



St Barnabas

Church of England Primary Academy

A member of **CDARI**

'Achieving great things through learning and growing together in a love-filled Christian family'

'That they shall have life, life in all its fullness!' John 10:10



Curriculum Overview PSHE & RSHE



<u>Year</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Key Dates <u>*to be evidenced</u>	World Mental Health Day- Friday 10th October	World Kindness Day - Thursday 13th November *Anti-Bullying Week 10th - 14th November Road Safety Week 17th -23rd November	*Children's Mental Health Week- 9th - 15th February *Safer Internet Day -Tuesday10th February	International Women's Day - Saturday 8th March World Health day - Tuesday 7th April Earth Day - Wednesday 22nd April	*Mental Health Awareness Week - 11th -17th May	LGBT Pride Month - June
<u>Cultural Capital IN PSHE & RSHE</u>						

<p><u>Personal Development</u></p>	<p>Citizenship, Personal, Social and Health Education provision; The school's wider pastoral framework; Growth mindset support – resilience development strategies; Transition support; Work to develop confidence e.g. role play, supporting peers; Activities focused on building self-esteem; Residential Visits - Years 4-6 . Year 3 day visits Mental Health & well-being provision. Regular visitors to inspire the children's life journeys. opportunities for children to grow their awareness of the needs of others around them.</p>
<p><u>Social Development</u></p>	<p>Personal, Social and Health Education provision; Charitable work and supporting the wider community such as Rota Kids. Pupil Voice – Voice 21, School Council ,WOW, Wellbeing Warriors. Child and Family Support Worker support; Provisions linked to the school's credibility service Pastoral support from all staff Regular experiences and opportunities to help children understand their role in working with and looking after others.</p>
<p><u>Physical Development</u></p>	<p>The Physical Education curriculum; Healthy Eating policies and catering provision; Anti-bullying and safeguarding policies and strategies The Health Education dimension of the PSHE programme, including strands on drugs, smoking and alcohol; The extra-curricular clubs related to sports and well-being; The celebration of sporting achievement including personal fitness and competitive sport; Activity-based residential visits - Year 4 to The Anderton Centre and Year 5 to PGL Winmarleigh. Year 3 OAA day visit to Rock and River. Design and Technology units related to food preparation and nutrition; Bikeability for Year 5, Move and Learn Programme and Year 3 further Swimming provision.</p>
<p><u>Spiritual Development</u></p>	<p>The Religious Education Curriculum; Collective Worship, Class Worship, Celebration Worship Support for the expression of individual faiths, Inter-faith and faith-specific activities and visitors; Visits to religious buildings and centres; Celebrating the diversity of cultures and beliefs in our own school.</p>
<p><u>Moral Development</u></p>	<p>The PSHE & RSHE Curriculum; The school's Behaviour policy; Contributions to local, national and international charitable projects. Worships, newsround and class based discussions such as Smart School Council School Values Picture News</p>
<p><u>Cultural Development</u></p>	<p>Citizenship education through PSHE; Access to the Arts and Arts education including Music and Drama in Junior Jam sessions Access to the languages and cultures of other countries through the curriculum, trips and visits such as London for Year 6, Understanding of cultures through</p>

current affairs and discussion. Worships and time for reflection Promotion of racial equality and community cohesion through the school's ethos, informing all policy and practice.

<p>EYFS</p> 	<p><u>Me and My Relationships/Rights and Respect</u></p> <p>New rules</p> <p>Likes and dislikes</p> <p>School routine</p> <p>Feelings</p> <p>My special people</p> <p>Who can help me?</p> <p>Making friends</p> <p>Sharing</p> <p>Turn taking</p> <p>Home time safety</p> <p>Personal hygiene</p>	<p><u>Valuing Difference</u></p> <p>Same and different</p> <p>Caring</p> <p>Being a good friend</p> <p>Dressing and undressing</p> <p>Road safety</p> <p>Pants rule</p>	<p><u>Keeping Safe</u></p> <p>What's safe to go into my body</p> <p>Keeping myself safe</p> <p>Online safety week</p> <p>Mental health week</p> <p>Safe indoors and outdoors</p> <p>Listening to my feelings</p> <p>Keeping safe online</p>	<p><u>Being my Best (i)</u></p> <p>Dental hygiene</p> <p>Looking after people</p> <p>Being helpful</p> <p>Caring for our world</p> <p>Looking after money</p>	<p><u>Being my Best (ii)</u></p> <p>Bouncing back when things go wrong</p> <p>Healthy eating</p> <p>Healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p>	<p><u>Growing and Changing</u></p> <p>Seasons,</p> <p>Life stages</p> <p>Where do babies come from?</p> <p>Getting bigger</p> <p>Me and my body</p>
---	---	--	--	--	---	--

