

St Margaret's Primary School PSHE/RSE Curriculum

Early Years

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
<p>Learning:</p> <ul style="list-style-type: none"> * To explore and understand their feelings *Identify when they may be feeling something *Begin learning how to communicate and cope with their feelings and emotions 	<p>Learning about:</p> <ul style="list-style-type: none"> *Why families and special people are valuable, *Understand why it is important to share and developing strategies to help with this *Seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences 	<p>Learning to:</p> <ul style="list-style-type: none"> * Consider why we have rule *The importance of persistence and perseverance in the face of challenges *Learning how to communicate effectively with others *Practicing 'grounding' coping strategies 	<p>Learning to:</p> <ul style="list-style-type: none"> * Listen to stories to practise their comprehension skills *Play games which require them to listen carefully to instructions to succeed *Considering how rumours can spread quickly and change as they do so 	<p>Learning about:</p> <ul style="list-style-type: none"> * Exploring cultural festivals that are important to individuals *Reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend *Exploring how kind words make others feel good *Recognising the value in working together as a team. 	<p>Learning:</p> <ul style="list-style-type: none"> *Why exercise is important for our physical and mental health *Considering the effect of different types of exercise on the body *Discussing some of the ways in which we can take care of ourselves *Learning how to travel safely as a pedestrian *Considering the importance of making balanced food choices.

Year 1

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Learning about: * How families can be different * The characteristics and impact of positive friendships * Learning that issues can be overcome * That people show feelings differently * That stereotyping is unfair	Learning about: * Personal qualities * Strategies to manage feelings * Impact of sleep and relaxation on wellbeing * Importance of hand washing and sun protection * Dealing with allergic reactions * People in the community who keep us healthy	Learning about: * How to respond to adults in different situations; * Distinguishing appropriate and inappropriate physical contact; * Understanding what to do if lost * How to call the emergency services; * Identifying hazards in the home * People in the community who keep us safe	Learning about: * The importance of rules and consequences of not following them * Caring for the needs of babies, young children and animals * Exploring our similarities and differences * An introduction to democracy	Learning about: * What money is and where it comes from * How to keep cash safe * The function of banks and building societies * Spending and saving * Some job roles in and out of school.	Learning about: * Strengths and transition

Year 2

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
<p>Learning:</p> <ul style="list-style-type: none"> *That families are composed of different people who offer each other care and support *How other people show their feelings and how to respond. *Looking at conventions of manners *Developing an understanding of self-respect 	<p>Learning:</p> <ul style="list-style-type: none"> *About the benefits of exercise and relaxation on physical health and wellbeing *Strategies to manage different emotions *Setting goals *Developing a growth mind set *Understanding dental hygiene. 	<ul style="list-style-type: none"> * Developing understanding of safety: roads and medicines and online safety; *Distinguishing secrets from Surprises *Naming body parts *Looking at the concept of privacy. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Rules outside school *Caring for the school and local Environment *Exploring the roles people have within the local community *Learning how school councils work and voicing an opinion. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Where money comes from *How to look after money *How we use money *Looking at careers and jobs. 	<p>Learning about:</p> <ul style="list-style-type: none"> *Change causes mixed feelings

Year 3

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
<p>Learning:</p> <ul style="list-style-type: none"> *How to resolve relationship problems *Effective listening skills and about non-verbal communication *Looking at the impact of bullying and what action can be taken *Exploring trust and who to trust *That stereotyping can exist. 	<p>Learning:</p> <ul style="list-style-type: none"> * To understand that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation *Exploring identity through groups we belong to *How our strengths can be used to help others *Learning how to solve problems by breaking them down. 	<p>Learning about:</p> <ul style="list-style-type: none"> * How to call the emergency services *How to respond to bites and stings * To be a responsible digital citizen *Learning about Cyberbullying *Identifying unsafe digital content and influences *Making independent choices *An awareness of road safety 	<p>Learning about:</p> <ul style="list-style-type: none"> * Learning about children's rights *Exploring why we have rules *The roles of local community groups, charities *Recycling *An introduction to local democracy. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Introduction to creating a budget *Learning about the different ways of paying *The emotional impact of money *The ethics of spending *Thinking about potential jobs *Learning about stereotypes 	<p>Learning about:</p> <ul style="list-style-type: none"> *Coping strategies

Year 4

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
<p>Learning:</p> <ul style="list-style-type: none"> * That families are varied and differences must be respected *Understanding physical and emotional boundaries in friendships *The roles of bully, victim and bystander *How behaviour affects others *Appropriate manners *Bereavement. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Developing emotional maturity; learning that we experience a range of emotions and are responsible for these *Appreciating the emotions of others *Developing a growth mindset *Identifying calming activities *Developing independence in dental hygiene. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Building awareness of online safety and benefits and risks of sharing information online *The difference between private and public *Age restrictions *The physical and emotional changes in puberty *The risks associated with tobacco *How to help someone with asthma. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Human rights *Caring for the environment *Exploring the role of groups within the local community *Appreciating community diversity *Looking at the role of local government. 	<p>Learning about:</p> <ul style="list-style-type: none"> * Exploring: choices associated with Spending *What makes something good value for money *Stereotypes in the workplace *Career aspirations *What influences career choices. 	<p>Learning about:</p> <ul style="list-style-type: none"> *Setting goals

Year 5

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Learning about: * Developing an understanding of families, including marriage *Of what to do if someone feels unsafe in their family *That issues can strengthen a friendship *Exploring the impact of bullying and what influences a bully's behaviour *Learning to appreciate our attributes.	Learning: * To take greater responsibility for sleep *Importance of sun safety *Healthy eating *Managing Feelings *Setting goals and embracing failure *Understanding the importance of rest and relaxation.	Learning about: * The emotional and physical changes of puberty, including menstruation; Learning about online safety and influence, *Strategies to overcome potential dangers *How to administer first aid to someone who is bleeding.	Learning about: * The justice System *How parliament works *The role of pressure groups *Learning about rights and Responsibilities *The impact of energy on the planet *Contributing to the community.	Learning: * About income and expenditure *Borrowing money *Risks with money *Career choices Finance and feelings *Stereotypes in the workplace.	Learning about: *Roles and response

Year 6

Autumn 1	Autumn 2 Spring 1	Spring 1 Spring 2	Summer 1	Summer 1 Summer 2	Summer 2
Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing & Identity	Transition
Learning: * To resolve conflict through negotiation and compromise * About respect * Understanding that everyone deserves to be respected * About grief.	Learning about: * Diet * Oral hygiene * Physical activity * The facts around immunisation. * Exploring rest and relaxation and how they affect physical and mental health. * Strategies for being resilient in challenging situations * Planning for long-term goals.	Learning about: * The reliability of online information * The changes experienced during puberty * How a baby is conceived and develops * The risks associated with alcohol * How to administer first aid to someone who is choking or unresponsive.	Learning about: * Human rights * Food choices and the environment * Caring for others, * Recognising Discrimination * Valuing diversity * National democracy.	Learning about: * Attitudes to money * How to keep money safe, banks and Organisations * The risks of gambling * Career paths * The variety of different jobs available. Two lessons on the theme of: * Personal identity * Body image.	Learning about: * Dealing with change