**PSHE and RELATIONSHIPS EDUCATION AT THE GROVE**

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| **INTENT**  At The Grove School PSHE is at the centre of all we do for this is what helps children understand their human world around them and find what their contribution to others and the wider community and society in general looks like.  It is also how they begin to understand themselves and how they can live happy and fulfilling lives.  By the time children leave The Grove School at 11 years old they will:   * have developedthe initial skills and understanding of how to have positive relationships and manage more difficult ones, including managing their own behaviours and emotional responses to others. * respect peoples differences and be able to demonstrate tolerance towards others. * have developed the age appropriate skills to become independent and responsible members of the community, including showing they can behave well in a variety of circumstances. * have developed an early sense of self and self-belief which will help to determine their self-confidence, self-esteem and a growth mindset as they grow older. * have a strong understanding of how to live a healthy lifestyle and take care of their own mental health. * have an awareness of their own safety and how to make informed choices to keep themselves safe. * have the age appropriate skills of how to carry out balanced research in order to make informed choices with regards to personal and social issues which might affect their beliefs, opinions and actions. * understand as a child what it means to be British, or living in Britain and have some basic knowledge how British law and society function.      * be aware of how to keep themselves safe online and the potential risks of using the internet and social media in todays society. * understand how money works within our society and gain some economic awareness.   We aim that PSHE is a personalised approach to learning and that some children benefit from additional pastoral care which helps to build these skills for life. All children will be taught how to develop these skills for life and will be supported through their learning process.  We believe that discovering, discussing, debating and considering the world through this approach enables children to develop their learning across the wider curriculum and lays the foundations for success in future lines of study and employment.  We recognise the importance of taking a consistent whole school approach to the teaching of PSHE and Relationships in order to close any gaps and to target the highest possible number of children attaining our goals for the end of Year 6.  We have high expectations of all children and we encourage children to challenge themselves, persevere and pursue success, reaching new heights together. |

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| **IMPLEMENTATION**  **Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their** [**academic potential**](https://www.pshe-association.org.uk/system/files/Pro%20Bono%20Economics%20PSHE%20evidence%20review%20FINAL.PDF)**.**  Most of PSHE education becomes statutory for all schools from September 2020 under the Children and Social Work Act 2017. This includes  Relationships Education at key stages 1 and 2, Relationships and Sex Education (RSE) at key stages 3 and 4, and Health Education in both primary and secondary phases.  The Department for Education published [Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education](https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education) in June 2019. This sets out what schools *must* cover from September 2020 (though not all they *should* cover as part of broader PSHE education).  This updated edition of the PSHE Association Programme of Study for PSHE education will support schools to provide a comprehensive programme that integrates, but is not limited to, this statutory content. A broader PSHE programme should also cover economic wellbeing, careers and enterprise education, as well as education for personal safety, including assessing and managing risk.  This Programme of Study sets out learning opportunities for key stage 1 to 5, based on three core themes:  **CORE THEME 1: HEALTH AND WELLBEING**  **CORE THEME 2: RELATIONSHIPS**  **CORE THEME 3: LIVING IN THE WIDER WORLD** COVERING THE STATUTORY CONTENT The statutory guidance is comprehensively covered by learning opportunities across all three core themes. Even though much of ‘Living in the wider world’ is not included in statutory requirements, the theme as a whole remains vitally important for pupils’ personal development and economic wellbeing, as well as in supporting schools to meet the Gatsby Benchmarks for careers education as part of the [DfE Careers Strategy](https://www.gov.uk/government/publications/careers-strategy-making-the-most-of-everyones-skills-and-talents). PSHE ASSOCIATION PROGRAMME BUILDERS We have also [Programme Builders](https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-builders-pshe-education-ks1-4) to accompany this Programme of Study, to support us in planning schemes of work tailored to your pupils. The Programme Builder we use is Question Based and has   * **a long-term plan** for the year across all year groups * **separate grids** for each year group, setting out learning objectives for each half-term * **links to resources** (both PSHE Association resources and resources carrying the Association’s Quality Mark) that support each module   Assessment is continuous and should be noted on this document. |

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| **IMPACT**  As a result, our children are considerate and thoughtful. They recognise their differences and celebrate these, they are non-judgemental about different viewpoints and are happy to discuss and debate whilst differing in opinions. They are respectful towards others and themselves. They feel safe and healthy and understand how we are preparing them for their future. |