<p>Year 1</p> 	<p><u>Me and My Relationships</u></p> <p>Why we have classroom rules</p> <p>How are you listening</p> <p>Thinking about feelings</p> <p>Our feelings</p> <p>Feelings and bodies</p> <p>Good friends</p>	<p><u>Keeping Safe</u></p> <p>Super sleep</p> <p>Who can help? (1)</p> <p>Good or bad touches?</p> <p>Sharing pictures</p> <p>What could Harold do?</p> <p>Harold loses Geoffrey</p>	<p><u>Being my Best</u></p> <p>I can eat a rainbow</p> <p>Eat well</p> <p>Harold's wash and brush up</p> <p>Catch it! Bin it! Kill it!</p> <p>Harold learns to ride his bike</p> <p>Pass on the praise!</p> <p>Inside my wonderful body! (OPTIONAL)</p>	<p><u>Valuing Difference</u></p> <p>Lesson Plans</p> <p>Same or different?</p> <p>Unkind, tease or bully?</p> <p>Harold's school rules</p> <p>It's not fair!</p> <p>Who are our special people?</p> <p>Our special people balloons</p>	<p><u>Rights and Respect</u></p> <p>Harold has a bad day</p> <p>Around and about the school</p> <p>Taking care of something</p> <p>Harold's money</p> <p>How should we look after our money?</p> <p>Basic first aid</p>	<p><u>Growing and Changing</u></p> <p>Healthy me</p> <p>Then and now</p> <p>Taking care of a baby</p> <p>Who can help? (2)</p> <p>Surprises and secrets</p> <p>Keeping privates private</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit</p> <p>Assessment :Y1/P2</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y1/P2</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y1/P2</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y1/P2</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y1/P2</p>	<p>Being My Best - Pre and Post Unit Assessment: Y1/P2</p>

<p>Year 2</p> 	<p><u>Me and My Relationships</u></p> <p>Our ideal classroom (1)</p> <p>How are you feeling today?</p> <p>Let's all be happy!</p> <p>Being a good friend</p> <p>Don't do that!</p>	<p><u>Valuing Difference</u></p> <p>What makes us who we are?</p> <p>My special people</p> <p>How do we make others feel?</p> <p>When someone is feeling left out</p> <p>An act of kindness</p> <p>Solve the problem</p>	<p><u>Growing and Changing</u></p> <p>A helping hand-</p> <p>Sam moves away</p> <p>Haven't you grown!</p> <p>My body, your body</p> <p>Respecting privacy</p> <p>Some secrets should never be kept</p>	<p><u>Rights and Respect</u></p> <p>Getting on with others</p> <p>When I feel like erupting</p> <p>Feeling safe</p> <p>Playing games</p> <p>Harold saves for something special</p> <p>Harold goes camping (OPTIONAL)</p> <p>How can we look after our environment?</p>	<p><u>Keeping Safe</u></p> <p>Harold's picnic</p> <p>How safe would you feel?</p> <p>What should Harold say?</p> <p>I don't like that!</p> <p>Fun or not?</p> <p>Should I tell?</p>	<p><u>Being my Best</u></p> <p>You can do it!</p> <p>My day</p> <p>Harold's postcard - helping us to keep clean and healthy</p> <p>Harold's bathroom</p> <p>What does my body do?</p> <p>My body needs... (OPTIONAL)</p> <p>Basic first aid</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit Assessment: Y2/P3</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y2/P3</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y2/P3</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y2/P3</p>	<p>Being My Best - Pre and Post Unit Assessment: Y2/P3</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y2/P3</p>
<p>Year 3</p> 	<p>Me and my Relationships</p> <p>As a rule</p>	<p>Keeping Safe</p> <p>Safe or unsafe?</p> <p>Danger or risk?</p>	<p>Being my Best</p> <p>Derek cooks dinner! (healthy eating)</p>	<p>Valuing Difference</p> <p>Respect and challenge</p> <p>Family and friends</p>	<p>Rights and Respect</p> <p>Helping each other to stay safe</p> <p>Recount task</p>	<p>Growing and Changing</p> <p>Relationship tree</p> <p>Body space</p>

