

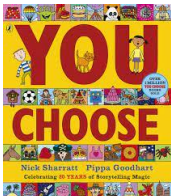






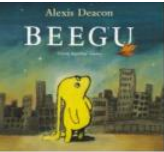

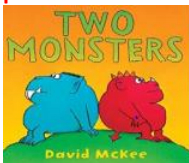
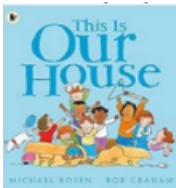
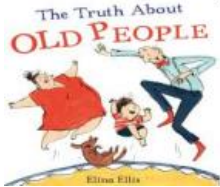



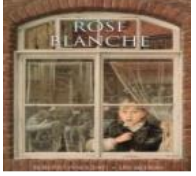

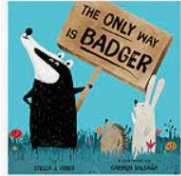




	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RECEPTION						
	<p>Being me in my World</p> <p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p>24 and 31: pieces 5 and 6</p>	<p>Celebrating Difference</p> <p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p> <p>24 and 31: pieces 5 and 6</p>	<p>Dreams and Goals</p> <p>Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p>Healthy Me</p> <p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> <p>24: pieces 1, 3, 4 and 5 31: pieces 1 and 2</p>	<p>Relationships</p> <p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p>30: piece 1</p>	<p>Changing Me</p> <p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> <p>24: piece 2</p>
	<p>To choose what I like</p> 	<p>It's ok to like different things</p> 			<p>All families are different; To celebrate my family</p> 	<p>To make a new friend</p> 
Links to PSHE Association				Mental health and emotional wellbeing pack	Asking for permission: https://tinyurl.com/linkPSHE	
YEAR 1						
	<p>Being me in my World</p> <p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p> <p>5: pieces 4, 5 and 6</p>	<p>Celebrating Difference</p> <p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p> <p>30: pieces 4,5 and 6</p>	<p>Dreams and Goals</p> <p>Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success</p>	<p>Healthy Me</p> <p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p> <p>24: pieces 1, 2, 3, 4 and 6</p>	<p>Relationships</p> <p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p> <p>24: pieces 1, 3 and 4 34: pieces 3 and 4</p>	<p>Changing Me</p> <p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p> <p>24: pieces 1, 2 and 3 34: piece 4</p>

	I like the way I am 	I share the world with lots of people 	What is resilience? 	Our bodies work in different ways 	To find ways to play together; to work together 	
Links to PSHE Association				Mental health and emotional wellbeing pack	Asking for permission: https://tinyurl.com/linkPSHE	
Purple Mash	Unit 1.1. (H11, R24)					Unit 1.9. Technology outside school links to H11
YEAR 2						
	Being me in my World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 3 and 20: pieces 2, 5 and 6	Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends 30: pieces 3 and 4	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 24: pieces 1, 4, 5 and 6	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 34: pieces 4, 5 and 6	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition 24: piece 4 34: piece 4 and 5
	To know I belong 	To welcome different people 	How do we understand each other? 	To have self confidence 	What makes a good friend 	Elmer and the gift 
Links to PSHE Association				Mental health and emotional wellbeing pack		
Purple Mash	Unit 2.2. Online safety – links to (H11 and H14 and R"4)	Unit 2.5 effective searching (links to H16)				

YEAR 3						
	<p>Being me in my World</p> <p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p> <p>5: pieces 5 and 6</p>	<p>Celebrating Difference</p> <p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p> <p>30: piece 1</p>	<p>Dreams and Goals</p> <p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Healthy Me</p> <p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off-line scenarios Respect for myself and others Healthy and safe choices</p> <p>24: pieces 1, 2, 3 and 6 33: piece 3</p>	<p>Relationships</p> <p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> <p>19, 24, 27, 31: piece 5</p>	<p>Changing Me</p> <p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> <p>24: pieces 3 and 4 34: pieces 3 and 4 30: piece 5</p>
						
Links to PSHE Association				Mental health and emotional wellbeing pack		
Online Safety		3.2 Online Safety (H12, H13, H14, H15)	3.5 email (H11, H15)		3.7 simulations (H14, H15)	
YEAR 4						
	<p>Being me in my World</p> <p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p> <p>1-42 piece 3, 5 and 6</p>	<p>Celebrating Difference</p> <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p> <p>23: piece 1 30: piece 3</p>	<p>Dreams and Goals</p> <p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Healthy Me</p> <p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <p>24: pieces 1, 3, 4 and 5</p>	<p>Relationships</p> <p>Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Changing Me</p> <p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p> <p>24: pieces 2 and 3 34: pieces 2 and 3</p>

