to recognise what makes something 'value for money' and what this means to them -How to keep track of money so people know how much they have to spend or save* -How people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/credit cards; loans)* That there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions.* 	

	<p>Summer 1</p>	<p>What will change as we become more independent?</p>		<ul style="list-style-type: none"> -That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another -That adults can choose to be a part of a committed relationship or not including marriage or civil partnership -That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime -How growing up and becoming more independent comes with increased opportunities and responsibilities* -How friendships may change as they grow and how to manage this -How to manage change, including moving to secondary school/Year 6; how to ask for support or where to seek further information and advice regarding growing up and changing 	
	<p>Summer 2</p>	<p>Y5: How can the media influence people?</p>	<p>Transition</p>	<ul style="list-style-type: none"> -How the media, including online experiences, can affect people's wellbeing - their thoughts, feelings and actions -That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions -To evaluate how reliable different types of online content and media are e.g. videos, blogs, news, reviews, adverts -How information is ranked, selected, targeted to meet the interest of individuals and groups and can be used to influence them -To recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have -To discuss and debate what influences people's decisions, taking into consideration different viewpoints -How text and images can be manipulated or invented; strategies to recognise this 	
		<p>Y6 Sex Ed: How do friendships change as we grow?</p>		<ul style="list-style-type: none"> -That people have different kinds of relationships in their lives including romantic and intimate relationships -How puberty related to growing from childhood to adulthood -About the reproductive organs and process – how babies are conceived and born and how they need to be cared for* (Science curriculum IS statutory) -That there are ways to prevent a baby being made* 	