



Our Curriculum

PSHE/RSE



**“You’re braver than you believe,
stronger than you seem and
smarter than you think.”**

- Winnie the pooh

EYFS

Autumn:
Being Me In My World: self identity, being in a classroom, being gentle, rights and responsibilities
Celebrating Differences: identifying talents, being special, families, where we live, making friends, standing up for yourself
Spring:
Dreams And Goals: challenges, perseverance, setting goals, overcoming obstacles, seeking help, jobs
Healthy Me: exercise, healthy food, sleep, keeping clean, safety
Summer:
Relationships: family life, friendships, breaking friendships, bullying, being a good friend
Changing Me: bodies, respecting my body, growing up, growth and change, fun and fears, celebrations

YEAR 1

Children will learn about:

Autumn:
Being Me In My World: Feeling special & safe, being part of a class, rights, responsibilities, feeling proud, consequences
Celebrating Differences: similarities and differences, understanding bullying, making friends, differences in everyone
Spring:
Dreams And Goals: setting goals, success and achievement, learning styles, challenges, feelings of success
Healthy Me: healthy choices, keeping clean, being safe, medicines, household safety, linking health and happiness
Summer:
Relationships: belonging to a family, making friends, physical contact, qualities of a friend, special relationships
Changing Me: human and animal life cycles, changes in me, changes since a baby, differences in male and female bodies, coping with change

YEAR 2

Children will learn about:

Autumn:
Being Me In My World: hopes and fears for the year, rights, responsibilities, rewards & consequences, safe and fair learning, recognising feelings, choices
Celebrating Differences: assumptions and stereotypes about gender, bullying, making friends, celebrating difference
Spring:
Dreams And Goals: realistic goals; staying healthy to achieve goals, learning with others, co-operation, sharing success
Healthy Me: motivation, healthy eating and nutrition, safety at home & out and about, medicines
Summer: Relationships: different types of family; physical contact boundaries; friendship and conflict; secrets; trust and appreciation
Changing Me: life cycles; growing old, independence, difference in male and female bodies, assertiveness, transition

INTENT

Children will gain the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Teaching children to care for themselves, others and their environment is also an integral part of the school ethos. All children will develop self-confidence and positive relationships and to be able to deal successfully with the challenges and changes life brings. Sex and Relationships Education is lifelong learning about physical, moral and emotional development. Children will understand what is meant by sex, sexuality and sexual health.

YEAR 3

Children will learn about:

Autumn:
Being Me In My World: personal goals, self worth & identity, rules & consequences, rights and responsibilities, seeing things from other perspectives
Celebrating Differences: families; family conflict; witnessing bully and what to do, recognising hurtful words, giving and receiving compliments
Spring:
Dreams And Goals: challenges and success, motivation and enthusiasm, overcoming obstacles, contributing to the community, budgeting, managing feelings
Healthy Me: exercise, food labelling and healthy swaps, drugs, keeping safe online, safe choices outdoors, water safety, asking for help
Summer:
Relationships: family roles; friendship and negotiation, online safety, media influence, how choices impact others, expressing appreciation, awareness of others lives, global citizen
Changing Me: how babies grow; outside body changes; inside changes, personal hygiene, family stereotypes, challenging ideas,

IMPLEMENTATION

Children are taught through our Jigsaw Scheme of work. All year groups access 6 topics per year which focus on giving them the skills and knowledge to become responsible global citizens. These topics are taught continuously with increasing complexity and an environment is created where children feel safe and secure to participate and are respectful of each other's questions and responses. Learning objectives are embedded and connected through an array of subjects, including science, computing and history. Year group assemblies are planned to cover any additional block teaching sessions that would benefit the whole year group (e.g. making new friends and learning new routines at the start of a year). All year groups have access to age appropriate 'Educate & Celebrate' books which reference topics such as LGBT+ issues, equal opportunities and gender stereotypes.

YEAR 4

Children will learn about:

Autumn:
Being Me In My World: being part of a class, school citizen, rights and responsibilities, democracy, group decision making, having a voice, what motivates behaviour
Celebrating Differences: challenging assumptions; accepting self and others; understanding bullying, problem solving, understanding influences, first impressions, everyone is unique
Spring:
Dreams And Goals: hopes and dreams; overcoming disappointment; realistic dreams, goals, resilience, positive attitudes
Healthy Me: friendships, peer influence, railway safety, smoking, vaping, alcohol, assertiveness, peer pressure, inner strength
Summer:
Relationships: jealousy; love and loss; memories of loved ones, getting on and falling out; showing appreciation to people and animals, girlfriends and boyfriends,
Changing Me: being unique; girls and boys puberty, families, accepting change with confidence, environmental changes, transition

YEAR 5

Children will learn about:

Autumn:
Being Me In My World: Planning the year ahead, rights and responsibilities, rewards and consequences, democracy, having a voice. How behaviour affects groups.
Celebrating Differences: cultural differences and respect, racism, rumours and name calling, types of bullying, material wealth and happiness,
Spring:
Dreams And Goals: aspirations; spending, saving and value of money, jobs and careers, how to get a dream job, motivation, goals in different cultures
Healthy Me: smoking and vaping, alcohol and anti-social behaviour, emergency aid, body image, relationships with food, healthy choices
Summer:
Relationships: self recognition/ self worth. Self esteem, safe online communities, rights and responsibilities online, dangers of online grooming, internet safety rules
Changing Me: Body image, influences about body image, puberty for girls & boys, conception inc IVF, growing responsibly, coping with change and transition

YEAR 6

Children will learn about:

Autumn:
Being Me In My World: global citizenship; universal rights; democracy, feeling welcomed and valued, anti-social behaviour and role-modelling, anti-social behaviour, role-modelling
Celebrating Differences: perceptions of normality; disabilities; bullying; inclusion/exclusion; differences and empathy
Spring:
Dreams And Goals: goals; success; making a difference; motivation and achievement, compliments
Healthy Me: personal responsibility; substances and your body; exploitation ('county lines' and gang culture); mental wellness, stress management
Summer:
Relationships: worries; support; love; loss; managing feelings; control; assertiveness and technology safety
Changing Me: self-image; puberty conception; attraction; consent; sexting, transition

IMPACT

Children will be able to demonstrate their understanding through becoming confident, respectful, tolerant and well-rounded pupils who are able to navigate themselves through modern life, knowing where to seek help if necessary.

