



Coupe Green Primary School

PSHE/RSE Unit Coverage

Cycle A



Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Acorn	<u>Self-Regulation: My feelings</u> - Identifying my feelings - Feeling jars - Coping strategies - Describing feelings - Facial expressions - Creating a calm corner	<u>Building Relationships: Special relationships</u> - My family - Special people - Sharing - I am unique - My interests - Similarities and differences	<u>Managing self: Taking on Challenges</u> - Why do we have rules? - Building towers - Team den building - Grounding - Team races - Circus skills	<u>Self-Regulation: listening and following instructions</u> - Simon says - Listening to a story - Pass the whisper - Obstacle races - Blindfold walk - Treasure hunt	<u>Building Relationships: My family and friends</u> - Festivals - Sharing - What makes a good friend? - Being a good friend - Teamwork - Celebrating Friendships	<u>Managing self: My Wellbeing</u> - What is exercise? - Yoga and relaxation - Looking after ourselves - Being a safe pedestrian - Eating healthy - A rainbow of food
Oak	<u>My Healthy Self</u> - Basic emotions - Different feelings, same situation - Comfortable and uncomfortable emotions - Supporting my wellbeing - Manage difficult feelings - Express feelings, seek support	<u>Connecting with Others</u> - Celebrate personal strengths - Value others' uniqueness - Family love and care - Safe people and places - Qualities of friendship - Solve disagreements - Kind words matter	<u>The Online World</u> - Everyday online activities - Online and offline - Kindness online matters - Balance screen time - Report inappropriate content - Stay safe online	<u>Citizenship</u> - Needs of babies and toddlers - Caring for animals - Looking after our school environment - Sharing ideas respectfully - How people look after our environment - How rules help people	<u>Health Protection</u> - How germs spread - Correct handwashing - Dress for weather - Stay safe in heat - Health workers' roles - Describe feeling unwell - Getting adult help - What is an emergency? - Calling 999	<u>Staying Safe</u> - Safe and unsafe items - Safe body choices - Follow safety rules - Recognise warning signs - Road safety awareness - Trusted adults
Elm	<u>My Healthy Self</u> - Benefits of movement - Healthy sleep habits - Healthy food choices - Water supports health	<u>Connecting with Others</u> - Our similarities and differences - Everyone is unique - Kindness to others	<u>The Online World</u> - Online activities - What is sharing online? - Keep information private	<u>Citizenship</u> - Communities we belong to - Contributing to a community	<u>Growing Up</u> - Physical changes - Body changes - Developing new skills - Personal body	<u>Staying Safe</u> - My body is special - Know PANTS rules - Recognise dangers - Recall safety rules

	- Brush teeth correctly - Healthy daily routines	- Different families - Help with friendships - Identify trusted adults - Recognise bullying	- Is everything real online? - Recognise online concerns - Online safety rules	- Jobs in our local community - How different jobs help people - What is money? - Where does money come from?	- boundaries - Correct body part names - Protect private parts - Respect privacy - Trusted adults for support	- Tell safe adults - Water can harm - Water safety rules
Ash	<u>Connecting with Others</u> - Recognise self-respect - Value personal strengths - Build self-confidence - Communicate personal boundaries - Treat others respectfully - Support good friendships - Manage minor conflicts - Identify bullying behaviours	<u>The Online World</u> - Identify internet uses - Communicate respectfully online - Understand online harm and cyberbullying behaviours - Evaluate friend requests - Recognise age suitability - Report online concerns	<u>Citizenship</u> - Name different jobs - How people train for a career - Influencing career choices - Identify my own strengths and skills - Useful skills for different jobs - Gender stereotypes and jobs - How to challenge a gender stereotype - Why people might change careers	<u>Staying Safe</u> - Identify warning signs that something is unsafe - Know how to get help - Plan ahead and recognize hazards - Cross roads safely - Understand water hazards - Helpful and harmful medicines	<u>The Online World</u> - Benefits and challenges of internet use - Age restriction symbols - Misleading information online - Checking reliability of information online - Compare information from different sources - Checking multiple sources	RSE lessons taught in individual year groups <u>Y3 Health Protection</u> - Exploring hygiene - Sun safety - What are vaccines? - Basic first aid - Emergencies and calling for help <u>Y4 Growing Up</u> - Understand body boundaries - Identify puberty changes - Changing emotions - Understand periods - Respectful body language - Trusted adults for support
Maple	<u>Connecting with Others</u> - Influences that shape identity - Identity, behaviour and choices - Commitment in families - Support and protection in families - Healthy friendships - Maintaining and repairing friendships - Self-regulation	<u>The Online World</u> - Understand online influence - Identify influence methods online - Separate fact from opinion - Identify misleading intent - Evaluate content reliability - Report misleading content	<u>Citizenship</u> - Difference in needs and wants - Sources of income and types of expenditure - Making a weekly budget - How loans work - Evaluate whether a loan is sensible - Identify where money might be at risk - Strategies for keeping	<u>The Online World</u> - Understand platform engagement - Online gaming risks - Analyse emotional influence online - Respond to harmful behaviour online - Evaluate the impact of posting online - Promote positive responses online	<u>Staying Safe</u> - Identify situational hazards - Factors that increase personal risk - Responding to accidents and emergencies - Travelling safely independently - Water safety choices - Resisting peer pressure - Risks and consequences	RSE lessons taught in individual year groups <u>Y4 Growing Up</u> - Body boundaries - Puberty changes - Changing emotions - Understand periods - Respectful body language - Trusted adults for support <u>Y5 Growing Up</u> - Physical changes

	techniques to stay calm - Being assertive		money safe - Risks and consequences of gambling		of drugs	during puberty - Manage personal hygiene - Navigate emotional changes - Identify trusted adults - Managing periods - Establish personal boundaries
Elder	<u>Connecting with Others</u> - Influences that shape identity - Identity, behaviour and choices - Commitment in families - Support and protection in families - Healthy friendships - Maintaining and repairing friendships - Self-regulation techniques to stay calm - Being assertive	<u>The Online World</u> - Understand online influence - Identify influence methods online - Separate fact from opinion - Identify misleading intent - Evaluate content reliability - Report misleading content	<u>Citizenship</u> - Difference in needs and wants - Sources of income and types of expenditure - Making a weekly budget - How loans work - Evaluate whether a loan is sensible - Identify where money might be at risk - Strategies for keeping money safe - Risks and consequences of gambling	<u>The Online World</u> - Understand platform engagement - Online gaming risks - Analyse emotional influence online - Respond to harmful behaviour online - Evaluate the impact of posting online - Promote positive responses online	<u>Staying Safe</u> - Identify situational hazards - Factors that increase personal risk - Responding to accidents and emergencies - Travelling safely independently - Water safety choices - Resisting peer pressure - Risks and consequences of drugs	RSE lessons taught in individual year groups <u>Y5 Growing Up</u> - Physical changes during puberty - Manage personal hygiene - Navigate emotional changes - Identify trusted adults - Managing periods - Establish personal boundaries <u>Y6 Growing Up</u> - Name private parts - Explain conception basics - Sequence pregnancy stages - Identify birth methods - Explore family diversity - Describe babies' needs - Explain what consent means and the legal age of consent