‘Learning Together, Growing Together Succeeding Together’

You, Me and PSHE Overview of Lessons

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 *2 RSE lessons to be covered during Healthy schools week*	**Physical health and wellbeing:** **Fun times** • About food that is associated with special times in different cultures • Active playground games from around the world • Sun safety 3 lessons	**Keeping safe and managing risk:** **Feeling safe** • Safety in familiar situations • Personal safety • People who help to keep them safe at home • Special people who work in the community who look after and protect them (RSE) 4 lessons	**Identity, society and equality:** **Me and others** • What makes themselves and others special • Roles and responsibilities at home and in school • Being co-operative with others • People and other living things have rights and responsibilities to protect those rights (RSE) 4 lessons	**Drug, alcohol and tobacco education:** **What do we put into and on to bodies?** • What can go into bodies and how it can make people feel • What can go on to bodies and how it can make people feel 2 lessons	**Mental health and emotional wellbeing:** **Feelings** • Different types of feelings • Managing different feelings • Change or loss and how this can feel • Difference between secrets and nice surprises and the feelings that arise from this (RSE) • People who look after them and if they are worried how to attract attention (RSE) 5 lessons	**Careers, financial capability and economic wellbeing:** **My money** • Where money comes from and making choices when spending money • Saving money and how to keep it safe • Different jobs people do 3 lessons
Year 2 *4 RSE lessons left to cover in Healthy schools week*	**Physical health and wellbeing:** **What keeps me healthy?** • About eating well • Importance of physical activity, sleep and rest • People who help us to stay	**Mental health and emotional wellbeing:** **Friendship** • Importance of special people in their lives • Making friends and who can help with friendships • Solving	**Sex and relationship:** **Boys and girls, families** • Understand and respect differences and similarities between people /what we have in common with everyone else (RSE) • Biological differences between male and female animals and their role in the life cycle • Differences between male and female children • Growing from young to old		**Keeping safe and managing risk:** **Indoors and outdoors** • Keeping safe in the home, fire safety • Keeping safe outside • Road safety • Rules for and ways of	**Drug, alcohol and tobacco education:** **Medicines and me** • Why medicines are taken • Where medicines come from • Keeping safe around

	healthy and well, basic health and hygiene routines • About the ways that pupils can help the people who look after them to more easily protect them (RSE) 4 lessons	problems that might arise with friendships 3 lessons	• Everybody needs to be cared for and ways to care for others • Different types of family and how their home life is special/ belong to different groups (RSE) • Ways in which they are all unique (RSE) 7 lessons over 2 half terms		keeping emotionally and physically safe (RSE) 4 lessons	medicines 3 lessons
Year 3 **5 RSE lessons to cover during Healthy Schools week**	**Drug, alcohol and tobacco education: Tobacco is a drug** • Definition of a drug and that drugs can be harmful to people • Effects and risks of smoking tobacco and second-hand smoke • Help available for people to remain smoke free or stop smoking 3 lessons	**Keeping safe and managing risk: Bullying – see it, say it, stop it** • Recognise bullying and how it can make people feel • Different types of bullying and how to respond to incidents • What to do if they witness bullying 3 lessons • Water Safety 1 lesson	**Mental health and emotional wellbeing: Strengths and challenges** • Celebrating achievements and setting personal goal • Dealing with put downs • Positive ways to deal with set backs 3 lessons	**Identity, society and equality: Celebrating difference** • Pupils learn about valuing similarities and differences between themselves and others • Learn about what is meant by community • Learn about belonging to groups 3 lessons	**Careers, financial capability and economic wellbeing: Saving, spending and budgeting** • What influences peoples choices about spending and saving money • How people can keep track of their money • About the world of work 3 lessons	**Physical health and wellbeing: What helps me choose?** • Making healthy choices about food and drink • How branding can affect what foods people choose to buy • Keeping active and some of the challenges of this 3 lessons
Year 4 *4 RSE lessons to cover during Healthy Schools week*	**Identity, society and equality: Democracy** • Britain as a democratic society • How laws are made • Learn about the local council • Understand basic human	**Drug, alcohol and tobacco education: Making choices** • That there are drugs that are common in everyday life • Effects and risks of drinking alcohol • Different	**Physical health and wellbeing: What is important to me?** • Why people may eat or avoid certain foods • About other factors that contribute of people's food	**Keeping safe and managing risk: Playing safe** • How to be safe in their computer game habits • Keeping safe near roads, rail, water etc • About what do in an emergency and basic first aid	**Sex and relationship education: Growing up and changing** • About the way we grow and change • Physical changes associated with puberty • About menstruation and wet dreams • Impact of puberty on physical hygiene • How puberty effects emotions and behaviour (same as RSE lesson) • Strategies to deal with feelings in the context of relationships	