**EYFS learning relevant to this progression of knowledge**

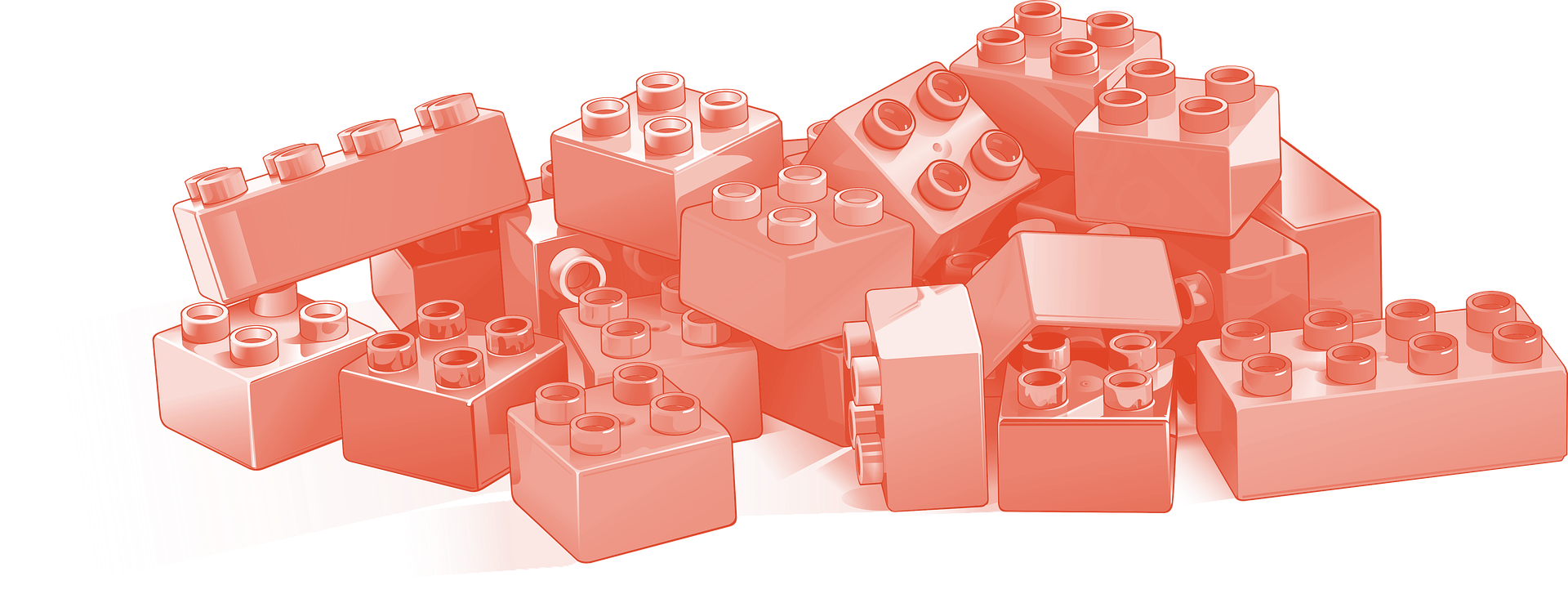
Personal, Social and Emotional Development Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive 9 relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Understanding the World Understanding the world involves guiding children to make sense of their physical world and their community. The frequency and range of children’s personal experiences increases their knowledge and sense of the world around them – from visiting parks, libraries and museums to meeting important members of society such as police officers, nurses and firefighters. In addition, listening to a broad selection of stories, non-fiction, rhymes and poems will foster their understanding of our culturally, socially, technologically and ecologically diverse world. As well as building important knowledge, this extends their familiarity with words that support understanding across domains. Enriching and widening children’s vocabulary will support later reading comprehension.

**NEXT STEPS KS3**

At **key stage 3**, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

For more detail see PSHE association Key stage 3

**PROGRAMME BUILDERS FOR**



**The national body**

for Personal,

Social, Health and Economic

(

PSHE) education

**PSHE EDUCATION**

KEY STAGES 1-2

# QUESTION-BASED MODEL

## INTRODUCTION

Welcome to our PSHE education Programme Builders for key stage 1 to 4, designed to accompany the 2020 edition of the [Programme of Study for PSHE education](https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935).

