Hamworthy Primary Schools - PSHE & Relationships Medium Term Plan



Rationale:

At Hamworthy Primary Schools, we teach Relationships and Health Education (RHE) as a whole-school approach to underpin children's personal, social & emotional development. Research shows that where children have strong self-belief, positive self-esteem and enabling relationships they are best placed to be successful learners and have the fundamental building blocks to have healthy relationships with other children and adults. We aim to provide our children with a rich curriculum that will equip them to be more informed, confident and skilled so that they can take an active and responsible part in society and enhance their learning, motivation and achievement.

Relationships	Health & Well-being	Living in the Wider World
		

	Autumn: Relationships			`Spring: Living in the Wider World.			Summer: Health and Wellbeing		
	Families and friendships	**Respecting ourselves and others**	**Safe relationships**	**Belonging to a community**	**Media literacy and digital resilience**	**Money and work**	**Physical health and Mental wellbeing**	**Growing and changing**	**Keeping safe**
Year 1	Roles of different people; families; feeling cared for	How behaviour affects others; being polite and respectful	Recognising privacy; staying safe; seeking permission	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; Food and exercise, hygiene routines; sun safety	Jigsaw Changing me Unique me Compare changes baby-6years naming body parts;	How rules and age Restrictions help us Keeping safe online The right to be kept safe.5 trusted adults
Year 2	Making friends; feeling lonely and getting help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Jigsaw Changing Me Life cyckes in nature Life cycles in humans Boys and girls bodies Different types of touch Looking ahead	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Personal boundaries; safely responding to others; the impact of hurtful behaviour	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Jigsaw Changing Me:How babies grow; internal and external body changes Family Stereotypes Transition	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Respecting differences and similarities; discussing difference sensitively	Responding to hurtful behaviour; managing confidentiality; recognising risks online	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Jigsaw Changing Me Unique me, having a baby, girls and puberty,Circles of change. Accepting change, Looking ahead.	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical contact and feeling safe	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Jigsaw Changing Self and body image Puberity for girls/boys conception qualities	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Expressing opinions and respecting other points of view, including discussing topical issues	Recognising and managing pressure; consent in different situations	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing Time on-line	Jigsaw Changing me: my self image Puberity Human reproduction and birth; Boyfriends and girlfriends real self/ideal self The year ahead/transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

Year 1:

Autumn

Relationships: Families, friendships and people who care for me

Sticky Knowledge: I know the varying roles of different people in families. I know I have the right to be cared for and know what that feels like. I know what I can do and who I can tell if I am feeling worried

Prior Knowledge	Components	Resources	Key vocabulary
I know and can identify: • how to form positive attachments to adults and friendships • How to name and describe people who are familiar to me and talk about members of my immediate family.(UW) • How to talk about my feelings using words like happy, sad, angry or worried(PSED) **Prior key vocabulary** Sad, happy, worried,family,friend, angry	I can identify the people who care for me.eg parents, siblings, grandparents, relatives, teachers, friends I understand the role that these different people play in my life. I know what it means to be a family and how families are different, eg single parents, same-sex parents etc I understand how important it is to tell someone if I'm worried about something in my family and how to tell them.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Friends, teachers, parents, sibling, grandparent. Relatives, families**

Year 1:

Autumn

Relationships: Respectful Relationships

Sticky Knowledge: I know how different behaviours affect others. I know that it is important to demonstrate polite and respectful behaviour in and out of school

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand- how to work and play cooperatively and take turns with others. How to show sensitivity to my own and others needs how to show an understanding of my own feelings and those of others begin to regulate my behaviour; building constructive and respectful relationships (PSED) **Prior key vocabulary** Kind, caring, sharing, take turns, listen	I know what kind and unkind behaviours mean in and out of school I know how kind & unkind behaviour can make people feel. I know what respect means. I know about the class rules, being polite to others, sharing and taking turns.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Feelings, respect, polite, rules, sharing**

Year 1:

Autumn

Relationships: Safe & Healthy Relationships

Sticky Knowledge: I know how to stay safe by keeping my body parts private. I know what types of touch are acceptable and not acceptable and know what to do if I feel uncomfortable or unsafe.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand: Twin Sail's Superstar Rules help to keep me safe having kind hands and gentle feet help to keep others safe. that my body belongs to me the importance of being respectful to other. **Prior key vocabulary** **kind, respfectful, gentle, safe**	I know when someone's body or feelings might be hurt and who to go to for help. I know what it means to keep something private, including parts of my body that are private. I can identify the different types of touch and how they make people feel eg hugs, tickling, kisses and punches etc I know what to do if being touched makes me feel uncomfortable or unsafe. I know when it is important to ask for permission to touch other people. I know how to ask for permission & I know how to give or not give permission for others to touch me.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Feelings, help, private, uncomfortable, unsafe, permission, behaviour, school,**

Year 1:

Spring

Living in the wider world: Belonging to a community

Sticky Knowledge: I know what rules are and why we need them and that there may be different rules for different situations. I know how to care for the environment, people and animals and understand their differing needs.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand - That I am a valuable individual. There are reasons for rules and I know right from wrong and try to behave accordingly How to work and play cooperatively and take turns with others. How to form positive attachments to adults and friendship peers **Prior key vocabulary** share, take turns, rules,	I understand the rules for different situations eg super star rules in school, rules at home, rules outside. I understand that people are different and have differing needs. I know how to care for people, animals and other living things in different ways. I know how I can help to look after the environment eg recycling	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Rules, care, environment, recycling, differences (religion, culture, race, gender)** **community**

Year 1:

