

Ashleigh Primary School and Nursery- RSHE/PSHE Curriculum

This long term plan should be read alongside the school's policies for:

- Safeguarding
- Curriculum for Life
- Online Safety (currently being revised)

PSHE should always be adapted to the needs of the individual class and therefore there may be times where teachers need to add or change a lesson to respond to a situation.

Do I have to use the resources suggested?

**Highlighted in red**- use this resource to deliver the content.

**Highlighted in yellow**- please cover the objectives from this resource, but you may wish to adapt the activities.

**Highlighted in green**- this is a suggested resource, but you may cover in a different way if suitable for the class.

<b>Ashleigh Guiding Star Focus</b>	
Most classes will be covering this theme for the month and so some assemblies will have this focus. Golden tickets should be used throughout the year to reinforce these values.	
September	Confidence
October	Empathy
November	Teamwork
December	Safety
January	Responsibility
February	Perseverance
March	Confidence
April	Empathy
May	Teamwork
June	Safety
July	Responsibility
Transition	Perseverance

Resource Name	Login/ where is it saved?
Project Evolve- Online Safety	Set up your own username and password <a href="https://projectevolve.co.uk/sign-in/">https://projectevolve.co.uk/sign-in/</a>
PSHE Association	username - hmeek@ashleighprimary.net password - Ashleigh2022
PSHE Association Drugs and Alcohol	Curriculum Space- RSHE- Resources
PSHE Association Inclusion, Belonging and addressing extremism	Curriculum Space- RSHE- Resources
PSHE Association Mental Health and Emotional Wellbeing	Curriculum Space- RSHE- Resources
RSE Lessons- RSE Solution	Curriculum Space- RSHE- Resources
PATHS	Curriculum Space- RSHE- Resources +Year group folders
<b>Signposting for further support</b>	<b>tbc</b>
Premier League Stars Resources	<a href="https://plprimarystars.com/">https://plprimarystars.com/</a> Free sign up

## Reception

Within our EYFS, PSHE and citizenship is an integral part of children’s learning and is embedded throughout the curriculum. Children in EYFS develop skills that form a crucial foundation for later teaching of PSHE/RSHE at KS1. Both curriculums complement each other, providing opportunities for progression throughout the school. The objectives taught are covered in the Personal, Social and Emotional Development statements from ‘Development Matters in the EYFS’ and the PSED Early Learning Goals.

**Reception will also have 1/2 30 minute PATHS sessions per week.**

Below is a brief overview of which Ashleigh Guiding Star will be covered at specific points throughout EYFS and how they will then be taught explicitly during planned circle times throughout the year. Due to PSHE being embedded within our curriculum and an integral part of our EYFS, a lot of the key teaching points listed below will be covered more frequently than mapped or may occur at different times to those mapped here.

Ongoing social skills: Use people’s names; smile; please and thank you; eye contact, give and receive compliments.

	Ashleigh Guiding Star	Key Question	key teaching points	Online safety question	Resources
Sept	Confidence	What makes us special?	<p>We are all different, all equal and all learning.</p> <p>There are some ways that people can be the same as each other and some ways that we are different</p> <p>Everyone should feel OK to be themselves.</p>		RSE Lesson 2 (you do not need to use these specific activities as it will be necessary to be led by the needs of the class and a circle time discussion may be more appropriate)
October	Empathy/ Teamwork	Why is it sometimes	Sharing can sometimes be really difficult, especially if it is something that we really like.	What does online mean? What does it	Project Evolve - Self Image and Identity / Online reputation/ Privacy and security