The Programme of Study sets out learning opportunities for each key stage, in three core themes: Health and Wellbeing, Relationships, and Living in the Wider World. The Programme Builders are designed to support the next step in planning your school’s curriculum. The Programme Builders provide five different model programmes (two for the primary phase, two for secondary and one for middle/prep schools), each one comprising:

* **a long term plan** for the year across all year groups
* **separate grids** for each year group, setting out learning objectives for each half-term
* **links to resources** (both PSHE Association resources and resources carrying the Association’s Quality Mark\*) that support each module. We will add new quality assured resources to the Programme Builders as they are published.

We have provided this range of models, in recognition that no two schools organise PSHE education in exactly the same way and no two PSHE leads will face exactly the same opportunities or challenges in designing their schemes of work. Schools should also tailor their PSHE education curriculum to the needs of their pupils, so are free to use and adapt the Programme Builder that best suits their school’s needs.

Whilst each Programme Builder illustrates a different way of organising a PSHE curriculum, they all follow the same best practice principles. They build in developmental progression by revisiting themes year on year, building on and extending prior learning.

\* Not all Quality Assured resources are free to access. A “£” symbol is used to symbolise those for which there is a charge.

## ABOUT THIS PROGRAMME BUILDER

1. QUESTION-BASED MODEL KS1-2

**This programme builder is structured around an overarching question for each term or half term. These begin in key stage 1 as ‘What? and ‘Who?’’ questions and build throughout Key Stage 2 into ‘Why?’ and ‘How?’ questions. The three core themes from the Programme of Study are fully covered - colour-coding highlights whether the overall topic focus is Health and Wellbeing, Relationships or Living in the Wider World, although some half term blocks will draw on more than one core theme. Teaching builds according to the age and needs of the pupils throughout the primary phase with suggested developmentally appropriate learning objectives given to respond to each key question.**

Links to resources last updated on 27/08/2021

### PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW — QUESTION-BASED MODEL

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year1/2 A** | **What is the same and different about us?** | **Who is special to us?** | **What helps us stay healthy?** | **What can we do with money?** | **Who helps to keep us safe?** | **How can we look after each other and the world?** |
| **Year 1/2 B** | **What makes a good friend?** | **What is bullying?** | **What jobs do people do?** | **What helps us to stay safe?** | **What helps us grow and stay healthy?** | **How do we recognise our feelings?** |
| **Year 3/4 A** | **How can we be a good friend?** | **What keeps us safe?** | **What are families like?** | **What makes a community?** | **Why should we eat well and look after our teeth?** | **Why should we keep active and sleep well?** |
| **Year 3/4 B** | **What strengths, skills and interests do we have?** | **How do we treat each other with respect?** | **How can we manage our feelings?** | **How will we grow and change?** | **How can our choices make a difference to others and the environment?** | **How can we manage risk in different places?** |
| **Year 5/6 A** | **What makes up a person’s identity?** | **What decisions can people make with money?** | **How can we help in an accident or emergency?** | **How can friends communicate safely?** | **How can drugs common**  **to everyday life affect health?** | **What jobs would we like?** |
| **Year 5/6 B** | **How can we keep healthy as we grow?** | | **How can the media influence people?** | | **What will change as we become more independent?**  **How do friendships change as we grow?** | |

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| YEAR 1and 2 — MEDIUM-TERM OVERVIEW Year A | | |  | |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  What is the same and different about us? | **Relationships**  Ourselves and others; similarities and differences; individuality; our bodies  PoS refs: H21, H22, H23, H25, R13, R23,  L6, L14 |  | 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  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 | [PSHE Association – Inclusion, belonging and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [Medway Public Health Directorate - Primary RSE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [Lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Autumn 2**  Who is special to us? | **Relationships**  Ourselves and others; people who care for us; groups we belong to; families  PoS refs: L4, R1, R2, R3, R4, R5 |  | 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, do to make them feel loved and cared for 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 | [Medway Public Health Directorate - Primary RSE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [Lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Spring 1**  What helps us stay healthy? | **Health and wellbeing**  Being healthy; hygiene; medicines; people who help us with health  PoS refs: H1, H5, H6, H7, H10, H37 |  | 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 | [1 decision - Keeping/staying healthy (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-resources)  [FPA – Growing up with Yasmine and Tom(£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy)  [PSHE Association - Health Education: food choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity) |

