

<u>Nursery- Health Me, Safe Me, PSHE</u>		
Autumn 1	Spring 1	Summer 1
<p>Getting to know each other. Getting to know each other more.</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • How to work together as a group • Each other's names • More about each other's favourite games, toys and activities 	<p>Personal Power Choices and Consequences</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • To read other people's body language • To build on previous experiences of praise • To understand that everyone has choices 	<p>Gentle touch and hurting touch</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • To understand that everyone has choices about how they touch other people • To recognise that no- one deserves to be hurt • How practise gentle, nurturing touch
Autumn 2	Spring 2	Summer 2
<p>Making Rules and time to calm down. Praise and Criticism</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • To contribute towards rules to make the setting a place where everyone can work and play together happily • About and practise using Time to Calm Down • A skill for coping if praise feels embarrassing 	<p>Managing difficult feelings</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • That there is a range of emotions • That it is alright to feel angry • Some simple techniques to manage anger 	<p>Telling others, keeping secrets Glad to be me.</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> • To recognise that everyone feels sad, lonely or scared at times • How to recognise that everyone deserves to feel good about themselves • To become more skilful at both giving and receiving praise

Thameside Primary School PSHE/RSE : Progression of Knowledge and Skills

Reception – Health Me, Safe Me, PSHE		
Autumn 1	Spring 1	Summer 1
<p>Getting to know each other. Getting to know each other more.</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> To find things in common as we start to building relationships How to work in pairs To use basic assertiveness skills e.g. joining in self praise and saying no Experience praise through a 3-D collaborative reward system 	<p>Personal Power Choices and Consequences</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> How to begin to make connections between how people feel, how people behave and how other people think and feel about them That everyone uses their personal power to make these choices That choices have consequences which affect other people as well as the person who is making the choices 	<p>Gentle touch and hurting touch</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> To explore different experiences of feelings about different kinds of touch To recognise that no- one deserves to be hurt Practise gentle, nurturing touch
Autumn 2	Spring 2	Summer 2
<p>Making Rules and time to calm down. Praise and Criticism</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> To use a collaborative reward system and to praise each other To explore some of the ways praise can help people and criticism can hurt people 	<p>Managing difficult feelings</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> Why, when and how other people get angry How to practise some ways to express anger safely That anger is acceptable when it is shown safely 	<p>Telling others, keeping secrets Glad to be me.</p> <p>Pupils learn-</p> <ul style="list-style-type: none"> To understand the difference between good and bad secrets To understand how to handle ones own and others painful feelings To develop a stronger self-concept and positive self-esteem

Year 1 - PSHE		
Term 1	Term 3	Term 5
<p>Physical health and wellbeing: Fun times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about food that is associated with special times, in different cultures about active playground games from around the world about sun-safety 	<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what makes themselves and others special about roles and responsibilities at home and school about being co-operative with others 	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about different types of feelings about managing different feelings about change or loss and how this can feel
Term 2	Term 4	Term 6
<p>Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> safety in familiar situations about personal safety about people who help keep them safe outside the home 	<p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what can go into bodies and how it can make people feel about what can go on to bodies and how it can make people feel 	<p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about where money comes from and making choices when spending money about saving money and how to keep it safe about the different jobs people do

Year 2 - PSHE		
Autumn 1	Spring 1	Summer 1 and 2
<p>Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about eating well about the importance of physical activity, sleep and rest about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well 	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe in the home, including fire safety about keeping safe online, including the benefits of going online about keeping safe outside about road safety 	<p>Relationships and health education: Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> to understand and respect the differences and similarities between people about the biological differences between male and female animals and their role in the life cycle the biological differences between male and female children about growing from young to old and that they are growing and changing that everybody needs to be cared for and ways in which they care for others about different types of family and how their home-life is special
Autumn 2	Spring 2	
<p>Mental health and emotional wellbeing: Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the importance of special people in their lives about making friends and who can help with friendships (on and offline) about solving problems that might arise with friendships (on and offline) 	<p>Drug, alcohol and tobacco education: Medicines and me</p> <p>Pupils learn:</p> <p>why medicines are taken where medicines come from about keeping themselves safe around medicines</p> <p>Asthma lesson for Year 2</p> <ul style="list-style-type: none"> that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	

Thameside Primary School PSHE/RSE : Progression of Knowledge and Skills

Year 3/4 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> the definition of a drug and that drugs (including medicines) can be harmful to people about the effects and risks of smoking tobacco and second-hand smoke about the help available for people to remain smoke free or stop smoking <p>Making choices</p> <p>Pupils learn</p> <ul style="list-style-type: none"> about the drugs (other than medicines) that are common in everyday life, and why people choose to use them about the effects and risks of drinking alcohol about different patterns of behaviour that are related to drug use 	<p>Identity, society and equality: Celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about valuing the similarities and differences between themselves and others Pupils learn about what is meant by community Pupils learn about belonging to groups 	<p><u>Year 3 and 4 will be taught separately in this term.</u></p> <p>Year 3-Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what influences people's choices about spending and saving money how people can keep track of their money about the world of work <p>Year 4</p> <p>Physical Health and Wellbeing Year 4 What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> why people may eat or avoid certain foods (religious, moral, cultural or health reasons) about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) about the importance of getting enough sleep

