

Healthy Relationships Education and PSHE Curriculum Framework Overview

Term	Autumn			Spring			Summer		
Related Rights	6, 24, 27, 31	29	16, 19, 33	16, 13	36, 39	2, 23, 29	1, 2, 12, 13	6, 24, 27	26
Core Theme	Health and Wellbeing Minimum of 10 lessons			Relationships Minimum of 10 lessons			Living in the Wider World Minimum of 10 lessons		
Topics	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing difference	Rights and Responsibilities	Environment	Money
Reception <small>(All topics will be covered across the year but have been grouped into sections for each term.)</small>	<p style="text-align: center;">Self-confidence and Self-awareness</p> <p>They are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group and talk about their ideas. They choose the resources they need for their chosen activities. They can say when they do and don't need help.</p> <p style="text-align: center;">Health and Self-care</p> <p>They know the importance for good health, of physical exercise and a healthy diet. They can talk about how to keep healthy and safe. They can manage their own basic hygiene needs successfully.</p>			<p style="text-align: center;">Managing Feelings and Behaviour</p> <p>They can talk about they show feelings and how others show feelings. They talk about their own behaviour and the behaviour of others and the consequences. They know that some behaviour is unacceptable. They can work as a part of a group or whole class. They understand and can follow the rules. They can adjust their behaviour to different situations. They can take changes in their routine in their stride.</p> <p style="text-align: center;">People and Communities</p> <p>They know about similarities and differences between themselves and others. They know about similarities and differences among families, communities and traditions.</p>			<p style="text-align: center;">Making Relationships</p> <p>They can play cooperatively, taking turns with others. They can take into account the ideas that other have and about how this can help to organise an activity. They can show sensitivity to others needs and their feelings. They can form positive relationships with other children and adults.</p> <p style="text-align: center;">The World</p> <p>They can talk about the features of their own immediate environment and how environments may vary from one another.</p>		
Year 1	What helps keep our body healthy, naming body parts, hygiene routines and brushing teeth? Diet, exercise, rest and sleep.	Recognising what they are good at, setting goals. Change and loss and how it feels. What will they look like in the future?	Keeping safe around household products, how to ask for help if worried about something. Strangers and who can help them.	Recognising feelings in self and others, sharing feelings. Secrets and keeping safe.	Special people in their lives who look after them and will keep them safe. Recognising good touch and bad touch. Lucinda and Godfrey - friendships. NSPCC pants rule	Respecting similarities and differences in others including LGBT, sharing views and ideas. Everybody is unique.	Group and class rules. Learning about respect, responsibility and honesty.	What is community? Looking after the local environment - recycling.	Where money comes from, how to use money saving and spending money.
Year 2	Healthy choices, Diet, exercise, rest and sleep. Germ spreading and dental hygiene.	Recognising what they are good at, setting goals. Growing, changing and being more independent, correct names for body parts and keeping clean. Lucinda and Godfrey - Smell Monster.	Keeping safe and how to ask for help if they are worried about something. Privacy in different contexts. Strangers and who can help them. Keeping safe around household products.	Different feelings, managing feelings. Behaviour, bodies and feelings can be hurt.	Listening to others and playing cooperatively, appropriate and inappropriate touch, teasing and bullying NSPCC pants rule.	Respecting similarities and differences in others including LGBT, sharing views and ideas. Everybody is unique.	Group and class rules, respecting their own and others' needs. Learning about respect, responsibility and honesty.	What is a community? Groups and communities they belong to, people who work in the community, getting help in an emergency What helps the local community and environment?	Where money comes from, saving and spending money, making choices, keeping track of money spent/saved.
Supplemented by Zippy's Friends Scheme.									

Year 3	What makes a balanced diet, opportunities for making own choices with food, what influences their food choices including energy drinks, habits. Exercise and hygiene, personal and dental.	Recognising what they are good at, setting goals. Thinking about positive body image. Life cycles including end of relationships and bereavement.	People who help them stay healthy and safe, NSPCC Lucy and the boy and discuss personal information given online. Keeping safe around household products. Needle Safety.	Recognising feelings in others, responding to how others are feeling.	Positive, healthy relationships and friendships, maintaining friendship, actions affect ourselves and others, working. Identifying personal space and appropriate touch. NSPCC pants rule.	Recognising and responding to bullying. What is peer pressure? Identifying different negative behaviours. Stereotyping including LGBT awareness. What is special about me?	Responsibilities, rights and duties. Why we need rules and how we can gain respect. Learning about honesty and trust.	Learning how to be a positive part of the community and learning who works in the community.	Enterprise, what it means, developing skills in enterprise. Why do we save money and thinking about what jobs they would like when they are older?
Year 4	What makes a balanced lifestyle? Making choices. Personal hygiene and germs. Diet, exercise, rest and sleep. Dental hygiene.	Recognising what they are good at, setting goals. Changes that happen in life and feelings that are associated. Creating a positive body image.	How to keep safe in local area and online, people who help them stay healthy and safe. Drugs and smoking and the impact of them. Bullying - what is not acceptable in different relationships. NSPCC Lucy and the boy online safety.	Keeping something confidential or secret, when to break a confidence, recognise and manage dares through Lucinda and Godfrey. Understanding feelings and compliments.	Acceptable and unacceptable physical contact- NSPCC pants rule. Solving disputes and conflicts amongst peers. Understanding relationships, how they sometimes end and bereavement.	Listen and respond effectively to people, share points of view. Self-esteem and feelings including LGBT. Appreciating difference and diversity in the UK and around the world.	Discuss and debate health and wellbeing issues. Learning about rules and responsibility. What is democracy?	Sustainability of the environment across the world. Discuss and debate issues that impact on the environment locally, internationally and the wider world. What is going green?	Role of money, managing money (saving and budgeting), what is meant by interest and loan. Can you always believe advertising?
Supplemented by Apple's Friends scheme									
Year 5	What is well-being and positively and negatively affects it? Making informed choices. Benefits of a balanced diet. Different influences on food including energy drinks. Skills to make choices. Importance of exercise, rest and sleep.	Recognising what they are good at, setting goals, aspirations. Body image and media influences. Personal hygiene and why it is even more important as we get older.	Online safety, including sharing images, mobile phone safety. Share Aware NSPCC - I've seen your willy. Understanding social networking. Bullying and racism. Support Networks and people who can help.	Intensity of feelings, managing complex feelings. Coping with change and transition, bereavement and grief.	Actions have consequences of actions, working collaboratively, negotiation and compromise, giving feedback. What is a healthy relationship including forced marriage. Where to get help? What is consent? NSPCC pants rule.	My Body - Lucinda and Godfrey. Recognising both physical and emotional changes. Self-esteem including LGBT.	Discuss and debate health and wellbeing issues. Democracy, rules and laws, changing rules and laws, anti-social behaviour, respecting and resolving differences. Respect and honesty. Decision making.	Different rights, responsibilities and duties that we have for looking after the environment. What impact does the media have on how we treat the environment? How can we go green at school and at home?	Importance of finance in people's lives, being a critical consumer, looking after money, interest, loan, debt management of money, tax. Why do we fundraise?