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|  |  |  | why hygiene is important and how simple hygiene routines can stop germs from being passed on |  |
|  |  |  | what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing |  |
| **Spring 2**  What can we do with money? | **Living in the wider world**  Money; making choices; needs and wants  PoS refs: L10, L11, L12, L13 |  | 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 | [1decision – Money matters (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [Experian - Values, Money and Me](https://www.valuesmoneyandme.co.uk/teachers) (KS1) |
| **Summer 1**  Who helps to keep us safe? | **Health and wellbeing**  Keeping safe; people who help us  PoS refs: H33, H35, H36, R15, R20, L5 |  | that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people  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 | [1 decision – Keeping/staying safe (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-resources)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Summer 2**  How can we  look after each other and the world? | **Living in the wider world**  Ourselves and others; the world around us; caring for others; growing and changing  PoS refs: H26, H27, R21, R22, R24, R25,  L2, L3 |  | 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  how to manage change when moving to a new class/year group | [Medway Public Health Directorate - Primary RSE](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [Lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [1 decision - Being responsible (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [Experian - Values, Money and Me](https://www.valuesmoneyandme.co.uk/teachers) (KS1) |

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| YEAR 1 and 2 — MEDIUM-TERM OVERVIEW Year B | | |  | |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  What makes a good friend? | **Relationships**  Friendship; feeling lonely; managing arguments  PoS refs: R6, R7, R8, R9, R25 |  | how to make friends with others  how to recognise when they feel lonely and what they could do about it  how people behave when they are being friendly and what makes a good friend  how to resolve arguments that can occur in friendships how to ask for help if a friendship is making them unhappy | [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Autumn 2**  What is bullying? | **Relationships**  Behaviour; bullying; words and actions; respect for others  PoS refs: R10, R11, R12, R16, R17, R21,  R22, R24, R25 |  | how words and actions can affect how people feel  how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe  why name-calling, hurtful teasing, bulling and deliberately excluding others is unacceptable  how to respond if this happens in different situations how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so | [1 decision - Relationships (£](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)) |
| **Spring 1**  What jobs do people do? | **Living in the wider world**  People and jobs; money; role of the internet  PoS refs: L15, L16, L17, L7, L8 |  | how jobs help people earn money to pay for things they need and want  about a range of different jobs, including those done by people they know or people who work in their community  how people have different strengths and interests that enable them to do different jobs |  |
|  |  |  | how people use the internet and digital devices in their jobs and everyday life |  |

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| **Spring 2**  What helps us  to stay safe? | **Health and wellbeing**  Keeping safe; recognising risk; rules  PoS refs: H28, H29, H30, H31, H32,  H34, R14, R16, R18, R19, R20, L1, L9 |  | how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)  how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them  how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets  how not everything they see online is true or trustworthy and that people can pretend to be someone they are not  how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them | [Thinkuknow: Jessie and Friends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/jessie-friends)  [1 decision – Computer safety / Hazard watch (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 1-2)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [BBFC - ‘Watch Out! Helping to make good viewing choices’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks1-lessons-%E2%80%98watch-out-helping-make-good) |
| **Summer 1**  What can help us grow and stay healthy? | **Health and wellbeing**  Being healthy: eating, drinking, playing and sleeping  PoS refs: H1, H2, H3, H4, H8, H9 |  | that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest  that eating and drinking too much sugar can affect their health, including dental health  how to be physically active and how much rest and sleep they should have everyday  that there are different ways to learn and play; how to know when to take a break from screen-time  how sunshine helps bodies to grow and how to keep safe and well in the sun | [PSHE Association - Health Education: food choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [1 decision -Keeping/staying healthy (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  [PSHE Association - The Sleep Factor](https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints) |
| **Summer 2**  How do we recognise our feelings? | **Health and wellbeing**  Feelings; mood; times of change; loss and bereavement; growing up  PoS refs: H11, H12, H13, H14, H15,  H16, H17, H18, H19, H20, H24, H27 |  | how to recognise, name and describe a range of feelings what helps them to feel good, or better if not feeling good how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) how feelings can affect people in their bodies and their behaviour  ways to manage big feelings and the importance of sharing their feelings with someone they trust  how to recognise when they might need help with feelings and how to ask for help when they need it | [PSHE Association – Mental health and wellbeing lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [1 decision – Feelings and emotions (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)  [Winston’s Wish – Loss and bereavement](https://www.pshe-association.org.uk/curriculum-and-resources/resources/winstons-wish-lessons-loss-and-bereavement-ks1-4) |