		hard to share?	Sharing is part of being a good friend and when other people share with us we have fun and feel special so it is kind to do the same.	mean to share something online?  Some information about us is personal and should not be shared online (name, age, address, birthday)	
November	Teamwork	Who is special to me and how do I look after them?	There are some people in our lives who are special to us. Someone who is special to us cares for us and thinks about how we feel. They make us feel good about ourselves most of the time. A parent may have to teach you right and wrong so you may sometimes be told off, but you will still be loved by them and feel special.  Safe hand- we can all show who our safe adults are on our hands.  The way we act towards others can show them that we care about them.	How can people talk to each other using the internet? Technology can help us communicate with people who are special to us who we do not see as much.  We can use apps, phone calls, messages and video games to talk to other people. It is important to ask adults before using any of these things.	RSE lesson 6  Project Evolve- Early Years- Online Relationships
December	Safety	What helps us stay safe?	Sometimes there are rules which are there to keep us safe.  To cross the road safely you must stop, look, listen and think.  We keep ourselves safe by not speaking to strangers. There are some people who do jobs that	How do we keep safe online?	Project Evolve - Self Image and Identity / Online reputation/ Health Wellbeing and lifestyle.  5 Safe adult hand

			mean that they can help us (police, doctors, teachers etc.) If we are worried or feel unsafe, we should speak to a trusted adult		
January	Responsibility	What does private mean?	<p>Private is when we do not share something with anyone else, or with only a few people who we trust. We may choose to keep some things private.</p> <p>There are some places which are private (somewhere you are alone or with family) and some places which are public (there are other people around)</p> <p>There are some things that we should only do in private (go to the toilet, have a bath)</p> <p>Sometime people want to be alone. This does not mean that they do not like us, but they may need some space because of the way they are feeling.</p> <p>PANTS</p> <p>Privates are Private Always remember your body belongs to you. No means No Talk about secrets that upset you. Speak up, someone can help.</p>		RSE Lesson 5 NSPCC PANTS rules lesson - inform parents that this is being covered

February	Perseverance	What should I do when I make a mistake?	<p>Making mistakes is something that we all do. The important thing is that you take responsibility for your mistakes and learn from them.</p> <p>When we make a mistake in our learning, we should keep on trying as this is how we learn.</p>	<p>Peter H Reynolds- The Dot Giles Andreae- Giraffe's Can't Dance</p>
March	Confidence	What do I like?	<p>It is good to be you and it is OK to like and dislike different things. It is important to think for ourselves and not just do what our friends do. Sometimes we have to think for ourselves and make difficult decisions.</p>	<p>RSE Lesson 4</p> <p>Nick Sharratt- You Choose Nick Sharratt- Red Rockets and Rainbow Jelly <a href="https://www.youtube.com/watch?v=-BKVZWWUvE">https://www.youtube.com/watch?v=-BKVZWWUvE</a></p>
April	Teamwork	Why do adults keep asking me to say please and thank you?	<p>Using manners is a way to show kindness to others. It shows that we care for other people.</p>	<p>Steve Antony- Please Mr Panda</p>
May	Teamwork/ Perseverance	What should I do if my friend says they don't like me anymore?	<p>Sometimes friends fall out and this can make you feel upset, lonely or maybe even angry. It is important to take a deep breath, talk about the problem and how it made you feel.</p> <p>It is also really important to admit to your friends when you did something wrong and to say sorry.</p>	<p>PATHS turtle+ PATHS conflict resolution.</p> <p>Practise apologising using scripts. When someone says "sorry" say "thank you for saying sorry".</p>

June	Responsibility	What helps us stay safe and healthy?	<p>We wash our bodies with water and soap to keep clean. Washing can help to stop germs spreading. This can help us protect ourselves and others from becoming ill.</p> <p>We wash our hands before and after some activities (going to the toilet, eating, stroking animals, sneezing etc.)</p> <p>We know how to follow steps to wash hands properly and for long enough (sing happy birthday twice)</p>	<p>What rules can help me stay safe and healthy when using technology?</p> <p>I can say who my 5 safe adults are who I can talk to if I see something that worries me.</p> <p>It is good to take breaks from technology.</p> <p>You should always ask before using technology so that adults can help to keep you safe.</p>	Project Evolve- EYFS- Health, Wellbeing and Lifestyle.
July	Responsibility	What helps us stay healthy	I know that some foods are healthy and some are unhealthy and that unhealthy foods should only be eaten as part of a balanced diet.		
Transition	Engagement	What might it like to be a Year 1?	Next year some things will be the same and some will be different. This is part of growing up. You might feel nervous or excited. You will still have Ashleigh adults who care for you and will always help you.		

