

Rockcliffe First School PSHE, including Relationship and Health Education, Curriculum Overview

	Autumn Term				Spring Term			Summer Term			
	Relationships		Health and Wellbeing		Relationships		H & W	Living in the wider world		H & W	
	Feelings and emotions	Healthy relationships	Healthy Lifestyle	Growing & changing	Feelings & emotions	Valuing difference	Growing & changing	Taking care of environment	Rights and responsibilities	Money Matters	Keeping safe
EYFS	Managing feelings and behaviour – understand needs can't always be met immediately. Build vocab' around feelings.	Know they are part of a class. Friendships People who are special to them/why & differences between families.	Understand how to make healthy food choices Understand personal hygiene / demonstrate good hand washing.	Understand how we have grown and developed. Talk about what we can do and what we want to be able to do.	Talk about feelings – articulate disappointment Develop empathy for class mates.	Recognise and describe ways people are different and similar. Look at & celebrate differences within the class.	Look at development of skills since September Recognising skills and talents in classmates.	Demonstrate some understanding our impact on the world and what we can do in school & at home to help.	Being part of a group/team/ club Working together & participating in community events – all have a part to play.	Identifying different roles/ responsibilities, understanding work and looking at why people work	Who keeps them safe – Parent/carers, teacher etc How to keep themselves safe, road safety, sun safety etc
Yr 1	Recognise /identify feelings. Who is special to us? Why? Talk about behaviour and how people's bodies and feelings can be hurt.	Listening and working tog'; resolving conflict; teasing & bullying, Inappropriate touch. Difference between a secret & a surprise.	Know how to keep our bodies healthy likes/dislikes and choices; recognising & managing feelings; personal hygiene and spread of infection.	Understanding growing and changing. Similarities / differences of boys and girls Dealing with change – new class, new routines/ friends.	Recognise /identify feelings. Talk about behaviour and how people's bodies and feelings can be hurt by our behaviour.	Understand fairness/ kind & unkind, right and wrong. Talk about acts of kindness Recognising, discussing & respecting similarities & differences.	Understanding growing, name main body parts. Personal identity: likes/ choices, similarities & differences. Dealing with change – new baby/house.	Understand their role in making improvements and harm to local environments; promote ways of looking after local environments.	Develop skills to contribute to life in class, constructing and following rules; aware-ness of needs of people and other living things; belonging to communities and groups.	Know where money comes from and the role it plays in their lives.	Family networks; people responsible for keeping us safe. What goes into our bodies - medicines Rules for keeping safe.
Yr 2	Recognise /identify feelings. Who is special to us? Why? Talk about behaviour and how people's bodies and feelings can be hurt – our impact on others.	Listening and working tog'; resolving conflict; supporting each other teasing & bullying. Talk about inappropriate touch. Discuss the difference between a secret and a surprise.	Benefits of healthy body, different ways to be healthy. likes/dislikes and choices; what influences choice. Strategies for managing feelings. Importance of personal hygiene.	Understanding growing and changing in boys and girls, biological differences. Dealing with change – increasing independence and responsibility.	Recognise /identify feelings. How to recognise how someone else is feeling. How our behaviour affects others. Special people and how they make us feel. Not keeping adults secrets, only surprises	Understand kindness and fairness and the impact we have on others. Sharing and respecting opinions; explaining personal viewpoint. Simple class debate.	Look at change, loss (of a pet/ moving house) and getting older; names of main body parts (including external genitalia); How we can help each other manage feelings.	Understand their role in making improvements & harm to local environments ; promote ways of looking after local environments and the wider world.	Contributing to life in class, constructing and following rules; how they can help us. Aware-ness of responsibilities for people and other living things; belonging to communities and groups.	Know where money comes from and the role it plays in their lives.	Roles of medicines. rules for keeping physically and emotionally safe; family networks; people responsible for keeping us safe and how we can help them. Shared responsibility.

Rockcliffe First School PSHE, including Relationship and Health Education, Curriculum Overview

