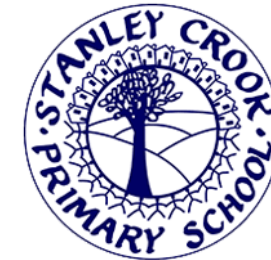


RSE & PSHE Mixed Age Rolling Programme



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 Relationships & Sex Education 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, Janet Palmer HMI, states: 'If pupils are kept ignorant of their human, physical and sexual rights, they are not being adequately safeguarded.'

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

Cyclical curriculum: Pupils revisit 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.

Intent

Our PSHE curriculum aims to equip children with essential skills for life. It aims to develop the whole child and to develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Successful PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others to promoting strong and positive views of self. Our curriculum aims to cover a wide range of social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident citizens. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help.

Our PSHE curriculum is fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. This scheme of work covers all of the required objectives and follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World. The My Happy Mind programme fulfils the statutory requirements of 2020 Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum. My Happy Mind is an NHS-backed programme which teaches preventative habits to support positive mental health, resilience and self-esteem.

Implementation

Our PSHE curriculum is designed to be taught in thematic units in a spiral curriculum. This enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child. Lessons signpost key words, building a rich vocabulary to develop understanding. The curriculum is designed for delivery in a creative manner, using many approaches such as role play, discussion and games in groupings of various sizes. These activities enable children to build confidence and resilience. We will provide information for parents and carers about how and why each theme is covered, key vocabulary and suggestions for extending learning at home.

Assessment for learning opportunities are built into each lesson, including self-evaluation and reflective learning, and allow teachers to evaluate and assess progress. Each lesson begins with a discussion of children's existing knowledge and experience, providing an opportunity for baseline assessment. Each lesson ends with an opportunity to consolidate and reflect upon learning.

Impact

Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their interactions within communities, from the classroom to the wider community of which they are a part. The curriculum supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them.

Successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face. Our PSHE curriculum is used as a whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes. This ensures that all children can develop the knowledge, skills and attributes they need to succeed at school and in the wider world.

EYFS

Year group	Half termly topic					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Settling in	Meet Your Brain	Celebrate	Appreciate	Relate	Engage
Lessons/Key themes		What our brain looks like and what it helps us with How to look after our brain How we can grow our brains	What are my superpowers (character strengths)? Bravery & honesty Teamwork & friendship Exploring & learning Love of life & our world	How to be grateful for other people How being grateful makes you feel Learning to be grateful for times we feel happy about How to be grateful for ourselves	How to be a good friend Why getting along with others is so important What is active listening and why is it important? Our emotions and how it feels when we aren't getting along with others	What goals are and how to set them What to do when goals are tricky What could my big goal/dream be?

KS1 & KS2 Cycle A

Year group	Half termly topic					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 & Year 2 Y1 MHM	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Money Matters	Safety First	It's My Body
Lessons/Key themes	That our brain helps us to control our body, manage our emotions & solve problems Parts of our brain What happens when we have big emotions Managing feelings Growth mindset	Why gratitude matters Developing gratitude as a habit What do you appreciate about yourself? What do you appreciate about others? Being kind to ourselves and others	Active listening Understanding different relationships How to build positive relationships What does a good friendship look like? Setting goals Building resilience	Different forms money comes in Where money comes from How to keep money safe, and why this is important Save or spend? Things we want vs things we need	How to stay safe and what to do if I feel unsafe How to stay safe at home (fire safety, calling 999) Staying safe outside (sun safety) Staying safe around strangers Secrets and surprises – the underwear rule	My Body, My Business Healthy food & drinks Keeping my body clean What is safe to eat and drink? (Medicines etc)

	What Character Strengths are and how they make us unique and special About the 5 Character Strengths and what they mean		Staying resilient in times of challenge	What happens when we go shopping?	People who help us	
Year 3 & Year 4 (Y3 MHM)	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Money Matters	Safety First	It's My Body
Lessons/Key themes	How our brain & mind work together What neuroplasticity is The role of different parts of the brain How to train your brain What are neurons and neuropathways? How to look after our brain What character is, where it comes from & our own strengths Why it's important to use our strengths How to use our strengths in different situations	What is appreciation? Why is gratitude important? How to develop an attitude of gratitude Building good habits – gratitude How to appreciate ourselves	How to understand & celebrate our differences Stop, understand & consider – what does this mean and how can it help? How to see things from a different perspective What makes a good friend? Active listening & working with others How to feel good What are big dreams/goals? How perseverance & resilience can help us How do positive habits help us to be our best self?	What skills are needed for a range of jobs and why people go to work Different ways to pay for things Financial risk & borrowing Spending decisions How adverts try to influence our spending Ways to keep track of what I spend	Making good choices to stay safe & healthy Identifying risky situations & acting responsibly Peer pressure Staying safe when out and about Dangerous substances & how they affect the body What to do in an emergency	My Body, My Choice How to keep my body healthy Why sleep is important The importance of hygiene How to take medicine safely How to choose healthy habits
Year 4 & Year 5 Y5 MHM	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Money Matters (UKS2)	Safety First (UKS2)	It's My Body (LKS2)
Lessons/Key themes	How each part of team H-A-P works How to train your brain	What is appreciation & why is it important? Developing a deeper sense of gratitude	How to understand & celebrate our differences Stop, understand and consider – what	Financial risks & how to avoid them How to be a critical consumer	Taking responsibility for my own safety Assessing & managing risks in different situations	My Body, My Choice How to keep my body healthy Why sleep is important