	<p>Looking after our special people</p> <p>How can we solve this problem?</p> <p>Tangram team challenge (OPTIONAL)</p> <p>Friends are special</p> <p>Thunks</p> <p>Dan's dare</p> <p>My special pet (OPTIONAL)</p>	<p>The Risk robot</p> <p>Super Searcher</p> <p>Help or harm?</p> <p>Alcohol and cigarettes: the facts</p> <p>Raisin challenge (1) (OPTIONAL)</p>	<p>Poorly Harold</p> <p>Body teamwork</p> <p>For or against?</p> <p>I am fantastic!</p> <p>Top talents</p> <p>Getting on with your nerves! (OPTIONAL)</p>	<p>My community</p> <p>Our friends and neighbours</p> <p>Let's celebrate our differences</p> <p>Zeb</p>	<p>Our helpful volunteers</p> <p>Can Harold afford it?</p> <p>Earning money</p> <p>Harold's environment project</p> <p>Let's have a tidy up! (OPTIONAL)</p>	<p>None of your business!</p> <p>Secret or surprise?</p> <p>My changing body</p> <p>Basic first aid</p>
Assessment Plans	Me and My Relationships - Pre and Post Unit Assessment: Y3/P4	Keeping Safe - Pre and Post Unit Assessment: Y3/P4	Being My Best - Pre and Post Unit Assessment: Y3/P4	Valuing Difference - Pre and Post Unit Assessment: Y3/P4	Rights and Respect - Pre and Post Unit Assessment: Y3/P4	Growing and Changing - Pre and Post Unit Assessment: Y3/P4

<p>Year 4</p> 	<p>Me and My Relationships</p> <p>Human machines</p> <p>Ok or not ok? (part 1)</p> <p>Ok or not ok? (part 2)</p> <p>An email from Harold!</p> <p>Different feelings</p> <p>When feelings change (OPTIONAL)</p> <p>Under pressure</p>	<p>Valuing Difference</p> <p>Can you sort it?</p> <p>What would I do?</p> <p>The people we share our world with</p> <p>That is such a stereotype!</p> <p>Friend or acquaintance?</p> <p>Islands</p>	<p>Keeping Safe</p> <p>Danger, risk or hazard?</p> <p>How dare you!</p> <p>Keeping ourselves safe</p> <p>Raisin challenge (2)</p> <p>Picture wise</p> <p>Medicines: check the label</p> <p>Know the norms (OPTIONAL)</p> <p>Traffic lights (OPTIONAL)</p>	<p>Rights and Respect</p> <p>Who helps us stay healthy and safe?</p> <p>It's your right</p> <p>How do we make a difference?</p> <p>In the news!</p> <p>Safety in numbers</p> <p>Harold's expenses (OPTIONAL)</p> <p>Why pay taxes?</p> <p>Logo quiz (OPTIONAL)</p>	<p>Being my Best</p> <p>What makes me ME!</p> <p>Making choices</p> <p>SCARF hotel</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p> <p>Basic first aid</p> <p>Volunteering is cool (OPTIONAL)</p>	<p>Growing and Changing</p> <p>Moving house</p> <p>My feelings are all over the place!</p> <p>All change!</p> <p>Preparing for changes at puberty (formerly Period positive/preparing for periods)</p> <p>Secret or surprise?</p> <p>Together</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit Assessment: Y4/P5</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y4/P5</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y4/P5</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y4/P5</p>	<p>Being My Best - Pre and Post Unit Assessment: Y4/P5</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y4/P5</p>

