Magdalen Gates Primary School Personal Development 2023/2024



Magdalen Gates Primary School RSHE Curriculum

Relationships Education Hec

Health Education

Non-Statutory Sex Education

Autumn 1- Community	Autumn 2- Change and Progress Anti-bullying Week Road Safety Week	Spring 1- Exploration and Discovery LGBT+ month (Feb) Children's Mental Health Week	Spring 2- Technological advancement Internet Safety Day	Summer 1- Climate and sustainability Mental Health Awareness Week	Summer 2- Conflict and Power Diversity Week Refugee Week
EYFSMental Hea and Well-BeFamilies and People What Care for Me Understand that 'family' means differ things to different peNSPCC PAN Helping Har people in so who I can to to)	Friendships:Understandingthat there aresimilarities anddifferencesbetweeneveryone andthese can becelebratedthealthy Eating:What make ahealthy diet.Introduce theeatwell plateand 5 a day.	The Colour Monster – Anna LLenas Being Safe: Understanding the concept of privacy, including the right to keep things private and the importance of another person's right to privacy. Well Being Wednesday Children's Mental Health Week Consider how it feels if you don't	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 Screen time limits. Road Safety Working in small groups to create a vehicle that they can all sit in? Co-operative role play at the train	Respectful Relationships: Recognising what they like and dislike, feeling empowered to make respectful and informed choices Mental Well-Being: Identifying a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings Sun and Sea Safety	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 Oral Health revisit Basic First Aid: Explaining what first aid is and why it is important Recap Sun and Sea Safety

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 Making friends with other children. Creating class photos of friendly behaviour. Looking at children's differences and preferences. Exploring feelings of loneliness World Mental Health Day	My Body: Positioning body parts correctly Comparing own family and family life to Anna's in Africa. Exploring the emotion of happiness. Empathizing with characters from the story. Have we ever been surprised? Surprised or scared? Do we like or dislike them? Anti-bullying Week	succeed at first or acieve your goal? What happens if children are faced with challenges they feel afraid? Discuss relationships with their own family members and special people What if there is a bear hiding in the cave? Empathy for the Bear at the end of the story. Well Being Wednesday Children's Mental Health Week LGBT+ month	station. Taking it in turns with the roles Recall and act favourite part of the journey. Teacher narrates and whole class enacts the whole story. Create story maps in pairs.	Explore significant birthdays with the children. Remember presents and things they did on their birthday. Recall surprises in our own lives. Talk about things that we are afraid of. Mental Health Awareness Week	Diversity Week
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World Mental Health DayMoney and Me: Do the Right ThingChildren's Mental Health Weekothers show feelings, and how to respond to support respectful relationshipsMental Health Road, Sun and Sea SafetyAnti-bullying WeekLGBT+ monthPhysical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically activeMental Health Awareness WeekFinders KeepersFinders KeepersFinders KeepersFinders KeepersFinders Keepers
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Year 2	Mental Health and Well-Being 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. NSPCC PANTS Helping Hand World Mental Health Day	Caring Friendships: Knowing the difference between secrets and surprises and the importance of not keeping secrets that makes them feel uncomfortable, worried or afraid Inclusion, belonging and extremism: Recognising the similarities and differences they share with others. Money and Me: Charity Job Week *if time Anti-bullying Week	Being Safe: Judging what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond My Body: Recognising how they grow and will change as they become older. Well Being Wednesday Children's Mental Health Week LGBT+ month	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 Mental Well-Being: Recognising different types of teasing and bullying and understand that these are wrong and unacceptable 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 and celebrating their strengths and achievements, setting simple but challenging goals Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy Mental Health Awareness Week	 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 Basic First Aid: Identifying an emergency situation where someone needs help quickly Money and Me: Hero or Zero Road, Sun and Sea Safety Diversity Week
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3	Mental Health and Well-Being Families and People Who Care for Me: Recognising a wide range of relationships, including the attributes of positive, healthy relationships NSPCC PANTS Helping Hand World Mental Health Day	Caring Friendships: Distinguishing the different kinds of conflict; know when and where to get help Money and Me: I Want it Anti-bullying Week	Being Safe: Understanding the right to protect their body from unwanted touch, feeling unsafe or feeling bad Changing Adolescent Body: Knowing how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness. Well Being Wednesday Children's Mental Health Week	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 Mental Well-Being: Identifying their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness Physical Health and Fitness: Identifying an enjoyable form of physical activity,	Respectful Relationships: Challenging gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl 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 Mental Health Awareness Week	Health and Prevention: Understand the danger of over- exposure to the sun Basic First Aid: Calling for help Head injuries Bites and Stings Money and Me: Costing the Earth Road, Sun and Sea Safety Diversity Week
				enjoyable form of		

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

5 and Well-Being Friendships: Identifying Managing accidental /Internet Safety and Harms: Relationships: Knowing the correct terms Relationships: Knowing the correct terms Health and Knowing the correct terms Families and People Who Care for Me: Family recognising the skills to manage and maintain healthy and upsetting online content, including who to talk to about what they have seen /Internet Safety and Harms: Relationships: Knowing the gender Relatinships: Knowing the ge	no offul	Pospo offul	Online Delationshire	Poing Safe:	Carina		Verr
Families and People Who Care for Me: Family relationships. How families support each other.Identifying healthy recognising the skills to manage and mointain healthy relationships.accidental exposure to explicit images and upsetting online content, talk to about what they have seenHarms: Harms:<	-	Respectful	Online Relationships	Being Safe:	Caring Eriandahina	Mental Health	Year
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l l l l l l l l l l l l l l l l l l l			healthy meals.				

Year 6	Mental Health and Well-Being Families and People Who Care for Me: Diverse families and how these are all equal and should be	Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships FGM:	Being Safe: Developing the confidence and skills to know when, who and how to ask for help independently or with support	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	Respectful Relationships: Realising the nature and consequences of discrimination, including the use of prejudice-based language	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
	valued and celebrated. NSPCC PANTS Helping Hand World Mental Health Day	Knowing some cultural practises are against British Law, including FGM Money and Me: A Fair Day's Pay* if time Inclusion, belonging and extremism: How attitudes and opinions can sometimes be influences by being exposed to prejudiced or extremist views. How to resist and challenge viewpoints. Anti-bullying Week	Adolescent Body: Explaining what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs. Well Being Wednesday Children's Mental Health Week LGBT+ month	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	Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs Mental Health Awareness Week	Basic First Aid: Knowing when it is safe to give first aid, call for help and what to do in an emergency *Careers lessons PSHE Association Road, Sun and Sea Safety Diversity Week