



St Barnabas


Church of England Primary Academy


A member of **CDARI**





Curriculum Overview PSHE & RSE 2024-2025





<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- Tuesday 10th October	World Kindness Day - Wednesday 13th November *Anti-Bullying Week 11th - 15th November Road Safety Week 17th -23rd November	*Safer Internet Day -Tuesday11th February	International Women's Day - Saturday 8th March World Health day - Monday 7th April Earth Day - Tuesday 22nd April	*Mental Health Awareness Week - 12th -18th May	LGBT Pride Month - June World Environment Day - Thurssday 5th June
EYFS 	<u>Me and My Relationships/Rights and Respect</u> New rules, likes and dislikes, school routine, feelings, my special people, who can help me? making friends, sharing, turn taking, home time safety, personal hygiene	<u>Valuing Difference</u> Same and different, Caring, being a good friend, dressing and undressing, road safety, pants rule	<u>Keeping Safe</u> What's safe to go into my body, keeping myself safe, online safety week, mental health week, safe indoors and outdoors, listening to my feelings, keeping safe online	<u>Being my Best (i)</u> Dental hygiene, looking after people, being helpful, caring for our world, looking after money	<u>Being my Best (ii)</u> Bouncing back when things go wrong, healthy eating, healthy mind, move your body,a good night's sleep	<u>Growing and Changing</u> Seasons, life stages, where do babies come from? Getting bigger, me and my body


<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>Types of bullying</p> <p>Don't do that!</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>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>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>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>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>Keeping Safe</p> <p>Safe or unsafe?</p> <p>Danger or risk?</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>Being my Best</p> <p>Derek cooks dinner! (healthy eating)</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>Valuing Difference</p> <p>Respect and challenge</p> <p>Family and friends</p> <p>My community</p> <p>Our friends and neighbours</p> <p>Let's celebrate our differences</p> <p>Zeb</p>	<p>Rights and Respect</p> <p>Helping each other to stay safe</p> <p>Recount task</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>Growing and Changing</p> <p>Relationship tree</p> <p>Body space</p> <p>None of your business!</p> <p>Secret or surprise?</p> <p>My changing body</p> <p>Basic first aid</p>
<p>Assessment Plans</p>	<p>Me and My Relationships - Pre and Post Unit Assessment: Y3/P4</p>	<p>Keeping Safe - Pre and Post Unit Assessment: Y3/P4</p>	<p>Being My Best - Pre and Post Unit Assessment: Y3/P4</p>	<p>Valuing Difference - Pre and Post Unit Assessment: Y3/P4</p>	<p>Rights and Respect - Pre and Post Unit Assessment: Y3/P4</p>	<p>Growing and Changing - Pre and Post Unit Assessment: Y3/P4</p>

<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>
<p>KEY</p>	<p>Health and Wellbeing</p>		<p>Living in the Wider World</p>		<p>Relationships</p>	