	<p>What triggers our emotions? What are neurons & neuropathways? How are habits formed? How to look after our brains What happens in our brain when we are feeling stressed? Character strengths & virtues Why it is important to use our strengths How to use our strengths in difficult situations</p>	<p>The gratitude 'domino effect' Creating a habit of giving gratitude How to appreciate ourselves & our character strengths</p>	<p>this is and how it can help How to better understand differences What makes a good friend? How can they help us to solve problems? How active listening can help us relate to others What good habits have we learned so far? How to feel good & do good Perseverance & resilience Staying focused on goals</p>	<p>Value for money & ethical spending Why budgeting is helpful & how to make a budget The impact money can have on people's emotional wellbeing The impact of spending on the environment</p>	<p>Identifying & managing peer pressure Responding to emergencies – basic first aid Identifying & reducing hazards in the home Staying safe outside</p>	<p>The importance of hygiene How to take medicine safely How to choose healthy habits</p>
<p>Year 5 & Year 6 Y5 MHM</p>	<p>My Happy Mind – Meet your Brain & Celebrate</p>	<p>My Happy Mind – Appreciate</p>	<p>My Happy Mind Relate & Engage</p>	<p>Money Matters</p>	<p>Safety First</p>	<p>It's My Body</p>
<p>Lessons/Key themes</p>	<p>How each part of team H-A-P works How to train your brain What triggers our emotions? What are neurons & neuropathways? How are habits formed? How to look after our brains What happens in our brain when we are feeling stressed? Character strengths & virtues</p>	<p>What is appreciation & why is it important? Developing a deeper sense of gratitude The gratitude 'domino effect' Creating a habit of giving gratitude How to appreciate ourselves & our character strengths</p>	<p>How to understand & celebrate our differences Stop, understand and consider – what this is and how it can help How to better understand differences What makes a good friend? How can they help us to solve problems? How active listening can help us relate to others</p>	<p>Financial risks & how to avoid them How to be a critical consumer Value for money & ethical spending Why budgeting is helpful & how to make a budget The impact money can have on people's emotional wellbeing The impact of spending on the environment</p>	<p>Taking responsibility for my own safety Assessing & managing risks in different situations Identifying & managing peer pressure Responding to emergencies – basic first aid Identifying & reducing hazards in the home Staying safe in outdoor environments</p>	<p>My body belongs to me & I have control over what happens to it Getting enough exercise & sleep Taking care of my body Harmful substances – the effects of using alcohol, drugs & tobacco Positive body image</p> <p><u>Y6 ONLY SEX & REPRODUCTION (TAUGHT EVERY YEAR)</u></p>

	Why it is important to use our strengths How to use our strengths in difficult situations		What good habits have we learned so far? How to feel good & do good Perseverance & resilience Staying focused on goals			
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KS1 & KS2 Cycle B

Year group	Half termly topic					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 & Year 2 Y2 MHM	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Diverse Britain	Digital Wellbeing	Growing Up
Lessons/Key themes	What our brain looks like and how it helps us How our brains grow What is neuroplasticity? How emotions can impact our brain How our brain reacts differently in different situations What is character and why does it matter? Character strengths we use most How to grow our strengths Sharing strengths with others	How to show gratitude Who are we grateful for? The importance of showing gratitude to ourselves Showing gratitude for experiences	How to have good relationships with others How our differences can help us How we relate to others Active listening & how it can help us Other people's reactions How we can use everything we've learned to feel good and do good How to set goals Staying focused when things get tough	My school community Being a good neighbour Ways to look after our environment My country – what is it like to live in Britain? The ways we are the same as, and different to, other people What makes me proud of Britain?	How the internet can be used safely to find things out & to communicate with others How to balance screen time with other activities How to stay safe online Why we keep personal information private How to communicate respectfully online True or false – how to spot fake information online	Body parts How to respect my own and other people's bodies We are all different and like different things – gender stereotypes Families Growing & changing from young to old What might change in my life? How will this make me feel?
Year 3 & Year 4 Y4 MHM	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Diverse Britain	Digital Wellbeing	Growing Up

