



# St. John's C.E Primary School

## PSHE and RSE Curriculum Plan 2021-2022

\*RSE is taught in Autumn 1 and Spring 1

Reception do not follow the Kapow Units of Work and focus on PSED objectives from EYFS Framework.

|              | Autumn 1   | Autumn 2  | Spring 1   | Spring 2   | Summer 1   | Summer 2  |
|--------------|--|---|--|--|--|---|
| PSHCE Themes | Family and Relationships   | Health and Well-Being   | Safety and the changing body   | Citizenship  | Economic wellbeing   | Transition  |
| Reception    | <p>Establishing rules in the classroom<br/>Seeing themselves as a valuable individual.</p> <p>Build constructive and respectful relationships with peers/teachers<br/>Express their feelings and consider the feelings of others<br/>What makes us special?<br/>Dressing- coats<br/>Healthy lifestyles – what keeps us healthy?<br/>Personal hygiene – Hand washing &amp; toileting<br/>Healthy eating – fruit</p> | <p>Its ok to be different<br/>Likes and dislikes<br/>Same and different families<br/>Express their feelings and consider the feelings of others<br/>Turn taking – Games<br/>Growing and changing<br/>Dressing – Shoes and socks<br/>Healthy lifestyles – what keeps us healthy?<br/>Exercise<br/>Personal hygiene – Washing</p> | <p>Showing sensitivity towards others<br/>Keeping myself safe<br/>Safe indoors and outdoors<br/>Listening to my feelings and acting upon them.<br/>Keeping safe online<br/>People who help to keep me safe<br/>Show resilience and perseverance in the face of challenge.<br/>To work as a team<br/>Dressing – PE Kits</p> | <p>Looking after special people:<br/>Caring relationships are at the heart of happy families.<br/>Looking after my friends:<br/>What makes a good friend<br/>Being helpful at home and caring for our classroom<br/>Caring for our world<br/>Dressing - School uniform</p> | <p>Bouncing back when things go wrong:<br/>Building confidence and resilience<br/>Healthy eating<br/>Move your body<br/>A good nights sleep<br/>Importance of exercise<br/>Being kind to living creatures<br/>Taking care of animals (frogs/butterflies)<br/>Dressing - School uniform</p> | <p>Getting bigger<br/>Me and my body, girls and boys<br/>Turn taking<br/>Taking about the perspective of others<br/>Transition into Year 1<br/>Year 1 readiness<br/>Dressing - School uniform</p> |
| Year 1       | <p>Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.</p>   | <p>Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.</p>  | <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p>                                   | <p>Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.</p>  | <p>Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.</p>   | <p>Helping Year 1 pupils with the transition to a new year and the changes that come with it.</p>   |
| Year 2       | <p>Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.</p>   | <p>Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.</p>  | <p>Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>   | <p>Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.</p>   | <p>Learning about where money comes from, how to look after money and why we use banks and building societies.</p>   | <p>A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may come with this move.</p>   |
| Year 3       | <p>Learning: how to resolve relationship problems; effective listening skills and</p>  | <p>Understanding that a healthy lifestyle includes physical</p>   | <p>Learning how to: call the emergency services; responding to bites and stings; be a</p>  | <p>Learning about children's rights; exploring why we have rules and the roles of local</p>  | <p>Introduction to creating a budget and learning about: the different ways of paying, the</p>   | <p>Helping Year 3 pupils prepare for the transition to Year 4</p>   |

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|               | <p>about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p>  | <p>activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.</p>   | <p>responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p>   | <p>community groups, charities and recycling and an introduction to local democracy.</p>   | <p>emotional impact of money, the ethics of spending and thinking about potential jobs and careers.</p>   | <p>and the changes that come with this.</p>   |
| <b>Year 4</b> | <p>Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p>                             | <p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.</p>    | <p>Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p> | <p>Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p>              | <p>Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.</p> | <p>Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings</p>     |
| <b>Year 5</b> | <p>Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.</p> | <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the Importance of rest and relaxation.</p>   | <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>   | <p>An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.</p> | <p>Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace</p>                            | <p>Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.</p>         |
|               |   |   | <p><b>RSE</b><br/>You me and RSE</p>  |  |   |   |
| <b>Year 6</b> | <p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p>  | <p>Learning about diet, oral hygiene, physical activity and the facts around Immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.</p> | <p>Learning about: the reliability of online information, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p> <p>*Lessons about conception, pregnancy and birth are taught in Y5 through 'You, me and RSE'.*</p>       | <p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p>  | <p>Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.</p>                               | <p>Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.</p> |
|               |   |   |   |  | <p><b>IDENTITY</b><br/>Three lessons on the theme of personal identity, gender identity and body image.</p>   |   |