



# Proposed Teaching Structure – PSHE and RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me, Myself and You	Playing Safe	Online Safety	Mind and Body	Life Skills	Recognise, Respond, Risk
<b>Year 1/2</b> 2 year rolling programme	<ul style="list-style-type: none"> <li>Different Types of Bullying</li> <li>Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>Who can I Turn to?</li> <li>What a Family is and Why Yours is Unique</li> <li>Understanding Body Language and Helping Others</li> <li>Empathy, Being a Good Friend and Asking for Help</li> </ul>	<ul style="list-style-type: none"> <li>Box Breathing Activity</li> <li>Reporting Abuse</li> <li>Help and Advice</li> </ul>	<ul style="list-style-type: none"> <li>What is the Internet?</li> <li>How to Stay Safe Online</li> </ul>	<ul style="list-style-type: none"> <li>What is Physical and Emotional Health?</li> <li>Eating Healthy and Keeping your Teeth Clean</li> <li>How our Bodies React to Emotions</li> <li><b>COVID-19</b></li> </ul>	<ul style="list-style-type: none"> <li>Road and water safety</li> </ul>	<ul style="list-style-type: none"> <li>*D&amp;A Ed Session 1 – Keeping Safe – Things that go Into and onto Bodies</li> <li>D&amp;A Ed Session 2 – Keeping Healthy – Medicines</li> </ul>
	<ul style="list-style-type: none"> <li>Understanding Similarities and Differences in People</li> <li>Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<ul style="list-style-type: none"> <li>Helping Hand</li> <li>Reporting Abuse</li> <li>Help and Advice</li> </ul>	<ul style="list-style-type: none"> <li>Risks Online and How to Avoid Them</li> <li>What not to Share Online and Why</li> </ul>	<ul style="list-style-type: none"> <li>Benefits of Exercise on Physical and Emotional Health</li> <li>Where Emotions are Felt and the Importance of Talking about your Emotions</li> <li>Different Emotions and Dealing with Negative Emotions</li> <li>The Importance of Sleep and Making Sure you get Enough</li> <li><b>COVID-19</b></li> </ul>	<ul style="list-style-type: none"> <li>When do you use 999?</li> </ul>	<ul style="list-style-type: none"> <li>D&amp;A Ed Session 3 – Keeping Healthy – Medicines and Household Products</li> <li>Staying Safe around Medicines</li> <li>Everything about Medicines</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Essentials of a Healthy Family</li> <li>Healthy and Unhealthy Friendships</li> </ul>	<ul style="list-style-type: none"> <li>Early Warning Signs and Managing Emotions</li> <li>The Underwear Rule - Appropriate and inappropriate Contact</li> </ul>	<ul style="list-style-type: none"> <li>Age Restrictions in the world, online and why we need them</li> <li>How to behave sensibly online</li> <li>Why spending too much time online is bad</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe in the sun</li> <li>What is illness and what are the symptoms?</li> </ul>	<ul style="list-style-type: none"> <li>Risks, hazards and how to stay safe</li> <li>Reducing risks when helping others</li> </ul>	<ul style="list-style-type: none"> <li>Why are Vaccinations Important?</li> <li>D&amp;A Ed Session 1 – Safety Rules and Risks: Medicines and Household Products</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Importance of Clear Communication and Managing Conflict</li> <li>Understanding Differences in Families</li> </ul>	<ul style="list-style-type: none"> <li>Healthy and Unhealthy Secrets and Privacy</li> </ul>	<ul style="list-style-type: none"> <li>Being polite online and how the internet works</li> <li>What is Cyberbullying?</li> <li>All about bullying and cyberbullying</li> </ul>	<ul style="list-style-type: none"> <li>Eating healthy and keeping your teeth clean</li> <li>The food wheel – How good and bad food affects our emotional health</li> <li>What is an active lifestyle and how to prevent related illnesses</li> </ul>	<ul style="list-style-type: none"> <li>Helping to save lives with 999 and safety risks</li> </ul>	<ul style="list-style-type: none"> <li>D&amp;A Ed Session 2 – Safety Rules and Risks: Alcohol and Smoking</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>Expectations and Pressures in Children and what makes a Good Friend?</li> <li>What Marriage is and other Long-Term Commitments</li> </ul>	<ul style="list-style-type: none"> <li>Assessing Risks and Managing Safety</li> <li>What are Boundaries and what is Consent?</li> </ul>	<ul style="list-style-type: none"> <li>Understand what not to share online</li> <li>What content can we trust online?</li> </ul>	<ul style="list-style-type: none"> <li>How being healthy affects your physical and emotional health</li> <li>Why prejudices about physical and mental health are bad</li> </ul>	<ul style="list-style-type: none"> <li>How to remember safety procedures</li> </ul>	<ul style="list-style-type: none"> <li>D&amp;A Ed Session 1 – Managing Risk: Medicines</li> <li>D&amp;A Ed Session 2 – Managing Risk: Legal and Illegal Drugs</li> <li>Risks and Effects of Alcohol</li> </ul>
<b>Year 6</b> Changing Bodies to be taught in Y6, alongside the Science curriculum.	<ul style="list-style-type: none"> <li>Courtesy and Manners</li> <li>Good and Bad Peer Influence/Pressure</li> </ul>	<ul style="list-style-type: none"> <li>Early Warning Signs and Decision Making</li> <li>Crossing the Road and Managing Risky Situations</li> </ul>	<ul style="list-style-type: none"> <li>Understanding unrealistic expectations online</li> <li>What people can we trust online?</li> </ul>	<ul style="list-style-type: none"> <li>Helpful and unhelpful worries</li> <li>Stress – dealing with emotional changes</li> <li>Worries and stresses</li> </ul>	<ul style="list-style-type: none"> <li>Practising emergency calls</li> <li>What is an emergency? – Should I call 999?</li> </ul>	<ul style="list-style-type: none"> <li>D&amp;A Ed Session 3 – Managing Risk: Influence and Pressure</li> <li>D&amp;A Ed Session 4 – Managing Risk: Drugs and Alcohol in the Media</li> <li>What are Drugs and How Harmful are they?</li> </ul>

\* D&A Ed = Drugs and Alcohol Education