



Coupe Green
Primary School

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PSHE/RSE Unit Coverage

Cycle B



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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 - Brush teeth correctly - Healthy daily routines	<u>Connecting with Others</u> - Our similarities and differences - Everyone is unique - Kindness to others - Different families - Help with friendships -	<u>The Online World</u> - Online activities - What is sharing online? - Keep information private - Is everything real online?	<u>Citizenship</u> - Communities we belong to - Contributing to a community - Jobs in our local community	<u>Growing Up</u> - Physical changes - Body changes - Developing new skills - Personal body boundaries - Correct body part	<u>Staying Safe</u> - My body is special - Know PANTS rules - Recognise dangers - Recall safety rules - Tell safe adults - Water can harm

		Identify trusted adults - Recognise bullying	- Recognise online concerns - Online safety rules	- How different jobs help people - What is money? - Where does money come from?	names - Protect private parts - Respect privacy - Trusted adults for support	- Water safety rules
Ash	<u>My Healthy Self</u> - How minds and bodies are connected - Physical factors influencing feelings - Importance of sleep - Emotions affecting actions and decisions - Managing difficult emotions - Signs that someone needs help - Identify trusted adults	<u>Citizenship</u> - What are human rights? - Rights of children - Reducing what we use to help the environment - Reusing items to protect the environment - Why recycling is important - How local councils look after communities	<u>Connecting with Others</u> - Show respect in different places - Using positive self-talk - Trust in friendships - Set and respect personal boundaries - Resolving disagreements fairly - Understanding bystanders - Understanding stereotypes	<u>My Healthy Self</u> - The role of different food groups - Activities to stay active - Importance of diet and hydration - Signs of emotional or mental health challenges - Importance of asking for help - Fixed and growth mindsets	<u>Citizenship</u> - Name different payment methods - Advantages and disadvantages of payment methods - Track money spent, saved and left - What is a budget? - Is it value for money? - What influences people to spend? - How spending choices affect people - Feelings in money-related situations	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 - Understanding periods - Respectful body language - Trusted adults for support
Maple	<u>My Healthy Self</u> - How minds and bodies are connected - Physical factors influencing feelings - Importance of sleep - Emotions affecting actions and decisions - Managing difficult emotions - Signs that someone needs help - Identify trusted adults	<u>Citizenship</u> - What are human rights? - Rights of children - Reducing what we use to help the environment - Reusing items to protect the environment - Why recycling is important - How local councils look after communities	<u>Connecting with Others</u> - Show respect in different places - Using positive self-talk - Trust in friendships - Set and respect personal boundaries - Resolving disagreements fairly - Understanding bystanders - Understanding stereotypes	<u>My Healthy Self</u> - The role of different food groups - Activities to stay active - Importance of diet and hydration - Signs of emotional or mental health challenges - Importance of asking for help - Fixed and growth mindsets	<u>Citizenship</u> - Name different payment methods - Advantages and disadvantages of payment methods - Track money spent, saved and left - What is a budget? - Is it value for money? - What influences people to spend? - How spending choices affect people - Feelings in money-	RSE lessons taught in individual year groups <u>Y4 Growing Up</u> - Body boundaries - Puberty changes - Changing emotions - Understanding periods - Respectful body language - Trusted adults for support <u>Y5 Growing Up</u> - Physical changes during puberty - Manage personal

					related situations	hygiene - Navigate emotional changes - Identify trusted adults - Managing periods - Establish personal boundaries
Elder	<u>My Healthy Self</u> - Traffic light food labels - How active are we? - Light, moderate and vigorous activity - How physical activity supports the body and mind - Name and describe complex feelings - Ways to look after mental health	<u>Citizenship</u> - How to show care for others - How people contribute to the community - How the UK government works - The role of a local councillor - The role of pressure groups - How people influence government decisions	<u>Connecting with Others</u> - How values guide behaviour choices - Set a personal growth goal - Identifying disrespectful behaviours - Applying respectful behaviours - Defining personal boundaries - Identify stereotypes and discrimination - Safe responses to bullying	<u>My Healthy Self</u> - How to protect my teeth - Healthy food swaps - Past experiences influencing feelings - Regulating strong feelings - Growth and fixed mindset - Responding to setbacks - How unkind behaviour affects self-esteem	<u>Citizenship</u> - Exploring human rights - How the legal system helps uphold fairness - The consequences of breaking laws - Examine prejudice and discrimination - Identify ways to challenge stereotypes - Promoting equality and inclusion	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