

RSE & PSHE Mixed Age Rolling Programme



At Stanley Crook Primary School, we believe that promoting the health and well-being of our children is a vital part of their overall education. As part of our curriculum, children will learn about different relationships, different families, growing up and their changing bodies. We strongly believe that all children should learn about these important life skills in an open, honest and safe environment. We teach RSE as part of our Personal, Social and Health Education (PSHE) curriculum.

The PSHE Association states that, 'Teaching about puberty before children experience it is essential to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe.' Similarly, Ofsted's PSHE lead, Janet Palmer HMI, states: 'If pupils are kept ignorant of their human, physical and sexual rights, they are not being adequately safeguarded.'

Our RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

Cyclical curriculum: Pupils revisit the five key areas throughout KS1 and KS2, building on prior knowledge established in the early years foundation stage.

Increasing depth: Each time a key area is revisited, it is covered with greater depth and increasing maturity.

Prior knowledge: Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.

Lessons follow a 'Cycle A and Cycle B' format to ensure progression of skills across the age range.

Lessons in **red** should be taught to individual year groups in separate spaces due to the nature of the content.

Lessons which are underlined denote those which are not statutory in the national curriculum; parents have the right to withdraw their child from all/part of the lesson. They must express this in writing to the Headteacher stating their reasons for requesting the right to withdraw.

Cycle A

| Year group | Half termly topic | | | | | |
|--------------------|--|---|---|--|---|---|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer term | |
| EYFS | My Feelings | Special relationships | Taking on challenges | Listening & following instructions | My family & friends | My wellbeing |
| Links to ELG | Building relationships – special relationships/my family & friends | Managing self – my wellbeing Self-regulation – My feelings | Managing self – taking on challenges | Self-regulation – listening & following instructions | Building relationships – my family & friends | Managing self: my wellbeing |
| Lessons/Key themes | Identifying my feelings Feelings jars Coping strategies Describing feelings Facial expressions Creating a calm corner | My family Special people Sharing I am unique My interests Similarities & differences | Why do we have rules? Building towers Team den building Grounding Team races Circus skills | Simon Says Listening to a story Pass the whisper Obstacle race Blindfold walk Treasure hunt | Festivals Sharing What makes a good friend? Being a good friend Teamwork Celebrating friendships | What is exercise? Yoga & relaxation Looking after ourselves Being a safe pedestrian Eating healthily A rainbow of food |
| Year 1 & Year 2 | Families and Relationships | Health and Wellbeing | Economic Wellbeing | Citizenship | Safety and the Changing Body | Transition |
| Lessons/Key themes | Introduction: Setting ground rules for RSE & PSHE lessons Family Friendships Families are all different Other people's feelings Getting along with others Friendship problems Gender stereotypes | Understanding my feelings Relaxation What am I like? Ready for bed Handwashing & personal hygiene Sun safety Allergies People who help us stay healthy | Money Needs & wants Looking after money Banks and building societies Jobs | Rules Similar yet different Belonging Job roles in the community Our school environment Our local environment | Communicating with adults People who keep us safe in our local community Road safety Safety with medicines First Aid: Making a call to the emergency services The difference between secrets & surprises Appropriate contact My private parts are private Personal boundaries | Change Transition/moving on |

| Year 3 & Year 4 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the Changing Body | Transition |
|----------------------------|--|---|--|--|--|--------------------------------------|
| Lessons/Key themes | Introductory lesson: Setting ground rules and signposting Friendship issues & bullying The effects of bullying & the responsibility of the bystander Stereotyping – gender Healthy friendships – boundaries Learning who to trust Respecting differences Change & loss - bereavement | My healthy diary Diet & dental health Relaxation – stretches Wonderful me My Superpowers Celebrating mistakes Communicating my feelings My happiness | Spending choices Budgeting Money & emotions Jobs & careers Gender & careers | Recycling/reusing Local community buildings & groups Local council & democracy Rules Rights of the Child Human rights | Be Kind Online Share Aware Privacy & secrecy First Aid: Bites & stings Choices & influences Year 3 only: Road safety Year 4 only: Growing up Year 3 only: First Aid: Emergencies and calling for help Year 4 only: Introducing puberty | Change Coping strategies |
| Year 4 & Year 5 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| Lessons/Key themes | Introductory lesson: Setting ground rules Build a friend Healthy friendships How my behaviour affects others Respecting myself Stereotypes: gender & disability Families in the wider world | My emotions Mental health The importance of rest Embracing failure Going for goals Taking responsibility for my feelings | Keeping track of money Looking after money Borrowing Income & expenditure Risks with money | Contributing to the community Diverse communities Local councilors Breaking the law Rights & responsibilities | Internet safety – age restrictions Staying safe online First Aid – Asthma Growing up Introducing puberty | Setting goals |
| Year 5 & Year 6 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| Lessons/Key themes | Respect Respecting myself Marriage Bullying Stereotyping | Relaxation – yoga The importance of rest Embracing failure Going for goals | Borrowing Income & expenditure Prioritising spending Risks with money | Breaking the law Prejudice & discrimination Protecting the planet | Online friendships First Aid – choking Drugs, alcohol & tobacco – influences Year 5: Puberty | Roles & responsibilities – moving on |