**YEAR 1**

This PSHE curriculum should be taught for 30 minutes per week. **Year 1 will also have 2 x 20 minute PATHS sessions per week.**

The Year 1 PATHS curriculum is a repetition of the Reception PATHS planning. The purpose of this is to ensure that this knowledge is embedded. Teachers should use formative assessment to ascertain if children have retained the knowledge and should extend the children using ideas from the following documents.

 [06 Y 1 & R Guidance.pdf](#)

 [Fiction to support PATHS March 2017.pdf](#)

**Ongoing social skills:** Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	<b>Ashleigh Guiding Star</b>	<b>Key Question</b>	<b>key teaching points</b>	<b>Online safety question</b>	<b>Resources</b>
Sept	Confidence	What is the same and different about us?	<p>Everyone is valuable. All different, All equal.</p> <p>I know what I like and dislike and what I am good at. I know that I am unique.</p> <p>It is important to look after myself and others.</p> <p>Use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private</p>		<p><b>RSE Lesson 4</b></p> <p><b>RSE Lesson 2-</b> This lesson involves naming of body parts and so you should inform parents in advance so that they can support discussions at home. They do not have the right to withdraw as this is seen as part of the Science curriculum.</p> <p><b>NSPCC PANTS rules lesson</b> - inform parents that this is being covered</p>

October	Empathy	What are feelings?	<p>All feelings are OK. Some feelings are comfortable and some are uncomfortable.</p> <p>There are ways to manage uncomfortable feelings (PATHS turtle)</p>	Who can help me if I feel upset about something I see online?	<p><b>The Colour Monster- Anna LLenas</b></p> <p>PATHS feelings introduced throughout the Year. Additional book recommendations and extensions for Year 1 (if assessment shows that children remember and understand the PATHS programme from Reception) can be found in Curriculum Space- RSHE- Resources - 01 Planning- 06 Yr 1&amp;R guidance</p> <p>Project Evolve- Year 1- Self image and identity</p>
November	Teamwork	Who is special to us?	<p>All families are different. Families should be filled with love and care for one another.</p> <p>If you feel unhappy or unsafe with family it is important to tell a safe adult (Name 5 safe adults on your hand)</p>		<p><b>Picture Books: The Great Big Book of Families-Mary Hoffman</b></p> <p><b>The Family Book- Todd Parr</b></p>
December	Safety	Who helps to keep us safe?	Some people have jobs that help to keep us safe.	Why do I need to ask before using the internet?	<p><b>RSE Lesson 6</b></p> <p>Project Evolve- Year 1 -Online relationships OR privacy and security.</p> <p><b>Twinkl- People who help us Powerpoint</b></p>
January	Responsibility	How can I keep	I know how to get help if I am feeling unsafe (stranger	What is personal information?	<p><b>RSE lesson 6 extension (calling 999)</b></p> <p>Project Evolve- Online Reputation</p>



		myself safe?	<p>danger, calling 999, identify 5 safe adults on my hand)</p> <p>To cross the road safely you must stop, look, listen and think</p>		<p>Stranger Danger - twinkl powerpoint available</p> <p>Watch 'Rhian's day ' heartstart video (youtube) nd discussion / role play what to do in an emergency - - also discuss other reasons for calling 999</p> <p><a href="https://www.think.gov.uk/resource/crossing-roads/">https://www.think.gov.uk/resource/crossing-roads/</a></p>
February	Responsibility	What helps us to stay healthy?	<p>There are people that can help me stay healthy (parent doctor, dentist)</p> <p>Medicines can sometimes be used to keep people healthy.</p> <p>I need to take responsibility for keeping myself clean and healthy every day.</p>		<p>RSE Lesson 5</p> <p>Project Evolve- Health Wellbeing and Lifestyle- to introduce the balance of health and wellbeing and technology</p>
March	Teamwork	"This game is only for two people" what does it feel like to be left out?	<p>Including other people is important because everyone deserves to be valued and have friends.</p> <p>It is important to always check if your friends are happy and comfortable with the games you are playing.</p> <p>Always ask permission.</p>	How can I choose kindness online?	<p>RSE Lesson 3</p> <p>PATHS- Lessons 20, 21, 27 will also cover elements of this.</p> <p>Project Evolve- Self image and identity or Online Bullying</p>