<p>Lessons/Key themes</p>	<p>The different parts of our brain and how they can grow What is real and perceived danger? What triggers our emotions? How to calm ourselves What are neurons and neuropathways? Building good habits Looking after our brains Character strengths & why it's important to use them Using our strengths in difficult situations & different ways How to grow our strengths – neuroplasticity</p>	<p>Why gratitude is important How to create a habit of giving gratitude The gratitude 'domino effect' How gratitude can help us to face our problems How to appreciate ourselves & our character strengths</p>	<p>How to understand & celebrate our differences Stop, understand & consider – what this means and how it can help How to use our strengths in different ways What makes a good friend How friends can help us to solve problems Active listening How we can help ourselves to feel good How to feel good & do good How perseverance & resilience can help us</p>	<p>Personal identity; what contributes to who we are? Democracy & why it is important Rules & laws & how they help us Individual liberty – the rights of British people Tolerance & respect – a diverse society What does being British mean to me?</p>	<p>Positives and negatives of being online Being kind online How to stay safe when communicating online and what to do if I don't feel safe Assessing the reliability of sources of information online</p>	<p>Male & female body parts and explain what these are for How boys' bodies can change as they go through puberty (including erections) How girls' bodies can change as they go through puberty (including menstruation) The feelings that some people experience as they grow up Types of relationships & families</p> <p>Y4 ONLY The processes of reproduction and birth as part of the human life cycle</p>
<p>Year 4 & Year 5 Y4 MHM</p>	<p>My Happy Mind – Meet your Brain & Celebrate</p>	<p>My Happy Mind – Appreciate</p>	<p>My Happy Mind Relate & Engage</p>	<p>Diverse Britain (LKS2)</p>	<p>Digital Wellbeing (UKS2)</p>	<p>Growing Up (LKS2)</p>
<p>Lessons/Key themes</p>	<p>The different parts of our brain and how they can grow What is real and perceived danger? What triggers our emotions? How to calm ourselves What are neurons and neuropathways? Building good habits</p>	<p>Why gratitude is important How to create a habit of giving gratitude The gratitude 'domino effect' How gratitude can help us to face our problems How to appreciate ourselves & our character strengths</p>	<p>How to understand & celebrate our differences Stop, understand & consider – what this means and how it can help How to use our strengths in different ways What makes a good friend</p>	<p>Personal identity; what contributes to who we are? Democracy & why it is important Rules & laws & how they help us Individual liberty – the rights of British people</p>	<p>How to look after my digital wellbeing Safe, respectful & healthy online relationships Using social media responsibly Online bullying & what to do if you experience it</p>	<p>Male & female body parts and explain what these are for How boys' bodies can change as they go through puberty Y5 ONLY (including erections & wet dreams)</p>

	<p>Looking after our brains</p> <p>Character strengths & why it's important to use them</p> <p>Using our strengths in difficult situations & different ways</p> <p>How to grow our strengths – neuroplasticity</p>		<p>How friends can help us to solve problems</p> <p>Active listening</p> <p>How we can help ourselves to feel good</p> <p>How to feel good & do good</p> <p>How perseverance & resilience can help us</p>	<p>Tolerance & respect – a diverse society</p> <p>What does being British mean to me?</p>	<p>Fake news & how to spot it</p>	<p>How girls' bodies can change as they go through puberty (including menstruation)</p> <p>The feelings that some people experience as they grow up</p> <p>Types of relationships & families</p>
Year 5 & Year 6	My Happy Mind – Meet your Brain & Celebrate	My Happy Mind – Appreciate	My Happy Mind Relate & Engage	Diverse Britain	Digital Wellbeing	Growing Up
Y6 MHM	<p>How our feelings impact our brain</p> <p>Ways to look after our brain to be our best selves</p> <p>How to develop healthy habits to look after our mind</p> <p>Character strengths & how to use them to be our best</p> <p>Virtues & character strengths</p> <p>Our own strengths & which ones we would like to grow</p>	<p>Learning to be grateful to ourselves, others & experiences</p> <p>Attitude of gratitude</p> <p>Sharing gratitude with others & the positive effect on our wellbeing</p>	<p>How to have good relationships with others</p> <p>Active listening & how it can help build relationships</p> <p>How understanding our character strengths can help us to get along with & relate to others</p> <p>Recapping on all of the strategies that we have learnt to help us to feel our best</p> <p>How to help ourselves feel good and do good</p>	<p>The range of faiths and ethnicities in our nation; showing respect to all people</p> <p>What a community is & what it means to belong to one</p> <p>How laws are made & what happens if they are broken</p> <p>Democracy & human rights – local government</p> <p>Our national government</p> <p>Charities & how they help the community</p>	<p>How to look after my digital wellbeing</p> <p>Safe, respectful & healthy online relationships</p> <p>Using social media responsibly</p> <p>Online bullying & what to do if you experience it</p> <p>Fake news & how to spot it</p>	<p>Physical changes during puberty (including menstruation, erections & wet dreams)</p> <p>Emotional changes during puberty (including the menstrual cycle)</p> <p>How we feel about ourselves</p> <p>Different types of relationships</p> <p><u>YEAR 6 ONLY</u> <u>SEX & REPRODUCTION</u> <u>(TAUGHT EVERY YEAR)</u> <u>What a sexual relationship is & who can have one</u></p>



The process of
human
reproduction, from
conception to
birth