

Whole School RSHE Curriculum - Online Safety see Computing Curriculum - ►Safeguarding curriculum

Resources: 🌱You,Me,PHSE – Islington Primary scheme of work for PSHE 🌱Teaching RSE with Confidence in Primary Schools - Christopher Winter Project

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1		Physical health & wellbeing 🌱 Fun Times	Physical health & wellbeing 🌱 What keeps me healthy?	► Drug, alcohol & tobacco education 🌱 Tobacco is a drug	Identity, society & equality 🌱 democracy	Physical health & wellbeing In the media	Careers, financial capabilities & economic wellbeing 🌱 Borrowing & earning money
Autumn 2		► Keeping safe & managing risk 🌱 Feeling safe	Mental health & wellbeing 🌱 Friendships	► Keeping safe & managing risk 🌱 Bullying, see it, say it, stop it	► Drug, alcohol & tobacco education 🌱 Making choices	► Relationship Education 🌱 Puberty	► Relationship & Sex Education 🌱 Puberty, relationships & reproduction
Spring 1	► Relationship Education 🌱 Differences	Identity, society & equality 🌱 Me & others	► Relationship Education 🌱 Differences	Mental health & wellbeing 🌱 Strengths & challenges	Physical health & wellbeing 🌱 What is important to me?	► Keeping safe & managing risk 🌱 When things go wrong	► Drug, alcohol & tobacco education 🌱 Weighing up risk
Spring 2		► Drug, alcohol & tobacco education 🌱 What do we put into and on our bodies?	Careers, financial capabilities & economic wellbeing 🌱 My money	Identity, society & equality 🌱 Celebrating differences	► Keeping safe & managing risk 🌱 Playing safe	Mental health & wellbeing 🌱 Dealing with feelings	Identity, society & equality 🌱 Human rights
Summer 1		Mental health & wellbeing 🌱 Feelings	► Keeping safe & managing risk 🌱 Indoors & outdoors	► Relationship Education 🌱 Valuing differences & keeping safe	► Relationship Education 🌱 Growing up	Identity, society & equality 🌱 Stereotypes, discrimination & prejudice (incl. tackling homophobia)	► Mental health & wellbeing 🌱 Healthy minds
Summer 2		► Relationship Education 🌱 Growing & caring for ourselves	► Drug, alcohol & tobacco education 🌱 Medicine & me	Physical health & wellbeing 🌱 What helps me choose?	Careers, financial capabilities & economic wellbeing 🌱 Saving, spending & budgeting	► Drug, alcohol & tobacco education 🌱 Different influences	► Keeping safe & managing risk 🌱 Keeping safe – out & about FGM

Year 1		
Autumn 1	Spring 1	Summer 1
<p>Physical health & wellbeing 🌟</p> <p>Fun Times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About food that is associated with special times, in different cultures About active playground games from around the world About sun safety 	<p>Identity, society & equality 🌟</p> <p>Me & others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About what makes themselves and others special About roles and responsibilities at home and school About being co-operative with others 	<p>Mental health & wellbeing 🌟</p> <p>Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About different types of feelings About managing different feelings About change or loss and how this can feel
Autumn 2	Spring 2	Summer 2
<p>▶ Keeping safe & managing risk 🌟</p> <p>Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Safety in familiar situations About personal safety About people who help them keep safe outside the home 	<p>▶ Drug, alcohol & tobacco education 🌟</p> <p>What do we put into and on our bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About what can go into bodies and how it can make people feel About what can go on to bodies and how it can make people feel 	<p>▶ Relationship Education 🌟</p> <p>Growing & caring for ourselves</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> To understand that we are all different but can still be friends How children grow and change About different types of families and who to ask for help Who can help when families make us feel unhappy or unsafe

Year 2		
Autumn 1	Spring 1	Summer 1
<p>Physical health & wellbeing 🌟</p> <p>What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About eating well About the importance of physical activity, sleep and rest About people who help us to stay healthy and well and about basic health and hygiene routines 	<p>▶ Relationship Education 🌟</p> <p>Differences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About the concept of gender stereotypes To identify differences between males and females About some of the differences between males and females and to understand how this is part of the lifecycle About sexual differences and name body parts 	<p>▶ Keeping safe & managing risk 🌟</p> <p>Indoors & outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About keeping safe in the home, including fire safety About keeping safe outside About road safety
Autumn 2	Spring 2	Summer 2

