

Magdalen Gates Primary School

RSHE

2021/2022



Magdalen Gates Primary School RSHE Curriculum

Relationships Education	Health Education	Non-Statutory Sex Education
-------------------------	------------------	-----------------------------

	Autumn 1-Community	Autumn 2-Change and Progress	Spring 1-Exploration and Discovery	Spring 2-Technological advancement	Summer 1- Climate and sustainability	Summer 2- Conflict and Power
EYFS	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Understanding that 'family' means different things to different people</p> <p>NSPCC PANTS Helping Hand (5 people in school who I can talk to)</p> <p>Introduce idea</p>	<p>Caring Friendships: Understanding that there are similarities and differences between everyone and these can be celebrated</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, explaining why it is important to</p>	<p>The Colour Monster – Anna Llenas</p> <p>Being Safe: Understanding the concept of privacy, including the right to keep things private and the importance of another person's right to privacy.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week Consider how it feels if you don't</p>	<p>Online Relationships/Internet Safety and Harms: Understanding what being online may look like, the different feelings they can experience online and how to identify adults who can help</p> <p>Screen time limits.</p> <p>Road Safety</p> <p>Working in small groups to create a vehicle that they can all sit in?</p> <p>Co-operative role play at the train</p>	<p>Respectful Relationships: Recognising what they like and dislike, feeling empowered to make respectful and informed choices</p> <p>Mental Well-Being: Identifying a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings</p> <p>Sun and Sea Safety</p>	<p>Health and Prevention: Knowing the importance of basic personal hygiene and understand how hand washing helps to prevent the spread of germs, bacteria and viruses</p> <p>Oral Health revisit</p> <p>Basic First Aid: Explaining what first aid is and why it is important</p> <p>Recap Sun and Sea Safety</p>

<p>of community People in my class, people in my school. Name of school and location of classroom. Building a class community. Where places in school are. Jobs of adults that work in school</p> <p>Making friends with other children</p> <p>Creating class photos of friendly behaviour</p> <p>Looking at children's differences and preferences.</p> <p>Exploring feelings of loneliness</p>	<p>make healthier choices. Introduce Oral Health</p> <p>Comparing own family and family life to Anna's in Africa.</p> <p>Exploring the emotion of happiness.</p> <p>Empathizing with characters from the story.</p> <p>Have we ever been surprised?</p> <p>Surprised or scared? Do we like or dislike them?</p>	<p>succeed at first or achieve your goal? What happens if children are faced with challenges they feel afraid? Discuss relationships with their own family members and special people</p> <p>What if there is a bear hiding in the cave? Empathy for the Bear at the end of the story.</p>	<p>station. Taking it in turns with the roles</p> <p>Recall and act favourite part of the journey.</p> <p>Teacher narrates and whole class enacts the whole story.</p> <p>Create story maps in pairs.</p>	<p>Explore significant birthdays with the children. Remember presents and things they did on their birthday.</p> <p>Recall surprises in our own lives.</p> <p>Talk about things that we are afraid of.</p>	
--	---	--	---	--	--

Year 1	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the special people in their lives, what makes them special and how special people care for one another</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Understanding the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation</p> <p>Money and Me: Do the Right Thing</p>	<p>Being Safe: Identifying the people who look after them and how to attract their attention if needed</p> <p>My Body: Naming the main parts of the body correctly, including external genitalia using scientific terms</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help</p> <p>Mental Well-Being: Communicating about feelings, recognising how others show feelings, and how to respond to support respectful relationships</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Identifying and respecting differences and similarities between people and can celebrate this</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p>	<p>Health and Prevention: Identifying different ways to protect teeth, maintaining good oral hygiene</p> <p>Basic First Aid: Understanding how to identify risks, keeping themselves and others safe in an emergency situation</p> <p>Money and Me: Finders Keepers</p> <p>Road, Sun and Sea Safety</p>
---------------	---	--	--	--	--	---

Year 2	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the ways in which people and families are unique, understanding there has never been and never will be another them.</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Knowing the difference between secrets and surprises and the importance of not keeping secrets that makes them feel uncomfortable, worried or afraid</p> <p>Money and Me: Charity Job Week</p> <p>.</p>	<p>Being Safe: Judging what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond</p> <p>My Body: Recognising how they grow and will change as they become older.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help</p> <p>Mental Well-Being: Recognising different types of teasing and bullying and understand that these are wrong and unacceptable</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices</p>	<p>Respectful Relationships: Recognising and celebrating their strengths and achievements, setting simple but challenging goals</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p>	<p>Health and Prevention: Understanding that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>Money and Me: Hero or Zero</p> <p>Road, Sun and Sea Safety</p>
---------------	---	--	--	---	---	--