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| YEAR 3 and 4— MEDIUM-TERM OVERVIEW Year A | | |  | |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  How can we be a good friend? | **Relationships**  Friendship; making positive friendships, managing loneliness, dealing with arguments  PoS refs: R10, R11, R13, R14, R17, R18 |  | how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded  how to recognise if others are feeling lonely and excluded and strategies to include them  how to build good friendships, including identifying qualities that contribute to positive friendships  that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences  how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support | [Medway Public Health Directorate -Primary RSE lessons’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Autumn 2**  What keeps us safe? | **Health and wellbeing**  Keeping safe; at home and school; our bodies; hygiene; medicines and household products  PoS refs: H9, H10, H26, H39, H30, H40,  H42, H43, H44, R25, R26, R28, R29 |  | how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe  how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers  that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable  how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)  how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns what to do in an emergency, including calling for help and speaking to the emergency services | [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 3-4)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Environment Agency – Canal and river safety /](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2)  [Flood alert](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy) |

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| **Spring 1**  What are  families like? | **Relationships**  Families; family life; caring for each other  PoS refs: R5, R6, R7, R8, R9 |  | how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)  how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays how people within families should care for each other and the different ways they demonstrate this  how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe | [Coram Life Education – Adoptables Schools Toolkit](https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Spring 2**  What makes a community? | **Living in the wider world**  Community; belonging to groups; similarities and differences; respect for others  PoS refs: R32, R33, L6, L7, L8 |  | how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups  what is meant by a diverse community; how different groups make up the wider/local community around the school how the community helps everyone to feel included and values the different contributions that people make  how to be respectful towards people who may live differently to them | [PSHE Association - Inclusion, belonging and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [Premier League Primary Stars – Diversity](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Worcester University - Moving and moving home](https://www.pshe-association.org.uk/curriculum-and-resources/resources/moving-moving-home-ks2-lesson-plan) |
| **Summer 1**  Why should we eat well and look after our teeth? | **Health and wellbeing**  Being healthy: eating well, dental care  PoS refs: H1, H2, H3, H4, H5, H6, H11,  H14 |  | how to eat a healthy diet and the benefits of nutritionally rich foods  how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health how people make choices about what to eat and drink, including who or what influences these  how, when and where to ask for advice and help about healthy eating and dental care | [PSHE Association - Health Education: food choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and) |

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| **Summer 2**  Why should we keep active and sleep well? | **Health and wellbeing**  Being healthy: keeping active, taking rest  PoS refs: H1, H2, H3, H4, H7, H8, H13,  H14 |  | how regular physical activity benefits bodies and feelings how to be active on a daily and weekly basis - how to balance time online with other activities  how to make choices about physical activity, including what and who influences decisions  how the lack of physical activity can affect health and wellbeing |  |
|  |  |  | how lack of sleep can affect the body and mood and simple routines that support good quality sleep |  |
|  |  |  | how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried |  |

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| YEAR 3 and 4 — MEDIUM-TERM OVERVIEW Year B | | |  |  |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  What strengths, skills and interests do we have ? | **Health and wellbeing**  Self-esteem: self-worth; personal qualities; goal setting; managing set backs  PoS refs: H27, H28, H29, L25 |  | how to recognise personal qualities and individuality to develop self-worth by identifying positive things about themselves and their achievements  how their personal attributes, strengths, skills and interests contribute to their self-esteem how to set goals for themselves  how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking | [Premier League Primary Stars – Self-esteem /](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Resilience](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Autumn 2**  How do we  treat each other with respect? | **Relationships**  Respect for self and others; courteous behaviour; safety; human rights  PoS refs: R19, R20, R21, R22, R25, R27,  R29, R30, R31, H45, L2, L3, L10 |  | how people’s behaviour affects themselves and others, including online  how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return  about the relationship between rights and responsibilities about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)\*  the rights that children have and why it is important to protect these\*  that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns | [Premier League Primary Stars – Play the right way](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [/ Inclusion](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [1decision – Being responsible / A world without judgement (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme) |

\*Teaching about FGM could also be included in units on health, safe relationships, privacy, and body parts (including external genitalia).