	Autumn Term				Spring Term			Summer Term			
	Relationships		Health and Wellbeing		Relationships		H & W	Living in the wider world			H & W
	Feelings and emotions	Healthy relationships	Healthy Lifestyle	Growing & changing	Feelings & emotions	Valuing difference	Growing & changing	Taking care of environment	Rights and responsibilities	Money Matters	Keeping safe
Yr 3	Talk about different kinds of feelings, develop self management skills. Talk about the concept of keeping something confidential or secret. Why or when they should or should not agree to keeping a secret/ trust.	How to develop and maintain healthy relationships. Understand personal space, begin to recognise when they feel comfortable/ uncomfortable Working collaboratively solving dispute Understanding stereotypes	Learn how to make informed choices in relation to health. Look at what makes a balanced diet/ opportunities they have to make own choices. Look at bacteria and viruses, how to reduce the spread.	Celebrate achievements and strengths in ourselves and others. Identify areas for development Look at feelings & how we manage them. Look at kinds of change that happen in life. How feelings of grief / loss can be expressed.	Talk about different kinds of feelings, develop self management skills. Talk about the concept of keeping something confidential or secret. Why or when they should or should not agree to keeping a secret.	Understand different types of relationships Understand differences & similarities between people. Understand nature & consequence of hurtful behaviour & bullying. How to listen respectfully to a range of people.	Celebrate achievements and strengths in ourselves and others. Identify areas for development Look at feelings and how we manage them. Look at kinds of change that happen in life. How feelings of grief / loss can be expressed.	Learn about topical issues & events concerning health/ well being. Learn about rights, responsibilities / duties we have to take care of environment. Learn about being part of a community & diff' groups that support health. Look at how people live in diff parts of world.	Learn how to discuss & debate issues of health/ well being Understand how rules/laws keep us safe. Understand that everyone has human rights & human rights take precedence over other laws. Look at different cultures & range of national, regional, religious & ethnic identities in UK.	Learn about the role of money in their own lives. Learn about concepts related to money and what it means to be enterprising.	Look at school rules, health & safety, where and how to get help. Know who they can trust to take care of their bodies & know they have a right to protect their body from unwanted contact. Consent. Look at online safety.
Yr 4	Learn about appropriate responses to wider range of feelings in others. Talk about the concept of keeping something secret. How to recognise and manage dares.	Learn about acceptable & unacceptable physical contact and how to respond to it. How to work collaboratively towards shared goals. How to solve dispute through negotiation & compromise. Look at diff' types of relationships.	Learn how to make informed choices in relation to health. Look at what makes a balanced diet/ opportunities they have to make own choices – what happens when we're not healthy. Look at bacteria and viruses.	Celebrate achievements and strengths in ourselves and others. Identify areas for development & aspirations Discuss changes that happen in life. How feelings of change /grief / loss can be expressed.	Develop understanding of appropriate responses to wider range of feelings in others. Talk about the concept of keeping something secret. How to recognise and manage dares.	Learn about similarities & differences. Look at how to challenge stereotypes. Learn about nature & consequence of hurtful & bullying. How to recognise & care for others feelings. Respect views of others and know when to challenge opinions.	Celebrate achievements and strengths in ourselves and others. Identify areas for development & aspirations Discuss changes that happen in life. How feelings of change /grief / loss can be expressed.	Learn about topical issues, problems and events concerning health and wellbeing. Take care of the environment. Understand being pat of a community and of diff' groups that support health & wellbeing. Look at how people live in diff parts of the world.	Discuss & debate issues of health/ well being Understand that everyone has human rights & some rights are specifically for children. Look at different cultures & range of national, regional, religious & ethnic identities in UK.	Learn about the role of money in their own lives. Learn about concepts related to money and what it means to be enterprising.	Look at risk, danger and hazard in variety of situations. Peer pressure on behaviour and rules for safety. Learn about keeping physically and emotionally safe including on line. Look at media & how things are presented

Rockcliffe First School PSHE, including Relationship and Health Education, Curriculum Overview

This is by no means a fixed and exhaustive list. While staff will generally cover these topics listed at the time of year stated, they also have the right to swap to appropriate sessions at different times according to the needs and development of the children in their classes.

	Whole school activities that support PSHE throughout the year and allow for a broader spectrum of experience for the children		
	Autumn Term	Spring Term	Summer Term
Whole school	- Weekly assemblies – focus - Rockcliffe Learning Super power rewards - Eco club committee meetings - Pupil Council Meetings - Switch Off Fortnight - Sew, Grow, Cook, Eat! - St Nicholas’ Festival (Shimmer) - Big Health day - Anti-Bullying Week - Children’s Take Over Day - Visit (or letters) to St Anne’s Nursing Home	- Weekly assemblies – focus - Rockcliffe Learning Super power rewards - Eco club committee meetings - Pupil Council Meeting - NSPCC speak out sessions - Fair Trade Fortnight including Fair Trade cafe - Comic Relief or Children in Need (two year cycle) - Big Health Day - Sew, Grow, Cook, Eat! - Robinwood Residential - Children’s Take Over Day - Whitley Bay Community Carnival	- Weekly assemblies – focus - Rockcliffe Learning Super power rewards - Green Week - Eco club committee meetings - Pupil Council Meetings - Big Health Day - Mouth of Tyne Festival Parade - Children’s Take Over day - Transition meetings - Sew, Grow, Cook, Eat! - Sample-a-school lunch day - Annual Leavers Feast