



Coupe Green Primary School

PSHE/RSE Unit Coverage

Cycle B



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

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

	<ul style="list-style-type: none"> - What is spam? - Sites to cite - Powerful Passwords - False Photography - Online Safety Comics 	<ul style="list-style-type: none"> - Friendship issues and bullying - Healthy families - Stereotyping: gender - Stereotyping: Age and Disability - How my behaviour affects others - Effective communication to support relationships - Respect and manners 	<ul style="list-style-type: none"> - My healthy diary - Looking after our teeth - Relaxation: visualisation - Meaning and purpose: My role - Emotions - Mental health 	<ul style="list-style-type: none"> - Recycling / reusing - Local community groups - Local council and democracy - Diverse communities - Rights of the child - Charity 	<ul style="list-style-type: none"> - Spending choices - Budgeting - Money and emotions - Jobs and carers - Jobs for me 	<p>RSE lessons taught in individual year groups</p> <p>Year 4</p> <ul style="list-style-type: none"> - Internet safety: Age restrictions - First aid: asthma - Privacy and secrecy - Growing up - Introducing puberty - Tobacco <p>Year 5</p> <ul style="list-style-type: none"> - Online friendships - Staying safe online - Puberty - Menstruation - Emotional changes in puberty - First aid - Alcohol and drugs - First aid - Alcohol and drugs
Elder	<p><u>Online Safety</u></p> <ul style="list-style-type: none"> - Cyberbullying - Secure websites - Online relationships - Media Stereotypes - How to be SMART - Test your team 	<p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> - Friendship skills - Respect - Resolving conflict - Family life - Stereotyping - Challenging stereotypes - Change and loss 	<p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> - Relaxation: Mindfulness - What can I be? - Taking responsibility for my health - The impact of technology on health - Resilience toolbox - Immunisation 	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> - Pressure groups - Valuing diversity - Food choices and the environment - Caring for others - Rights and responsibilities 	<p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> - Attitudes to money - Keeping money safe - Stereotypes in the workplace - Gambling - Careers 	<p><u>Safety and the Changing Body</u></p> <p>RSE lessons taught in individual year groups</p> <p>Year 5</p> <ul style="list-style-type: none"> - Online friendships - Staying safe online - Puberty - Menstruation - Emotional changes in puberty - First aid - Alcohol and drugs <p>Year 6</p>

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