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| **Spring 1**  How can we manage our feelings? | **Health and wellbeing**  Feelings and emotions; expression of feelings; behaviour  PoS refs: H17, H18, H19, H20, H23 |  | how everyday things can affect feelings  how feelings change over time and can be experienced at different levels of intensity  the importance of expressing feelings and how they can be expressed in different ways  how to respond proportionately to, and manage, feelings in different circumstances  ways of managing feelings at times of loss, grief and change how to access advice and support to help manage their own or others’ feelings | [PSHE Association – Mental health and wellbeing lessons (KS2 - Y3/4)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [Winston’s Wish – Loss and bereavement](https://www.pshe-association.org.uk/curriculum-and-resources/resources/winstons-wish-lessons-loss-and-bereavement-ks1-4) |
| **Spring 2**  How will we grow and change? | **Health and wellbeing** Growing and changing; puberty  PoS refs: H31, H32, H34 |  | about puberty and how bodies change during puberty, including hormones and minor body changes including the onset of periods  how puberty can affect emotions and feelings how personal hygiene routines change during puberty how to ask for advice and support about growing and changing and puberty | [Medway Public Health Directorate - Primary RSE lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Summer 1**  How can our choices make a difference to others and the environment? | **Living in the wider world**  Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions  PoS refs: L4, L5, L19, R34 |  | how people have a shared responsibility to help protect the world around them  how everyday choices can affect the environment  how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)  the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues  how to show care and concern for others (people and animals) how to carry out personal responsibilities in a caring and compassionate way | [Premier League Primary Stars / Sky Ocean Rescue](https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-plastic-pollution-lesson-plan)  [– Tackling plastic pollution](https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-plastic-pollution-lesson-plan)  [RSPCA - Compassionate classroom lessons](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rspca-compassionate-class-ks2-lessons-about-animal)  [Team Margot – Giving help to others (resources on blood, stem cell and bone marrow donation)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/team-margot-giving-help-others-resources-blood)  [1decision – Being responsible / The working world (](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme)£)  [Experian - Values, Money and Me](https://www.valuesmoneyandme.co.uk/teachers) (KS2) |

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| **Summer 2**  How can we manage risk in different places? | **Health and wellbeing**  Keeping safe; out and about; recognising and managing risk  PoS refs: H12, H37, H38, H41, H42,  H47, R12, R15, R23, R24, R28, R29, L1,  L5, L15 |  | how to recognise, predict, assess and manage risk in different situations  how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) how people can be influenced by their peers’ behaviour and by a desire for peer approval; how to manage this influence how people’s online actions can impact on other people how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online  how to report concerns, including about inappropriate online content and contact  that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law | [PSHE Association and GambleAware -Exploring](https://www.pshe-association.org.uk/content/gambling)  [risk (KS2)](https://www.pshe-association.org.uk/content/gambling)  [Google & Parentzone – Be Internet Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships)  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 3-4)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Environment Agency – Canal and river safety /](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2)  [Flood alert](https://www.pshe-association.org.uk/curriculum-and-resources/resources/water-safety-guidance-lessons-and-resources-ks2) |

