



<p><u>Half Term/ Key Question:</u></p>	<p><u>Topic:</u></p>	<p><u>Link to PSHE Association Programme of Study</u></p>	<p><u>In this unit of work, pupils learn...</u></p>	<p><u>Quality Assured resources to support planning:</u></p>
<p>Autumn 1 What is the same and different about us?</p>	<p>Relationships Ourselves and others; similarities and differences; individuality; our bodies PoS refs: H21, H22, H23, R23, L6, L14</p>	<p><u>Ourselves, growing and changing</u> H21. to recognise what makes them special H22. to recognise the ways in which we are all unique H23. to identify what they are good at, what they like and dislike <u>Respecting self and others</u> R23. to recognise the ways in which they are the same and different to others <u>Economic wellbeing: Aspirations, work and career</u> L14. that everyone has different strengths</p>	<ul style="list-style-type: none"> • what they like/dislike and are good at • what makes them special and how everyone has different strengths • how their personal features or qualities are unique to them • how they are similar or different to others, and what they have in common 	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2</p>
<p>Autumn 2 Who is special to us?</p>	<p>Relationships Ourselves and others; people who care for us; groups we belong to; families</p>	<p><u>Communities</u> L4. about the different groups they belong to <u>Families and close positive relationships</u> R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p>	<ul style="list-style-type: none"> • that family is one of the groups they belong to, as well as, for example, school, friends, clubs • about the different people in their family / those that love and care for them • what their family members, or people that are special to them, 	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and https://www.pshe-association.org.uk/metro-charity</p>

	<p>PoS refs: L4, R1, R2, R3, R4, R5</p>	<p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>	<p>do to make them feel loved and cared for</p> <ul style="list-style-type: none"> • how families are all different but share common features - what is the same and different about them • about different features of family life, including what families do / enjoy together • that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried 	<p>Lessons from Journey In Love Scheme - <u>We meet God's love in our family.</u> Social and Emotional lessons to be covered.</p>
<p>Spring 1</p> <p>What helps us stay healthy?</p>	<p>Health and wellbeing</p> <p>Being healthy; hygiene; medicines; people who help us with health</p> <p>PoS refs: H1, H5, H6, H7, H10, H25, H37, R13</p>	<p><u>Healthy lifestyles (physical wellbeing)</u></p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p><u>Ourselves, growing and changing</u></p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p>	<ul style="list-style-type: none"> • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • that things people put into or onto their bodies can affect how they feel • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy • why hygiene is important and how simple hygiene routines can stop germs from being passed on 	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/drug-wise-primary-school-resource-islington</p> <p>https://www.pshe-association.org.uk/content/drug-and-alcohol-education</p> <p>PSHE Drug and Alcohol Pack</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-home-learning-lessons-keeping</p> <p>https://www.pshe-association.org.uk/curriculum-and-</p>

		<p><u>Safe relationships</u></p> <p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p>	<ul style="list-style-type: none"> • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing • to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private 	<p>resources/medway-public-health-directorate-relationships-and</p> <p>https://learning.nspcc.org.uk/research-resources/schools/pants-teaching</p> <p>Lessons from Journey In Love Scheme - We meet God's love in our family. Physical and Spiritual lessons to be covered.</p>
<p>Spring 2</p> <p>What can we do with money?</p>	<p>Living in the wider world</p> <p>Money; making choices; needs and wants</p> <p>PoS refs: L10, L11, L12, L13</p>	<p><u>Economic wellbeing: Money</u></p> <p>L10. what money is; forms that money comes in; that money comes from different sources</p> <p>L11. that people make different choices about how to save and spend money</p> <p>L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want</p> <p>L13. that money needs to be looked after; different ways of doing this</p>	<ul style="list-style-type: none"> • what money is - that money comes in different forms • how money is obtained (e.g. earned, won, borrowed, presents) • how people make choices about what to do with money, including spending and saving • the difference between needs and wants - that people may not always be able to have the things they want • how to keep money safe and the different ways of doing this 	
<p>Summer 1</p>	<p>Health and wellbeing</p>	<p><u>Keeping Safe</u></p> <p>H33. about the people whose job it is to help keep us safe</p> <p>H35. about what to do if there is an accident and someone is hurt</p>	<ul style="list-style-type: none"> • that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people 	

<p>Who helps to keep us safe?</p>	<p>Keeping safe; people who help us</p> <p>PoS refs: H33, H35, H36, R15, R20, L5</p>	<p>H36. how to get help in an emergency (how to dial 999 and what to say)</p> <p><u>Safe Relationships</u></p> <p>R15. how to respond safely to adults they don't know</p> <p>R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p> <p><u>Communities</u></p> <p>L5. about the different roles and responsibilities people have in their community</p>	<ul style="list-style-type: none"> • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say • how to respond safely to adults they don't know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	
<p>Summer 2</p> <p>How can we look after each other and the world?</p>	<p>Living in the wider world</p> <p>Ourselves and others; the world around us; caring for others; growing and changing</p> <p>PoS refs: H26, H27, R21, R22, R24, R25, L2, L3</p>	<p><u>Ourselves, growing and changing</u></p> <p>H26. about growing and changing from young to old and how people's needs change</p> <p>H27. about preparing to move to a new class/year group</p> <p><u>Respecting self and others</u></p> <p>R21. about what is kind and unkind behaviour, and how this can affect others</p> <p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>	<ul style="list-style-type: none"> • how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • what can harm the local and global environment; how they and others can help care for it • how people grow and change and how people's needs change as they grow from young to old 	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and</p> <p>https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-teaching-resources</p>

		<p><u>Shared responsibilities</u></p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L3. about things they can do to help look after their environment</p>	<ul style="list-style-type: none">• how to manage change when moving to a new class/year group	
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