Thameside Primary School PSHE/RSE : Progression of Knowledge and Skills

Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk:</p> <p>Bullying – see it, say it, stop it</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> to recognise bullying (including online) and how it can make people feel about different types of bullying and how to respond to incidents of bullying about what to do if they witness bullying <p>playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> how to be safe in their computer gaming habits about keeping safe near roads, rail, water, building sites and around fireworks about what to do in an emergency and basic emergency first aid procedure 	<p>Mental health and emotional wellbeing: Strengths and challenges- yr 3</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about celebrating achievements and setting personal goals about dealing with put-downs about positive ways to deal with setbacks 	<p><u>Year 3 and 4 will be taught separately in this term.</u></p> <p>Year 3-Physical health and wellbeing: What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about making healthy choices about food and drinks about how branding can affect what foods people choose to buy about keeping active and some of the challenges of this <p>year 4</p> <p>Relationships and Health Education- Growing up and Changing</p> <ul style="list-style-type: none"> Pupils learn about the way we grow and change throughout the human life cycle Pupils learn the physical changes associated with puberty Pupils learn about menstruation and wet dreams

Year 4/5

Autumn 1	Spring 1	Summer 1
<p>Drug, alcohol and tobacco education:</p> <p>Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them about the effects and risks of drinking alcohol about different patterns of behaviour that are related to drug use <p>Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about the risks associated with smoking drugs including cigarettes, e-cigarettes, shisha and cannabis Pupils learn about different influences on drug use –alcohol, tobacco and nicotine products Pupils learn strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol 	<p>Identity, society and equality:</p> <p>Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about Britain as a democratic society about how laws are made learn about the local council <p>Stereotypes, Discrimination and Prejudice</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about stereotyping, including gender stereotyping Workshop from Diversity Role Models Learn about discrimination and how this can make people feel 	<p><u>Year 4 and 5 will be taught separately in this term.</u></p> <p>Year 4</p> <p>Physical Health and Wellbeing</p> <p>What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> why people may eat or avoid certain foods (religious, moral, cultural or health reasons) about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) about the importance of getting enough sleep <p>Year 5</p> <p>Physical Health and Wellbeing – In the Media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn that messages given on food adverts can be misleading Pupils learn about role models Pupils learn about how the media can manipulate images and that these images may not reflect reality <p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> that money can be borrowed but there are risks associated with this about enterprise what influences people's decisions about careers

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Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk:</p> <p>Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • Pupils learn about what to do in an emergency and basic emergency first -aid procedures <p>Making safer choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • how to stay safe when communicating with other people online • violence within relationships is not acceptable • about problems that can occur when someone goes missing from home 	<p>Mental health and emotional wellbeing</p> <p>Dealing with Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Pupils learn about a wide range of emotions and feelings and how these are experienced in the body • Pupils learn about times of change and how this can make people feel • Pupils learn about the feelings associated with loss, grief and bereavement 	<p><u>Year 4 and 5 will be taught separately in this term.</u></p> <p><u>year 4</u></p> <p>Relationships and Health Education</p> <p>Growing up and Changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Pupils learn about the way we grow and change throughout the human life cycle • Pupils learn the physical changes associated with puberty • Pupils learn about • Menstruation and wet dreams <p><u>Year 5</u></p> <p>Relationships and Health Education- Growing up and Changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the impact of puberty on physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with this • to answer each other's questions about puberty with confidence, to seek support and advice when they need it

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Year 5/6

Autumn 1	Spring 1	Summer 1
<p>Drug, alcohol and tobacco education:</p> <p>Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis about different influences on drug use – alcohol, tobacco and nicotine products strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p>Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs about assessing the level of risk in different situations involving drug use about ways to manage risk in situations involving drug use 	<p>Identity, society and equality:</p> <p>Stereotypes, Discrimination and Prejudice</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about stereotyping, including gender stereotyping Workshop from Diversity Role Models Learn about prejudice and discrimination and how this can make people feel <p>Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about people who have moved to Islington from other places, (including the experience of refugees) about human rights and the UN Convention on the Rights of the Child about homelessness 	<p><u>Year 5 and 6 will be taught separately in this term.</u></p> <p><u>Year 5</u></p> <p>Physical Health and Wellbeing</p> <p>In the Media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> that messages given on food adverts can be misleading Pupils learn about role models Pupils learn about how the media can manipulate images and that these images may not reflect reality <p>Careers, financial capability and economic wellbeing</p> <p>Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> that money can be borrowed but there are risks associated with this about enterprise what influences people's decisions about careers <p><u>Year 6</u></p> <p>Relationships and health education: Healthy relationships</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the changes that occur during puberty

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		<ul style="list-style-type: none"> to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk</p> <p>Making safer choice</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe online how to keep safe when communicating with other people online that violence within relationships is not acceptable about problems that can occur when someone goes missing from home <p>Keeping safe - out and about</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour (including gangs and gang related behaviour) 	<p>Mental health and emotional wellbeing</p> <p>Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about a wide range of emotions and feelings and how these are experienced in the body about times of change and how this can make people feel about the feelings associated with loss, grief and bereavement <p>Healthy minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> what mental health is about what can affect mental health and some ways of dealing with this about some everyday ways to look after mental health about the stigma and discrimination that can surround mental health 	<p><u>Year 5 and 6 will be taught separately in this term.</u></p> <p>Relationships and health education:</p> <p><u>Year 5</u></p> <p>Growing up and changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the way we grow and change throughout the human lifecycle about the physical changes associated with puberty about menstruation and wet dreams about the impact of puberty in physical hygiene and strategies for managing this how puberty affects emotions and behaviour and strategies for dealing with this to answer each other's questions about puberty with confidence, to seek support and advice when they need it <p><u>Year 6</u></p> <p>Relationships and health education: Healthy relationships</p> <p>Pupils learn:</p>

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- about human reproduction in the context of the human lifecycle
- how a baby is made and grows (conception and pregnancy)
- about roles and responsibilities of parents and carers
- to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it
- some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted
- that contraception can be used to stop a baby from being conceived

FGM (female genital mutilation)

Pupils learn:

- about the importance for girls to be protected against FGM