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| YEAR 5 and 6 — MEDIUM-TERM OVERVIEW Year A | | |  | |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  What makes up our identity? | **Health and wellbeing**  Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes  PoS refs: H25, H26, H27, R32, L9 |  | how to recognise and respect similarities and differences between people and what they have in common with others that there are a range of factors that contribute to a person’s identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)  how individuality and personal qualities make up someone’s identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)  about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others  how to challenge stereotypes and assumptions about others | [PSHE Association - Inclusion, belonging and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [Premier League Primary Stars – Developing values](https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars)  [Coram Life Education - ‘The Belonging Toolkit’,](https://www.pshe-association.org.uk/curriculum-and-resources/resources/coram-life-education-belonging-toolkit-ks2-3) |
| **Autumn 2**  What decisions can people make with money? | **Living in the wider world**  Money; making decisions; spending and saving  PoS refs: R34, L17, L18, L20, L21, L22,  L24 |  | how people make decisions about spending and saving money and what influences them  how to keep track of money so people know how much they have to spend or save  how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans)  how to recognise what makes something ‘value for money’ and what this means to them  that there are risks associated with money (it can be won, lost or stolen) and how money can affect people’s feelings and emotions | [Experian - Values, Money and Me](https://www.valuesmoneyandme.co.uk/teachers) (KS2) |
| **Spring 1**  How can we help in an accident or emergency? | **Health and wellbeing**  Basic first aid, accidents, dealing with emergencies  PoS refs: H43, H44 |  | how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions  that if someone has experienced a head injury, they should not be moved  when it is appropriate to use first aid and the importance of seeking adult help | [St John Ambulance: ‘First Aid Training in School’ lesson plans, KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/st-john-ambulance-%E2%80%98first-aid-training-school%E2%80%99) |

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|  |  |  | the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services |  |
| **Spring 2**  How can friends communicate safely? | **Relationships**  Friendships; relationships; becoming independent; online safety  PoS refs: R1, R18, R24, R26, R29, L11,  L15 |  | about the different types of relationships people have in their lives  how friends and family communicate together; how the internet and social media can be used positively  how knowing someone online differs from knowing someone face-to-face  how to recognise risk in relation to friendships and keeping safe about the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family how to respond if a friendship is making them feel worried, unsafe or uncomfortable  how to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety | [Thinkuknow – Play, Like, Share](https://www.pshe-association.org.uk/curriculum-and-resources/resources/play-share)  [Google & Parentzone – Be Internet Legends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |
| **Summer 1**  How can drugs common to  everyday life affect health? | **Health and wellbeing**  Drugs, alcohol and tobacco; healthy habits  PoS refs: H1, H3, H4, H46, H47, H48,  H50 |  | how drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing  that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal  how laws surrounding the use of drugs exist to protect them and others  why people choose to use or not use different drugs how people can prevent or reduce the risks associated with them  that for some people, drug use can become a habit which is difficult to break  how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use  how to ask for help from a trusted adult if they have any worries or concerns about drugs  about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams  how puberty can affect emotions and feelings how personal hygiene routines change during puberty how to ask for advice and support about growing and changing and puberty | [1decision - Keeping/staying healthy (£](https://www.pshe-association.org.uk/curriculum-and-resources/resources/1decision-primary-pshe-education-programme))  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 5-6)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education) |

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| **Summer 2**  What jobs would we like? | **Living in the wider world**  Careers; aspirations; role models; the future  PoS refs: L26, L27, L28, L29, L30, L31,  L32 |  | that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime that some jobs are paid more than others and some may be voluntary (unpaid)  about the skills, attributes, qualifications and training needed for different jobs  that there are different ways into jobs and careers, including college, apprenticeships and university  how people choose a career/job and what influences their decision, including skills, interests and pay  how to question and challenge stereotypes about the types of jobs people can do  how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions | [LOUD! Network - Job skills, influences and goals](https://www.pshe-association.org.uk/curriculum-and-resources/resources/loud-network-ks2-lessons-%E2%80%98job-skills-influences) |

