



# Coupe Green Primary School

## PSHE/RSE Unit Coverage

### Cycle A



Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Acorn</b>	<p><b><u>Self-Regulation: My feelings</u></b></p> <ul style="list-style-type: none"> <li>- Identifying my feelings</li> <li>- Feeling jars</li> <li>- Coping strategies</li> <li>- Describing feelings</li> <li>- Facial expressions</li> <li>- Creating a calm corner</li> </ul>	<p><b><u>Building Relationships: Special relationships</u></b></p> <ul style="list-style-type: none"> <li>- My family</li> <li>- Special people</li> <li>- Sharing</li> <li>- I am unique</li> <li>- My interests</li> <li>- Similarities and differences</li> </ul>	<p><b><u>Managing self: Taking on Challenges</u></b></p> <ul style="list-style-type: none"> <li>- Why do we have rules?</li> <li>- Building towers</li> <li>- Team den building</li> <li>- Grounding</li> <li>- Team races</li> <li>- Circus skills</li> </ul>	<p><b><u>Self-Regulation: listening and following instructions</u></b></p> <ul style="list-style-type: none"> <li>- Simon says</li> <li>- Listening to a story</li> <li>- Pass the whisper</li> <li>- Obstacle races</li> <li>- Blindfold walk</li> <li>- Treasure hunt</li> </ul>	<p><b><u>Building Relationships: My family and friends</u></b></p> <ul style="list-style-type: none"> <li>- Festivals</li> <li>- Sharing</li> <li>- What makes a good friend?</li> <li>- Being a good friend</li> <li>- Teamwork</li> <li>- Celebrating Friendships</li> </ul>	<p><b><u>Managing self: My Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- What is exercise?</li> <li>- Yoga and relaxation</li> <li>- Looking after ourselves</li> <li>- Being a safe pedestrian</li> <li>- Eating healthy</li> <li>- A rainbow of food</li> </ul>
<b>Oak</b>	<p><b><u>Online Safety</u></b></p> <ul style="list-style-type: none"> <li>- Owning your creative work</li> <li>- Safe image searching</li> <li>- Staying SMART online</li> <li>- My Personal information</li> <li>- What is email?</li> </ul>	<p><b><u>Family and Relationships</u></b></p> <ul style="list-style-type: none"> <li>- What is family?</li> <li>- What are friendships?</li> <li>- Recognising other people's emotions</li> <li>- Working with others</li> <li>- Friendship problems</li> <li>- Healthy friendships</li> <li>- Gender stereotypes</li> </ul>	<p><b><u>Health and Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- Understanding my emotions</li> <li>- What am I like?</li> <li>- Ready for bed</li> <li>- Relaxation</li> <li>- hand washing and personal hygiene</li> <li>- Sun safety</li> <li>- Allergies</li> <li>- People who help us keep healthy</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>- Rules</li> <li>- Caring for others: Animals</li> <li>- The needs of others</li> <li>- Similar, yet different</li> <li>- Belonging</li> <li>- Democratic decisions</li> </ul>	<p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- Introduction to money</li> <li>- Looking after money</li> <li>- Banks and building societies</li> <li>- Saving and spending</li> <li>- Jobs in school</li> <li>-</li> </ul>	<p><b><u>Safety and the Changing Body</u></b></p> <ul style="list-style-type: none"> <li>- Adults in school</li> <li>- Adults outside school</li> <li>- Getting lost</li> <li>- Making an emergency phone call</li> <li>- Appropriate contact</li> <li>- Safety with substances</li> <li>- Safety at home</li> <li>- People who help to keep us safe.</li> </ul>
<b>Elm</b>	<p><b><u>Online Safety</u></b></p> <ul style="list-style-type: none"> <li>- Digital footprints</li> </ul>	<p><b><u>Family and Relationships</u></b></p>	<p><b><u>Health and Wellbeing</u></b></p>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>- Rules beyond school</li> </ul>	<p><b><u>Economic Wellbeing</u></b></p>	<p><b><u>Safety and the Changing Body</u></b></p>