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| | Challenging stereotypes | Taking responsibility Healthy meals Sun safety | Careers | Contributing to the community Rights & responsibilities Parliament & national democracy | Year 6 ONLY: Physical and emotional changes of puberty Year 5: Menstruation Year 6 ONLY: <u>Conception</u> Year 5: Emotional changes in puberty Year 6: <u>Pregnancy and birth</u> | Year 6: What is identity? Identity and body image |
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Cycle B

| Year group | Half termly topic | | | | | |
|--------------------|--|---|---|--|---|---|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer term | |
| EYFS | My Feelings | Special relationships | Taking on challenges | Listening & following instructions | My family & friends | My wellbeing |
| Link to ELGs | Building relationships – special relationships/my family & friends | Managing self – my wellbeing Self-regulation – My feelings | Managing self – taking on challenges | Self-regulation – listening & following instructions | Building relationships – my family & friends | Managing self: my wellbeing |
| Lessons/Key themes | Identifying my feelings Feelings jars Coping strategies Describing feelings Facial expressions Creating a calm corner | My family Special people Sharing I am unique My interests Similarities & differences | Why do we have rules? Building towers Team den building Grounding Team races Circus skills | Simon Says Listening to a story Pass the whisper Obstacle race Blindfold walk Treasure hunt | Festivals Sharing What makes a good friend? Being a good friend Teamwork Celebrating friendships | What is exercise? Yoga & relaxation Looking after ourselves Being a safe pedestrian Eating healthily A rainbow of food |
| Year 1 & Year 2 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| Lessons/Key themes | Family Friendships Other people's feelings Getting along with others | Understanding my feelings Steps to success Developing a growth mindset Being active | Money Needs & wants Saving & spending Banks & building societies Jobs | Rules Similar, yet different Caring for others – animals | Communicating with adults Road safety Safety at home Safety with medicines | Moving on - transition |

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|----------------------------|---|---|---|---|--|--------------------------|
| | Friendship problems Gender stereotypes Change and loss | Relaxation – breathing exercises Healthy diet Looking after our teeth | | The needs of others Democratic decisions School council Giving my opinion | What to do if I get lost The internet Appropriate contact My private parts are private Personal boundaries | |
| Year 3 & Year 4 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| Lessons/Key themes | Friendship issues & bullying Healthy families Stereotyping – age & disabilities How my behaviour affects others Effective communication to support relationships Respect & manners Respecting differences | My healthy diary Looking after our teeth Relaxation – visualization Meaning & purpose – my role Resilience – breaking down problems Emotions Communicating my feelings Mental health | Spending choices Budgeting Money & emotions Jobs & careers Jobs for me | Recycling/reusing Local community buildings & groups Local council & democracy Diverse communities Rights of the child Charity | Fake emails Internet safety – age restrictions Consuming information online Tobacco First aid: asthma Choices & influences Year 3 only: Road safety Year 4 only: Growing up Year 3 only: First Aid: Emergencies and calling for help Year 4 only: Introducing puberty | Coping strategies |
| Year 4 & Year 5 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| Lessons/Key themes | Friendship skills Marriage Family life Respect & manners | Looking after our teeth Celebrating mistakes My happiness Relaxation – yoga Healthy meals | Spending choices Prioritising spending Influences on career choices Changing job | What are human rights? Protecting the environment Pressure groups | Online friendships First Aid: Bleeding & head injuries | Roles & responsibilities |

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|----------------------------|---|--|---|---|--|---|
| | Bullying Stereotypes - race & religion Change & loss | Sun safety | Stereotypes in the workplace | Parliament | Emotional changes in puberty Alcohol, drugs and tobacco: Making decisions Y5 only: Menstruation | |
| Year 5 & Year 6 | Families & Relationships | Health & Wellbeing | Economic Wellbeing | Citizenship | Safety & the changing body | Transition |
| | Friendship skills Respect Resolving conflict Family life Stereotyping Challenging stereotypes Change & loss | Relaxation – mindfulness What can I be? Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns Good & bad habits | Attitudes to money Keeping money safe Stereotypes in the workplace Gambling Careers | Pressure groups Valuing diversity Food choices & the environment Caring for others Rights & responsibilities Parliament & national democracy | Critical digital consumers Social media First aid: bleeding First aid: basic life support Year 5: Puberty Year 6 ONLY: Physical and emotional changes of puberty Year 5: Menstruation Year 6 ONLY: <u>Conception</u> Year 5: Emotional changes in puberty Year 6 ONLY: <u>Pregnancy and birth</u> | Roles & responsibilities – moving on Year 6: What is identity? Identity and body image |