	rights and special rights set out in the united nations (RSE) • That universal rights are to protect everyone (RSE) 5 lessons	patterns of behaviour that are related to drug use • Medicines can be used to manage and treat asthma 4 lessons	choices • About the importance of getting enough sleep **3 lessons**	**3 lessons**	• Answer each other's questions about puberty **7 lessons over 2 half terms**	
Year 5 *6 lessons left to cover in healthy schools week based on relationships and puberty etc*	**Physical health and wellbeing: In the media** • that messages given on food adverts can be misleading • about role models • how the media can manipulate images and that these images may not reflect reality 3 lessons	**Keeping safe and managing risk: When things go wrong** • about keeping safe online • that violence within relationships is not acceptable • about problems that occur when someone goes missing from home • the responsible use of mobile phones (RSE) 4 lessons	**Drug, alcohol and tobacco education: different influences** • risks associated with smoking and drugs • different influences on drug use • strategies to resist pressure from others about whether to use drugs 3 lessons	**Identity, society and equality: Stereotypes, discrimination and prejudice** • about stereotyping, including gender • workshop form diversity role models or equaliteach • about prejudice and discrimination and how this can make you feel • bullying and abuse in all its forms (RSE) • differences and similarities between people arise (RSE) • recognise and challenge stereotyping (RSE) 6 lessons	**Mental health and emotional wellbeing: Dealing with feeling** • wide range of emotions and feelings and how they are experienced in the body • about times of change and how this can make people feel • feelings associated with loss, grief and bereavement • deepen their understanding of good and not so good feelings (RSE) 4 lessons	**Careers, financial capability and economic wellbeing: Borrowing and earning money** • money can be borrowed but there are risks • about enterprise • what influences peoples decisions and careers 3 lessons

Year 6 ***8 additional RSE lessons to be covered during Healthy schools week***	**Drug, alcohol and tobacco education: Weighing up risk** • risks associated with using different drugs • assessing level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use 3 lessons	**Identity, society and equality: Human rights** • about human rights and the UN Convention on the Rights of the Child • about homelessness • know that there are some cultural practices which are against British law and human rights (RSE) 3 lessons	**Mental health and emotional wellbeing: Healthy minds** • what mental health is • what can affect mental health and ways to deal with this • stigma and discrimination that surrounds mental health 3 lessons	**Keeping safe and managing risk: Keeping safe out and about** • feelings of being out and about in the local area • recognising and responding to peer pressure • consequences of anti-social behaviour • importance of girls to be protected against FGM / understanding that actions such as FGM constitute abuse and are a crime (RSE) • manage requests for images for themselves or others (RSE) 5 lessons	**Sex and relationship education: Healthy relationships/ How a baby is made** • changes that occur during puberty/ how body and emotions may change with puberty (RSE lesson) • different attitudes and values around gender stereotyping • what values are important to them in relationships • human reproduction • conception and pregnancy • roles and responsibilities of carers and parents • answer each other's questions about sex 7 lessons over two half terms