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| YEAR 5 and 6 — MEDIUM-TERM OVERVIEW Year B | | |  | |
| **Half term /**  **Key question:** | **Topic** |  | **In this unit of work, pupils learn...** | **Quality Assured resources to support planning** |
| **Autumn 1**  **& 2**  How can we keep healthy as we grow? | **Health and wellbeing**  Looking after ourselves; growing up; becoming independent; taking more responsibility  PoS refs: H1, H2, H3, H4, H5, H6, H7,  H8, H11, H12, H13, H14, H15, H16,  H21, H22, H40, H46, R10 |  | how mental and physical health are linked how positive friendships and being involved in activities such as clubs and community groups support wellbeing how to make choices that support a healthy, balanced lifestyle including:  » how to plan a healthy meal  » how to stay physically active  » how to maintain good dental health, including oral hygiene, food and drink choices  » how to benefit from and stay safe in the sun  » how and why to balance time spent online with other activities  » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep  » how to manage the influence of friends and family on health choices  that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one  how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on that anyone can experience mental ill-health and to discuss concerns with a trusted adult  that mental health difficulties can usually be resolved or managed with the right strategies and support | [PSHE Association - Health Education: food choices, physical activity & balanced lifestyles](https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-education-food-choices-physical-activity)  [PSHE Association – Mental health and wellbeing](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [(KS2 – Y5/6), lessons 1 and 2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans)  [PSHE Association and - The sleep factor (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints)  [Every Mind Matters – Sleep](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources)[, Social media & physical wellbeing (KS2)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources)  [PSHE Association - Dental Health](https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and)  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 5-6)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [Lifebuoy - ‘Soaper Heroes’ lesson plans](https://www.pshe-association.org.uk/curriculum-and-resources/resources/soaper-heroes-ks1-2-lesson-plans-lifebuoy)  [PSHE Association - Keeping safe: FGM](https://www.pshe-association.org.uk/curriculum-and-resources/resources/keeping-safe-fgm-guidance-lesson-plan-year-5-6) |
|  |  |  | that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else¹ |  |
| **Spring 1 & 2**  How can the media influence people? | **Living the wider world**  Media literacy and digital resilience; influences and decision-making; online safety  PoS refs: H49, R34, L11, L12, L13, L14,  L15, L16, L23 |  | how the media, including online experiences, can affect people’s wellbeing – their thoughts, feelings and actions  that not everything should be shared online or social media and that there are rules about this, including the distribution of images  that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions  how text and images can be manipulated or invented; strategies to recognise this  to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts  to recognise unsafe or suspicious content online and what to do about it  how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them  how to make decisions about the content they view online or in the media and know if it is appropriate for their age range how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue  to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have  to discuss and debate what influences people’s decisions, taking into consideration different viewpoints | [PSHE Association - Inclusion, belonging and addressing extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  [PSHE Association, National Literacy Trust and The Guardian Foundation – NewsWise, Lessons 3, 5 and 6](https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswise-news-literacy-project-and-resources)  [BBFC – Let’s watch a film – making choices about what to watch](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices)  [Every Mind Matters – Social Media](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources)  [PSHE Association – Drug and Alcohol Education](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [(Year 5-6)](https://www.pshe-association.org.uk/content/drug-and-alcohol-education)  [City of London Police - Cyber Detectives](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-london-police-cyber-detectives-lesson-plans) |
| **Summer 1 & 2**  What will change as we become more independent? | **Relationships**  Different relationships, changing and growing, adulthood, independence, moving to secondary school |  | that people have different kinds of relationships in their lives, including romantic or intimate relationships  that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another | [Medway Public Health Directorate - Primary RSE lessons (Y6)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [FPA – Growing up with Yasmine and Tom (£)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-yasmine-tom-%E2%80%94-ks1-2-relationships) |

¹ Teaching about FGM could also be included in units on health, safe relationships, privacy, and body parts (including external genitalia).

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| How do  friendships change as we grow? | PoS refs: H24, H30, H33, H34, H35,  H36, R2, R3, R4, R5, R6, R16 |  | that adults can choose to be part of a committed relationship or not, including marriage or civil partnership  that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime how puberty relates to growing from childhood to adulthood about the reproductive organs and process - how babies are conceived and born and how they need to be cared for that there are ways to prevent a baby being made² how growing up and becoming more independent comes with increased opportunities and responsibilities  how friendships may change as they grow and how to manage this  how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing  about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams  how puberty can affect emotions and feelings how personal hygiene routines change during puberty how to ask for advice and support about growing and changing and puberty | [PSHE Association – Mental health and wellbeing](https://www.pshe-association.org.uk/content/guidance-and-lessons-teaching-about-mental-health)  [(KS2 – Y5/6), lesson 3](https://www.pshe-association.org.uk/content/guidance-and-lessons-teaching-about-mental-health)  [City to Sea – Rethink Periods](https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-sea-rethink-periods-ks2-3-lesson-plans)  [Every Mind Matters – Transition to secondary school](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources) |

²Pupils are often aware that sexual intercourse does not always result in a baby and they may already be aware of or have heard about some common methods of contraception (e.g.

condoms, the contraceptive pill or avoiding sexual intercourse). A basic understanding of contraception can be taught at primary level but at The Grove we choose not to cover this element.