



Coupe Green Primary School

PSHE/RSE Unit Coverage

Cycle B



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>Online Safety</u> - Owning your creative work - Safe image searching - Staying SMART online - My Personal information - What is email?	<u>Family and Relationships</u> - What is family? - What are friendships? - Recognising other people's emotions - Working with others - Friendship problems - Healthy friendships - Gender stereotypes	<u>Health and Wellbeing</u> - 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	<u>Citizenship</u> - Rules - Caring for others: Animals - The needs of others - Similar, yet different - Belonging - Democratic decisions	<u>Economic Wellbeing</u> - Introduction to money - Looking after money - Banks and building societies - Saving and spending - Jobs in school -	<u>Safety and the Changing Body</u> - 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	<u>Online Safety</u> - Digital footprints	<u>Family and Relationships</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u> - Rules beyond school	<u>Economic Wellbeing</u>	<u>Safety and the Changing Body</u>

	- Keywords - You be the judge - Rate and review - Being kind online	- 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	- Experiencing different emotions - Being active - Relaxation: breathing exercises - Steps to success - Developing a growth mindset - Healthy diet - Looking after teeth	- Our environment - Job roles in our local community - School council	- Where money comes from - Needs and wants - Looking after money - Jobs	- Introduction to the internet - Communicating online - Appropriate contact: My private parts are private - Respecting personal boundaries - Road safety - Staying safe with medicine
Ash	<u>Online Safety</u> - Cyberbullying - Super searches - Copycats - Too much information - The Online Community - Cyber superheroes	<u>Family and Relationships</u> - 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	<u>Health and Wellbeing</u> - My healthy diary - Looking after our teeth - Relaxation: visualisation - Meaning and purpose: My role - Emotions - Mental health	<u>Citizenship</u> - Recycling / reusing - Local community groups - Local council and democracy - Diverse communities - Rights of the child - Charity	<u>Economic Wellbeing</u> - Spending choices - Budgeting - Money and emotions - Jobs and carers - Jobs for me	<u>Safety and the Changing Body</u> RSE lessons taught in individual year groups Year 3 - First aid: Emergencies and calling for help - Be kind online - Cyberbullying - Fake emails - Influences - Keeping safe out and about Year 4 - 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>

	- What is spam? - Sites to cite - Powerful Passwords - False Photography - Online Safety Comics	- 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	- My healthy diary - Looking after our teeth - Relaxation: visualisation - Meaning and purpose: My role - Emotions - Mental health	- Recycling / reusing - Local community groups - Local council and democracy - Diverse communities - Rights of the child - Charity	- Spending choices - Budgeting - Money and emotions - Jobs and carers - Jobs for me	RSE lessons taught in individual year groups Year 4 - Internet safety: Age restrictions - First aid: asthma - Privacy and secrecy - Growing up - Introducing puberty - Tobacco Year 5 - Online friendships - Staying safe online - Puberty - Menstruation - Emotional changes in puberty - First aid - Alcohol and drugs - First aid - Alcohol and drugs
Elder	<u>Online Safety</u> - Cyberbullying - Secure websites - Online relationships - Media Stereotypes - How to be SMART - Test your team	<u>Family and Relationships</u> - Friendship skills - Respect - Resolving conflict - Family life - Stereotyping - Challenging stereotypes - Change and loss	<u>Health and Wellbeing</u> - Relaxation: Mindfulness - What can I be? - Taking responsibility for my health - The impact of technology on health - Resilience toolbox - Immunisation	<u>Citizenship</u> - Pressure groups - Valuing diversity - Food choices and the environment - Caring for others - Rights and responsibilities	<u>Economic Wellbeing</u> - Attitudes to money - Keeping money safe - Stereotypes in the workplace - Gambling - Careers	<u>Safety and the Changing Body</u> RSE lessons taught in individual year groups Year 5 - Online friendships - Staying safe online - Puberty - Menstruation - Emotional changes in puberty - First aid - Alcohol and drugs Year 6

						- Alcohol - Social media - Physical and emotional changes of puberty* - Conception* - Pregnancy and birth - First aid *parents have the right to withdraw their child from lesson
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