<p>Year 5</p> 	<p>Me and My Relationships</p> <p>Collaboration Challenge!</p> <p>Give and take</p> <p>Communication (OPTIONAL)</p> <p>How good a friend are you?</p> <p>Relationship cake recipe</p> <p>Our emotional needs</p> <p>Being assertive</p>	<p>Valuing Difference</p> <p>Qualities of friendship</p> <p>Kind conversations</p> <p>Happy being me</p> <p>The land of the Red People</p> <p>Is it true?</p> <p>Stop, start, stereotypes</p> <p>It could happen to anyone (OPTIONAL)</p>	<p>Keeping Safe</p> <p>Spot bullying</p> <p>Play, like, share</p> <p>Decision dilemmas</p> <p>Ella's diary dilemma</p> <p>Vaping: healthy or unhealthy?</p> <p>Would you risk it?</p> <p>'Thinking' about habits (OPTIONAL)</p> <p>Drugs: true or false? (OPTIONAL)</p> <p>Smoking: what is normal? (OPTIONAL)</p>	<p>Rights and Respect</p> <p>What's the story?</p> <p>Fact or opinion?</p> <p>Mo makes a difference</p> <p>Rights, respect and duties</p> <p>Spending wisely</p> <p>Lend us a fiver!</p> <p>Local councils (OPTIONAL)</p>	<p>Being my Best</p> <p>It all adds up!</p> <p>Different skills</p> <p>My school community (2)</p> <p>Independence and responsibility</p> <p>Star qualities?</p> <p>Basic first aid, including Sepsis Awareness</p>	<p>Growing and Changing</p> <p>How are they feeling?</p> <p>Taking notice of our feelings</p> <p>Dear Ash</p> <p>Growing up and changing bodies</p> <p>Changing bodies and feelings</p> <p>Help! I'm a teenager - get me out of here!</p> <p>Dear Hetty (OPTIONAL)</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit Assessment: Y5/P6</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y5/P6</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y5/P6</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y5/P6</p>	<p>Being My Best - Pre and Post Unit Assessment: Y5/P6</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y5/P6</p>

<p>Year 6</p> 	<p>Me and My Relationships</p> <p>Working together</p> <p>Let's negotiate (OPTIONAL)</p> <p>Solve the friendship problem</p> <p>Dan's day (OPTIONAL)</p> <p>Behave yourself</p> <p>Assertiveness skills (formerly Behave yourself - 2)</p> <p>Don't force me</p> <p>Acting appropriately</p>	<p>Valuing Difference</p> <p>OK to be different</p> <p>We have more in common than not</p> <p>Respecting differences</p> <p>Tolerance and respect for others</p> <p>Advertising friendships!</p> <p>Boys will be boys? - challenging gender stereotypes</p>	<p>Keeping Safe</p> <p>Think before you click!</p> <p>It's a puzzle (OPTIONAL)</p> <p>To share or not to share?</p> <p>Rat Park</p> <p>What sort of drug is...?</p> <p>Drugs: it's the law!</p> <p>Alcohol: what is normal?</p> <p>Joe's story (part 1) (OPTIONAL)</p> <p>Joe's story (part 2) (OPTIONAL)</p>	<p>Rights and Respect</p> <p>Two sides to every story</p> <p>Fakebook friends</p> <p>What's it worth?</p> <p>Jobs and taxes -Op</p> <p>Happy shoppers - caring for the environment</p> <p>Action stations!-Op</p> <p>Project Pitch (parts 1 & 2)-Op</p> <p>Democracy in Britain 1 - Elections</p> <p>Democracy in Britain 2 - How (most) laws are made</p> <p>Community art-Op</p>	<p>Being my Best</p> <p>This will be your life!</p> <p>Our recommendations</p> <p>What's the risk? (1)</p> <p>What's the risk? (2)</p> <p>Basic first aid, including Sepsis Awareness</p> <p>Five Ways to Wellbeing project</p>	<p>Growing and Changing</p> <p>I look great!</p> <p>Media manipulation</p> <p>Pressure online</p> <p>Helpful or unhelpful? Managing change</p> <p>Is this normal?</p> <p>Making babies</p> <p>What is HIV? (OPTIONAL)</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit Assessment: Y6/P7</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y6/P7</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y6/P7</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y6/P7</p>	<p>Being My Best - Pre and Post Unit Assessment: Y6/P7</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y6/P7</p>