<p>Mental health & wellbeing 🌟</p> <p>Friendships</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About the importance of special people in their lives • About making friends and who can help with friendships • About solving problems that might arise with friendships 	<p>Careers, financial capabilities & economic wellbeing 🌟</p> <p>My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About where money comes from and making choices when spending money • About saving money and how to keep it safe • About the different jobs people do 	<p>▶ Drug, alcohol & tobacco education 🌟</p> <p>Medicine & me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Why medicines are taken • Where medicines come from • About keeping themselves safe around medicines <p>Asthma lessons</p> <ul style="list-style-type: none"> • That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
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Year 3		
Autumn 1	Spring 1	Summer 1
<p>▶ Drug, alcohol & tobacco education 🌟</p> <p>Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • The definition of a drug and that drugs (including medicines) can be harmful to people • About the effects and risks of smoking tobacco and second-hand smoke • About the help available for people to remain smoke free or stop smoking <p>Asthma lessons</p> <ul style="list-style-type: none"> • That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Mental health & wellbeing 🌟</p> <p>Strengths & challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About celebrating achievements and setting personal goals • About dealing with put-downs • About positive ways to deal with set-backs 	<p>▶ Relationship Education 🌟</p> <p>Valuing differences & keeping safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • That people are unique and to respect those differences • About the differences between male and female bodies • About appropriate and inappropriate physical contact and consent • About different types of families and who to go to for help and support
Autumn 2	Spring 2	Summer 2
<p>▶ Keeping safe & managing risk 🌟</p> <p>Bullying, see it, say it, stop it</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • To recognise bullying and how it can make people feel • About different types of bullying • About what to do if they witness bullying 	<p>Identity, society & equality 🌟</p> <p>Celebrating differences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About valuing the similarities and differences between themselves and others • About what is meant by community • About belonging to groups 	<p>Physical health & wellbeing 🌟</p> <p>What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About making healthy choices about food and drinks • About how branding can affect what foods people choose to buy • About keeping active and some of the challenges of this

Year 4

Year 4		
Autumn 1	Spring 1	Summer 1
<p>Identity, society & equality 🌟</p> <p>Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About Britain as a democratic society About how laws are made Learn about the local council 	<p>Physical health & wellbeing 🌟</p> <p>What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> Why people may eat or avoid certain foods (religious, moral, cultural or health reasons) About other factors that contribute to people’s food choices (such as ethical farming, fair trade and seasonality) About the importance of getting enough sleep 	<p>▶ Relationship Education 🌟</p> <p>Growing up</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About the human lifecycle To identify some basic facts about puberty How puberty is linked to reproduction To explore respect in a range of relationships About the characteristics of healthy relationships
Autumn 2	Spring 2	Summer 2
<p>▶ Drug, alcohol & tobacco education 🌟</p> <p>Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> That there are drugs (other than medicines) are common in everyday use (caffeine, alcohol, tobacco) and why people choose to use them About the effects and risks of drinking alcohol About different patterns of behaviour that are related to drug use <p>Asthma lessons</p> <ul style="list-style-type: none"> That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>▶ Keeping safe & managing risk 🌟</p> <p>Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> How to be safe in their computer gaming habits About keeping safe near roads, rail, water, building sites and around fireworks About what to do in an emergency and basic emergency first aid procedures 	<p>Careers, financial capabilities & economic wellbeing 🌟</p> <p>Saving, spending & budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About what influences people’s choices about spending and saving money How people keep track of their money About the world of work

Year 5

Year 5		
Autumn 1	Spring 1	Summer 1
<p>Physical health & wellbeing</p> <p>In the media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> That messages given on food adverts can be misleading About role models About how the media can manipulate images and that these images may not reflect reality 	<p>▶ Keeping safe & managing risk 🌟</p> <p>When things go wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About keeping safe online That violence within relationships is not acceptable About problems that occur when someone goes missing from home 	<p>Identity, society & equality 🌟</p> <p>Stereotypes, discrimination & prejudice (incl. tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> About stereotyping, including gender stereotyping About prejudice and how this can make people feel

Autumn 2	Spring 2	Summer 2
<p>▶ Relationship Education ⚡</p> <p>Puberty</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About the emotional and physical changes occurring in puberty • To understand male and female changes in more detail • About the impact of puberty on the body and the importance of physical hygiene • About ways to get support during puberty 	<p>Mental health & wellbeing ⚡</p> <p>Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About a wide range of emotions and feelings and how these are experienced in the body • About times of change and how this can make people feel • About the feelings associated with loss, grief and bereavement 	<p>▶ Drug, alcohol & tobacco education ⚡</p> <p>Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • About different influences and conflicting messages on drug use – alcohol, tobacco and nicotine • Strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol

Year 6		
Autumn 1	Spring 1	Summer 1
<p>Careers, financial capabilities & economic wellbeing ⚡</p> <p>Borrowing & earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • That money can be borrowed but there are risks associated with this • About enterprise • What influences people’s decisions about careers 	<p>▶ Drug, alcohol & tobacco education ⚡</p> <p>Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicine and other legal and illegal drugs • About assessing the level of risk in different situations involving drug use • About ways to manage risk in situations involving drug use 	<p>▶ Mental health & wellbeing ⚡</p> <p>Healthy minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • What mental health is • About what can affect mental health and some ways of dealing with this • About the stigma and discrimination that can surround mental health
Autumn 2	Spring 2	Summer 2
<p>▶ Relationship & Sex Education ⚡</p> <p>Puberty, relationships & reproduction</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About puberty and reproduction • About the importance of communication and respect in relationships • Different ways people might start a family (non-statutory) • To explore positive and negative ways of communicating in a relationship 	<p>Identity, society & equality ⚡</p> <p>Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About people who have moved to Lewisham from other places, (including the experience of refugees) • About human rights and the UN Convention on the Rights of the Child • About homelessness 	<p>▶ Keeping safe & managing risk ⚡</p> <p>Keeping safe – out & about</p> <p>FGM</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About feelings of being out and about in the local area with increasing independence • About recognising and responding to peer pressure • About the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>FGM</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • About the importance of girls to be protected against FGM

