



RSE & PSHE Curriculum Plan

With exploring minds and faith; we grow and learn together

Your word is a light to my feet; a lamp to my path ~ Psalm 119 v 105



Our curriculum vision at St James' C of E Junior School is to:

Our vision is to ensure children thrive in their learning and, with exploring minds, are actively engaged in their studies. At St James' we aim for our curriculum to provide children with skills, knowledge and personal characteristics that enable them to live their lives to the fullest. This approach is mirrored by the staff who reflect and adapt in order to develop their practice as the dedicated professionals that they are. In this way we grow and learn together as we follow the St James Way: Be Kind, Be Respectful and Always Give Your All.

	Autumn		Spring		Summer	
Lower Cycle 1	Families and relationships	Economic well being	Citizenship	Health and well being	Safety and the changing body	Transition
Lower Cycle 2	Families and relationships	Economic well being	Citizenship	Health and well being	Safety and the changing body	Transition
Upper Cycle 1	Families and relationships	Economic well being	Citizenship	Health and well being	Safety and the changing body	Transition Identity (optional)
Upper Cycle 2	Families and relationships	Economic well being	Citizenship	Health and well being	Safety and the changing body	Transition Identity (optional)

PSHE school opportunities	Cycle 1			Cycle 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Health and Wellbeing						
what is meant by a healthy lifestyle						
how to maintain physical, mental and emotional health and wellbeing						
how to manage risks to physical and emotional health and wellbeing						
ways of keeping physically and emotionally safe						
about managing change						
how to make informed choices about health and wellbeing and to recognise sources of help with this						
how to respond in an emergency						
to identify different influences on health and wellbeing						
Relationships						
how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts						
how to recognise and manage emotions within a range of relationships						
how to recognise risky or negative relationships including all forms of bullying and abuse						
how to respond to risky or negative relationships and ask for help						
how to respect equality and diversity in relationships.						
Wider World						
about respect for self and others and the importance of responsible behaviours and actions						
about rights and responsibilities as members of families, other groups and ultimately as citizens						
about different groups and communities						
to respect equality and to be a productive member of a diverse community						

about the importance of respecting and protecting the environment						
about where money comes from, keeping it safe and the importance of managing it effectively						
how money plays an important part in people's lives						
a basic understanding of enterprise. (taken from PSHE Association)						

SRE Expectations LKS2	Cycle 1			Cycle 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Physical changes						
Relationships						
Reproduction						

PSHE Expectations UKS2	Cycle 1			Cycle 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Health and Wellbeing						
what is meant by a healthy lifestyle						
how to maintain physical, mental and emotional health and wellbeing						
how to manage risks to physical and emotional health and wellbeing						
ways of keeping physically and emotionally safe						
about managing change						
how to make informed choices about health and wellbeing and to recognise sources of help with this						
how to respond in an emergency						
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Relationships						
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