Spring

Living in the wider world: Media Literacy and Digital Resilience

Sticky Knowledge: I know how to use the internet and digital devices safely, how and why we use the internet and the benefits it can have.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand –	I know how and why people use the internet. I understand the benefits of using the internet and digital devices. I know how people find things out and communicate safely with others online.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Internet, digital, devices, safety, online,**

Year 1:

Spring

Living in the wider world: Money and work

Sticky Knowledge: I know the roles and responsibilities of people who help in our community. I know that people have different strengths and interests in and out of school.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand - People who are familiar to me. That people have different beliefs and celebrate special times in different ways How to build constructive and respectful relationships How to talk about the lives of people around me and their roles in society **Prior key vocabulary** **Respect, celebrate, belief, role**	I understand that everyone has different strengths in and out of school. I understand that different strengths and interests are needed to do different jobs. I know about people whose job it is to help us in the community I know about the different jobs and work that people do.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Strengths, interests, jobs, work**

Year 1:

Summer

Health and Wellbeing: Physical health and mental wellbeing

Sticky Knowledge: I know how to keep a healthy mind and body through making the right choices of food and exercise. I know what regular hygiene routines are and how important it is to follow them. I know how to keep myself safe in the sun.

Prior knowledge	Components	Resources	Key vocabulary
I know and understand- how to talk about the different factors that support overall health and wellbeing i.e, regular physical activity, healthy eating, having a good sleep routine and sensible amounts of screen time how to look after my teeth through regular toothbrushing using the correct amount of tooth paste. how to be a safe pedestrian. What I need to do to manage the school day successfully ie. lining up, queuing, turn taking and making the right choices. how to manage my own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. how to negotiate space and obstacles safely, with consideration for themselves and others **Prior key vocabulary** **Safe, clean, healthy, unhealthy, choices, exercise**	I know what it means to be healthy and why this is important. I know how to take care of myself on a daily basis. I know about basic hygiene routines eg hand washing I understand about healthy and unhealthy foods, including sugar intake. I know about physical activity and how it keeps people healthy. I know about different types of play including balancing indoor, outdoor and screen based play. I know about people who can help me to stay healthy such as parents, doctors, nurses, dentists I know how to keep safe in the sun.	**PSHE Association** https://pshe-association.org.uk **Username: s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Healthy, hygiene, care, unhealthy, balance, routine**

Year 1:

Summer

Health and Wellbeing: Growing and changing

Sticky Knowledge: I know about the life cycles of animals and humans. I know and can identify that I will change and can understand that this is all part of growing up. I know and can name the body parts correctly and know the physical differences between boys and girls.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand that: how to express my feelings and begin to consider the feelings of others. how to set and work towards simple goals. how to wait for what they want and begin to control my immediate impulses when appropriate how to focus my attention to what the teacher says, responding appropriately even when engaged in activity how to show an ability to follow instructions involving several ideas or actions. how to identify and moderate their own feelings socially and emotionally. how to begin to think about the perspectives of others. how to manage their own needs. how to confidently try new activities and show independence, resilience and perseverance in the face of challenge. **Prior key vocabulary** **goal resilience, perseverance, independence, resourceful, reflective, feelings, kindness, friendship**	I can recognise what makes me different I know some things about me that have changed and some things have stayed the same I know about the life cycles of animals and humans I know that changes happen as we grow and that changes are ok. I know how my body has changed since I was a baby. I know and can identify the parts of the body that make boys different to girls and can use the correct names for these: (penis, testicles, vagina) I can recognise feelings in myself and others. I understand that every time I learn something new I change a little bit. I can tell you about changes that have happened in my life. I know what I am looking forward to when I move to my next class.	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe**	**Vagina, penis, testicles, change, life cycle, differences**

Year 1:

Summer

Health and Wellbeing: Keeping safe

Sticky Knowledge: I know and understand how rules and age restrictions help us keep safe online. I know how to identify when something is safe and not safe on-line and know who to tell if I am worried, upset or scared.

Prior Knowledge	Components	Resources	Key vocabulary
I know and understand: how to identify rules that help me keep safe and healthy beyond the home using technology. how to give some examples of rules to keep safe online. some simple examples of my personal information (e.g. name address, birthday, age, location) who would be trustworthy to share my personal information with and can explain why they are trusted. online or off-line, that anyone can 'no' 'please stop' 'I'll tell /ask' to somebody who makes them feel, sad, uncomfortable, embarrassed or upset. **Prior key vocabulary** **Off/online, safe trust, uncomfortable, sad, embarrassed, rules, information**	I know why some things have age restrictions eg TV and films, games, toys or play areas. I know how rules can help to keep us safe. I know how to identify and explain the basic rules for keeping safe online. I know that there may be people online who could make me feel sad, embarrassed or upset. I know how to behave online in ways that do not upset others and can give examples. I know who to tell if I see something online that makes me feel unhappy, worried or scared. I know why it is important to always ask a trusted adult before sharing any personal information online, belonging to myself or others	**PSHE Association** https://pshe-association.org.uk **Username:** **s.coulter@hamworthyprimaryschools.co.uk** **Password: Hamworthy1** **Jigsaw** Teams: Teaching and Learning- PSHE folder- Jigsaw folder Discovery Education Teams-Staff-Teaching and Learning-PSHE-Discovery Education Twinkl Stormbreak Young Citizens https://www.youngcitizens.org Username: s.slowey@hamworthyprimaryschools.co.uk Password: sammy123 www.primaryworks.co.uk **Thrive:** **https://thrive.bracknell-forest.gov.uk/home/primary-pshe** **Project Evolve**	**Off/Online, trust, trusted restrictions, safe, Buylling, personal information uncomfortable, sad, embarrassed, upset**