	<p>Be proud of who I am</p> 	<p>Accept difference</p> 	<p>Mental health</p> 	<p>When to be assertive</p> 	<p>Find common ground</p> 	<p>Show acceptance (link to Refugee week)</p> 
<p>Links to PSHE Association</p>				<p>Mental health and emotional wellbeing pack</p>		
<p>Online Safety</p>		<p>4.2 online safety (H 11, H12, H13, H16)</p>			<p>4.7 effective search (H11, H16, H17)</p>	
<p>YEAR 5</p>						
	<p>Being me in my World</p> <p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p>1-42 piece 2 5 pieces 5 and 6</p>	<p>Celebrating Difference</p> <p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p> <p>30: pieces 1, 2, 3 and 6 24 and 32: piece 5</p>	<p>Dreams and Goals</p> <p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p> <p>24: pieces 4 and 5</p>	<p>Healthy Me</p> <p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p> <p>17: pieces 1, 4 6 and 24: pieces 1, 2, 4, 5 and 6</p>	<p>Relationships</p> <p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p> <p>24: piece 5 34: pieces 3, 4 and 5</p>	<p>Changing Me</p> <p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p> <p>24 pieces: 2,3,4 and 5</p>
	<p>Consider democracy</p> 	<p>Responses to racist behaviour</p> 	<p>Dialogue and opinions</p> 	<p>Explore friendship (link to International Women's Day)</p> 	<p>Consider consequences</p> 	

Links to PSHE Association				Mental health and emotional wellbeing pack	1. Giving and seeking permission 2. Personal boundaries 3. Appropriate and inappropriate touch https://tinyurl.com/linkPSHE	
Online Safety		5.2 online safety (H13, H15, H16, H17)		5.5. – game creator (H14)		
YEAR 6						
	Being me in my World Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 24 and 32: piece 2 24 and 27: piece 3 5 pieces: 5 and 6	Celebrating Difference Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 23 pieces: 1, 4, 5 and 6 30 pieces: 2, 3, 5 and 6	Dreams and Goals Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 23 piece: 3 24 piece: 5	Healthy Me Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress 24: piece 1 33 pieces: 2, 4 and 6	Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use 30 piece: 4, 17 piece 5	Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexing Transition 17 piece: 5 24 pieces: 2 and 3 34 pieces: 2 and 3
	Justify my actions 	Causes of racism 	To consider freedom of speech 	What do you need from me and what is a metaphor? 		Immigration (link to Refugee Week) 
Links to PSHE Association	https://tinyurl.com/worrynhs	https://tinyurl.com/Y6bullying		Mental health and emotional wellbeing pack https://tinyurl.com/wellbeingnhs https://tinyurl.com/sleepnhs	1. Giving and seeking permission 2. Personal boundaries 3. Appropriate and inappropriate touch https://tinyurl.com/linkPSHE	https://tinyurl.com/selfcarenhs
Online Safety		6.2 Online Safety (H12, H13, H15, H17)	6.4 Blogging (H11, H13, H15)	6.6 Networks (H13)		

OTHER LINKS						
Anti-bullying	Recruit The Diana Award Anti-Bullying Ambassadors	Anti-bullying week including Odd Socks Day		National Day of Action against Bullying		
British Value Link	Democracy - School Council Voting and ABA voting Respect and Tolerance (BHM) Individual liberty	Respect and Tolerance Rule of Law	Individual liberty Respect and Tolerance (online safety day; mental health week)	Rule of Law (bullying) Individual Liberty	Rule of Law Individual Liberty Respect and Tolerance	Individual Liberty Respect and Tolerance Democracy Rule of Law
Other links	Speak Out Stay Safe NSPCC virtual programme 36 – protection from exploitation; 34 – protection for sexual abuse; 42 – everyone must know children’s rights; 19 – protection from violence Black History Month 2 – no discrimination; 8 – identify; 30 – minority, culture, language and religion	Remembrance Day 38 – protection in war Road Safety Week	Children’s Mental Health Week https://www.childrensmentalhealthweek.org.uk/ and YoungMinds.org 6- life, development and survival; 3 – best interests of the child	World Book Day 28 – access to education Science Week 28 – access to education International Women’s Day	World Environment Day – 24 health, water, food, environment	School Diversity Week; 2 – no discrimination; 14- freedom of thought; 23 – children with disabilities; 30 – minority, culture, language and religion Refugee Week 22 – refugee children World Ocean Day – 24 health, water, food, environment

Right’s Respecting School link – see green text on LTP

In the online safety section, the H points refer to links in the Relationships Education guidance page 32 onwards

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf