



PSHE & RSHE Curriculum Overview

	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
<u>Jigsaw Theme</u>	<u>Being Me In the World</u>	<u>Celebrating Difference</u>	<u>Dreams and goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
<u>Reception</u> <u>Age 3-5</u>	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body (include NSPCC TALK PANTS RULE age 3-5 LESSON) Growing up Growth and change Fun and fears Celebrations
<u>Year 1</u> <u>Age 5-6</u>	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby What is private information? (POL-ED Lesson Y1 Keeping safe) NSPCC TALK PANTS RULE AGE 5-7 LESSON) Linking growing and learning Coping with change Transition
<u>Year 2</u> <u>Age 6-7</u>	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning	Assumptions and stereotypes about gender Understanding bullying Standing up for self and	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation	Life cycles in nature Growing from young to old Increasing independence What are private body parts? (POL-ED Lesson Y2

	environment Valuing contributions Choices Recognising feelings	others Making new friends Celebrating difference and remaining friends	Group co-operation Contributing to and sharing success		for special relationships	Keeping Safe) NSPCC TALK PANTS RULE AGE 5-7 LESSON) Assertiveness Preparing for transition
<u>Year 3</u> <u>Age 7-8</u>	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child- centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting	Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and o line Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	How babies grow What are private body parts? (POL-ED Lesson Y2 Keeping Safe) Revisit and recap. NSPCC TALK PANTS RULE AGE 7-9 LESSON) Personal hygiene Family stereotypes Challenging my ideas Preparing for transition
<u>Year 4</u> <u>Age 8-9</u>	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique POL-ED lesson Y4 – How can I be a Hygiene Hero? NSPCC PANTS RULE AGE 9- 11 LESSON Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
<u>Year 5</u> <u>Age 9-10</u>	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Materials wealth and happiness Enjoying and	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity)	Smoking including vaping Alcohol and vaping Alcohol and anti- social behaviour Emergency aid Body image Relationships with food Healthy choices	Self-recognition/ self - worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online	Self- and body image Influence of online and media on body image Puberty for girls – HH Kids Lesson. Puberty for boys- HH Kids Lesson NSPCC PANTS RULE AGE 9- 11 LESSON POL-ED Lesson Y5 – How might school impact the

		respecting other cultures	Motivation	Motivation and behaviour	grooming Internet safety rules	way I feel? Growing responsibility Coping with change Preparing for transition
<u>Year 6</u> <u>Age 10-11</u>	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings – HH Kids Lesson 1 and Lesson 2 Conception and Pregnancy (Sex Education Lesson 3 HH Kids) Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
<u>Year 6</u> <u>Age 10-11</u> <u>Moving On</u> <u>Transition</u>	During Summer term 2, Year 6 will take part in lessons that are designed to support the transition to high school and then into adulthood. During this term, the children will cover: -Adolescent friendships – Pupils will learn how to navigate friendship as the move to high school. (Jigsaw Lesson 4) -How can I manage moving to high school positively? Pupils will learn strategies for coping with big changes and the emotions that arise from leaving primary school. (POL-Ed Year 6 lesson) -How can I seek support for my mental health? Pupils will learn how to identify when they may need mental health support. Pupils will learn practical ways to support our own mental health including seeking help and support. (POL-Ed Year 6 lesson) -What does adulthood look like?- Pupils will explore what being an adult might look like for them. (POL-ED Year 6 lesson).					

Lowton West Weekly Celebration Themes linking with our Jigsaw Lessons

<u>Weekly Celebrations</u>	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
Merit Themes to match PSHE lessons in class	<u>Being Me In the World</u> Help others to feel welcome Try to make our school a better community. Think about everyone's right to learn. Care about other people's feelings. Work well with others Choose to follow the Learning Charter.	<u>Celebrating Difference</u> Accept that everyone is different. Include others when working and playing. Know how to help if someone is being bullied. Try to solve problems. Try to use kind words. Know how to give and receive compliments.	<u>Dreams and goals</u> Stay motivated when doing something challenging. Keep trying even when it is difficult. Work well with a partner or within a group. Have a positive attitude. Help others to achieve their dreams. Are working hard to achieve their own dreams and goals.	<u>Healthy Me</u> Have made a healthy choice. Have eaten a healthy balanced diet. Have been physically active. Have tried to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships. Know how to keep calm and deal with difficult situations.	<u>Relationships</u> Know how to make friends. Try to solve friendship problems when they occur. Help others to feel part of a group. Show respect in how they treat others. Know how to help themselves or others when they feel upset or hurt. Know and show what makes a good relationship.	<u>Changing Me</u> Understand everyone is special and unique. Can express how they feel when it happens Understand and respect the changes they see in themselves Understand and respect the changes they see in others Know how to ask for help if they are worried about a change. Are looking forward to change.