Year 3	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Recognising a wide range of relationships, including the attributes of positive, healthy relationships</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Distinguishing the different kinds of conflict; know when and where to get help</p> <p>Money and Me: I Want it</p>	<p>Being Safe: Understanding the right to protect their body from unwanted touch, feeling unsafe or feeling bad</p> <p>Changing Adolescent Body: Knowing how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p>	<p>Online Relationships /Internet Safety and Harms: Identifying the difference between secrets and surprises, knowing when it is right to break confidence and share a secret, including within an online context</p> <p>Mental Well-Being: Identifying their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Challenging gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl</p> <p>Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p>	<p>Health and Prevention: Understand the danger of over-exposure to the sun</p> <p>Basic First Aid: Explaining what first aid is and why it is important</p> <p>Money and Me: Costing the Earth</p> <p>Road, Sun and Sea Safety</p>
---------------	---	---	--	---	---	---

Year 4	Mental Health and Well-Being	Caring Friendships: Recognising when they may need help to manage a situation and have developed the skills to ask for help	Being Safe: Judging what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond Changing Adolescent Body: Reflecting on how their body has changed and Anticipate body changes, Understanding that some are related to puberty. Well Being Wednesday Children's Mental Health Week	Online Relationships /Internet Safety and Harms: Having the knowledge, skills and confidence to understand and navigate online risks linked to social media Mental Well-Being: Recognising and respond to a wide range of emotions in themselves and others, and ways to respond Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices	Respectful Relationships: Recognising differences and similarities between people arise from a number of factors, including family and personal identity Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do	Health and Prevention: Knowing how to care for their body Basic First Aid: Understanding how to identify risk, keeping themselves and others safe in an emergency situation Money and Me: Do you Need It? Road, Sun and Sea Safety
	Families and People Who Care for Me: Knowing that marriage is a commitment freely entered into by both people and that no one should marry if they do not want to or are not making the decision freely for themselves NSPCC PANTS Helping Hand					

Year 5	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Knowing that there are different contexts in which families can be stable and caring</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p>	<p>Being Safe: Managing accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen</p> <p>Changing Adolescent Body: Anticipating how their body may change as they approach and move through puberty.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p>	<p>Online Relationships /Internet Safety and Harms: Having strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission</p> <p>Mental Well-Being: Anticipating how their emotions may change as they approach and move through puberty</p> <p>Physical Health and Fitness: Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, well-being and their learning</p>	<p>Respectful Relationships: Knowing the correct terms associated with gender Identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.</p> <p>Drugs, Alcohol and Tobacco: Understanding that this is unacceptable.</p> <p>Physical Health and Fitness: Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, well-being and their learning</p>	<p>Health and Prevention: Knowing the importance of good sleep</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>Money and Me: Finders Keepers and Charity Job Week</p> <p>*Careers lessons PSHE Association</p> <p>Road, Sun and Sea Safety</p>
---------------	---	--	---	--	--	---

Year 6	Mental Health and Well-Being	Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships	Being Safe: Developing the confidence and skills to know when, who and how to ask for help independently or with support Changing Adolescent Body: Explaining what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.	Online Relationships /Internet Safety and Harms: Considering a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed Mental Well-Being: Knowing how feelings and emotions are affected and can be managed at changing, challenging or difficult times Healthy Eating: Recognising the impact of diet in lifestyles	Respectful Relationships: Realising the nature and consequences of discrimination, including the use of prejudice-based language Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs	Internet Safety and Harms: Recognising how images in the media, including online do not always reflect reality and can affect how people feel about themselves Basic First Aid: Knowing when it is safe to give first aid, call for help and what to do in an emergency Money and Me: A Fair Day's Pay *Careers lessons PSHE Association Road, Sun and Sea Safety
	Families and People Who Care for Me: Safely exploring examples of unhappy and unsafe family relationships, including identification of healthy responses to safely seeking help NSPCC PANTS Helping Hand	FGM: Knowing some cultural practises are against British Law, including FGM				