	<ul style="list-style-type: none"> <li>- Keywords</li> <li>- You be the judge</li> <li>- Rate and review</li> <li>- Being kind online</li> </ul>	<ul style="list-style-type: none"> <li>- Families offer stability and love</li> <li>- Families are all different</li> <li>- Other people's feelings</li> <li>- Unhappy friendships</li> <li>- Introduction to manners and courtesy</li> <li>- Change and loss</li> <li>- Gender stereotypes: Careers and jobs</li> </ul>	<ul style="list-style-type: none"> <li>- Experiencing different emotions</li> <li>- Being active</li> <li>- Relaxation: breathing exercises</li> <li>- Steps to success</li> <li>- Developing a growth mindset</li> <li>- Healthy diet</li> <li>- Looking after teeth</li> </ul>	<ul style="list-style-type: none"> <li>- Our environment</li> <li>- Job roles in our local community</li> <li>- School council</li> </ul>	<ul style="list-style-type: none"> <li>- Where money comes from</li> <li>- Needs and wants</li> <li>- Looking after money</li> <li>- Jobs</li> </ul>	<ul style="list-style-type: none"> <li>- Introduction to the internet</li> <li>- Communicating online</li> <li>- Appropriate contact: My private parts are private</li> <li>- Respecting personal boundaries</li> <li>- Road safety</li> <li>- Staying safe with medicine</li> </ul>
<b>Ash</b>	<p><b><u>Online Safety</u></b></p> <ul style="list-style-type: none"> <li>- Cyberbullying</li> <li>- Super searches</li> <li>- Copycats</li> <li>- Too much information</li> <li>- The Online Community</li> <li>- Cyber superheroes</li> </ul>	<p><b><u>Family and Relationships</u></b></p> <ul style="list-style-type: none"> <li>- Friendship issues and bullying</li> <li>- Stereotyping: gender</li> <li>- Stereotyping: Age and Disability</li> <li>- Healthy friendships: boundaries</li> <li>- Learning who to trust</li> <li>- Bereavement</li> </ul>	<p><b><u>Health and Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- My healthy diary</li> <li>- Diet and dental health</li> <li>- Relaxation: stretches</li> <li>- Wonderful me</li> <li>- My Superpowers</li> <li>- Celebrating mistakes</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>- Recycling / reusing</li> <li>- Local community: buildings and groups</li> <li>- Local council and democracy</li> <li>- Rules</li> <li>- Rights of the child</li> <li>- What are human rights?</li> </ul>	<p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- Spending choices</li> <li>- Budgeting</li> <li>- Money and emotions</li> <li>- Jobs and carers</li> <li>- Gender and carers</li> </ul>	<p><b><u>Safety and the Changing Body</u></b></p> <p>RSE lessons taught in individual year groups</p> <p><b>Year 3</b></p> <ul style="list-style-type: none"> <li>- First aid: Emergencies and calling for help</li> <li>- Be kind online</li> <li>- Cyberbullying</li> <li>- Fake emails</li> <li>- Influences</li> <li>- Keeping safe out and about</li> </ul> <p><b>Year 4</b></p> <ul style="list-style-type: none"> <li>- Internet safety: Age restrictions</li> <li>- First aid: asthma</li> <li>- Privacy and secrecy</li> <li>- Growing up</li> <li>- Introducing puberty</li> <li>- Tobacco</li> </ul>
<b>Maple</b>	<b><u>Online Safety</u></b>	<b><u>Family and Relationships</u></b>	<b><u>Health and Wellbeing</u></b>	<b><u>Citizenship</u></b>	<b><u>Economic Wellbeing</u></b>	<b><u>Safety and the Changing Body</u></b>

	<ul style="list-style-type: none"> <li>- What is spam?</li> <li>- Sites to cite</li> <li>- Powerful Passwords</li> <li>- False Photography</li> <li>- Online Safety Comics</li> </ul>	<ul style="list-style-type: none"> <li>- What makes a good friend?</li> <li>- Respect</li> <li>- Respecting myself</li> <li>- Marriage</li> <li>- Bullying</li> <li>- Stereotyping</li> <li>- Challenging stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>- Relaxation: Yoga</li> <li>- The importance of rest</li> <li>- Embracing failure</li> <li>- Going for goals</li> <li>- Taking responsibility for my feelings</li> </ul>	<ul style="list-style-type: none"> <li>- Breaking the law</li> <li>- Prejudice and discrimination</li> <li>- Protecting the planet</li> <li>- Contributing to the community</li> <li>- Parliament and national democracy</li> </ul>	<ul style="list-style-type: none"> <li>- Borrowing</li> <li>- Income and expenditure</li> <li>- Prioritising spending</li> <li>- Risks with money</li> <li>- Careers</li> </ul>	<p><b>RSE lessons taught in individual year groups</b></p> <p><b>Year 4</b></p> <ul style="list-style-type: none"> <li>- Internet safety: Age restrictions</li> <li>- First aid: asthma</li> <li>- Privacy and secrecy</li> <li>- Growing up</li> <li>- Introducing puberty</li> <li>- Tobacco</li> </ul> <p><b>Year 5</b></p> <ul style="list-style-type: none"> <li>- Online friendships</li> <li>- Staying safe online</li> <li>- Puberty</li> <li>- Menstruation</li> <li>- Emotional changes in puberty</li> <li>- First aid</li> <li>- Alcohol and drugs</li> <li>- First aid</li> <li>- Alcohol and drugs</li> </ul>
<b>Elder</b>	<p><b><u>Online Safety</u></b></p> <ul style="list-style-type: none"> <li>- Cyberbullying</li> <li>- Secure websites</li> <li>- Online relationships</li> <li>- Media Stereotypes</li> <li>- How to be SMART</li> <li>- Test your team</li> </ul>	<p><b><u>Family and Relationships</u></b></p> <ul style="list-style-type: none"> <li>- What makes a good friend?</li> <li>- Respect</li> <li>- Respecting myself</li> <li>- Marriage</li> <li>- Bullying</li> <li>- Stereotyping</li> <li>- Challenging stereotypes</li> </ul>	<p><b><u>Health and Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- Relaxation: Yoga</li> <li>- The importance of rest</li> <li>- Embracing failure</li> <li>- Going for goals</li> <li>- Taking responsibility for my feelings</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>- Breaking the law</li> <li>- Prejudice and discrimination</li> <li>- Protecting the planet</li> <li>- Contributing to the community</li> <li>- Parliament and national democracy</li> </ul>	<p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>- Borrowing</li> <li>- Income and expenditure</li> <li>- Prioritising spending</li> <li>- Risks with money</li> <li>- Careers</li> </ul>	<p><b><u>Safety and the Changing Body</u></b></p> <p><b>RSE lessons taught in individual year groups</b></p> <p><b>Year 5</b></p> <ul style="list-style-type: none"> <li>- Online friendships</li> <li>- Staying safe online</li> <li>- Puberty</li> <li>- Menstruation</li> <li>- Emotional changes in puberty</li> <li>- First aid</li> <li>- Alcohol and drugs</li> </ul> <p><b>Year 6</b></p>

						<ul style="list-style-type: none"><li>- Alcohol</li><li>- Social media</li><li>- Physical and emotional changes of puberty*</li><li>- Conception*</li><li>- Pregnancy and birth</li><li>- First aid</li></ul> <p>*parents have the right to withdraw their child from lesson</p>
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