April	Empathy	Why do we sometimes just have a bad day?	<p>All feelings are ok. We can recognise our feelings by thinking about how our body is reacting.</p> <p>All feelings are ok, it is what we do with them that counts.</p>		<p>PATHS feelings introduced throughout the Year. Additional book recommendations and extensions for Year 1 (if assessment shows that children remember and understand the PATHS programme from Reception) can be found in Curriculum Space- RSHE- Resources - 01 Planning- 06 Yr 1&amp;R guidance</p> <p>Introduce 5 Ways to Wellbeing as a way of finding peace on a bad day. <b>Connect, Be Active, Keep Learning, Give, and Take Notice</b></p>
May	Teamwork/ Perseverance	<p>Why can't I be first in the line every time?</p> <p>Is it OK to lose a game?</p>	<p>It is important to show respect and think of others. It is kind to have good manners and be patient.</p> <p>Sometimes we can feel frustrated or disappointed if we lose a game or something goes wrong. This is ok but we should always choose kindness.</p> <p>Sometimes computer games do not feel like real life. We should still remember to choose kindness.</p>	How might I react if I lose a computer game?	Project Evolve- Online relationships.
June	Responsibility	What can we do with money?	<p>Money is something that can be earned, borrowed, won or given.</p> <p>There is a difference between needing and wanting something.</p>	Is money spent online real money?	<p>Natwest money sense : What coins and notes do we use?</p> <p>Natwest money sense: What are needs and wants?</p>

			<p>People can use banks to keep their money safe.</p>		<p>Natwest Money Sense: Where can I keep my money safe?</p> <p>Esafety discussion about spending money online- Project evolve has resources on seeking permission (Online relationships)</p>
July	Responsibility	How can we look after each other and the world?	<p>Sometimes people can seem very different to us. They might look different, have a different personality or have different beliefs)</p> <p>We should show everyone respect no matter how different we are. Everyone is valuable. All different, All equal.</p> <p>We looked after ourselves, everyone and everything (looking after animals, looking after our world e.g. recycling)</p>		<p>RSPCA - KS1 lesson -looking after pets (cover the 5 freedoms and link to animals on the school farm. RSPCA looking after pets lesson</p> <p>Possible link with recycling in geography?</p> <p>PSHE Association: Inclusion, Belonging and addressing extremism Pack- (saved in resources folder) Lesson 1- sameness and difference (You also need a copy of Giraffe's can't dance/ Elmer or Rainbow Fish)</p>
Transition	Confidence	How have I changed this year?	<p>Changes happen all of the time. We grow and change and this is a good thing.</p> <p>Sometimes changes can make us feel worried and talking with others about these worries can help.</p>		<p>PATHS lessons 42+43 will also cover this theme.</p>

**YEAR 2**

This PSHE curriculum should be taught for 30 minutes per week. **Year 2 will also have 2 x 20 minute PATHS sessions per week.**

**Ongoing social skills:** Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	<b>Ashleigh Guiding Star</b>	<b>Key Question</b>	<b>key teaching points</b>	<b>Online safety question</b>	<b>Resources</b>
September	Confidence	What makes me special?	Everyone is valuable. All different, All equal.  It is good to be unique.  All families are unique and all valuable.		RSE Lesson 1 RSE Lesson 4 Include extension activity on positive talk.
October	Empathy/ Teamwork	“Nobody will play with me today” - How do we help people if they are lonely?	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.		Recap PATHS Lesson 24 - Lonely  Gorilla- Anthony Brown Mr Big- Ed Vere (see Fiction to support PATHS for further suggestions)
November	Teamwork	What makes a good friend?	All friendships have ups and downs, but you can work through this.  Violence is never the answer to solving a falling out.		RSE Lesson 5  NSPCC PANTS rules lesson - inform parents that this is being covered

			<p>I understand the need for personal space and can identify comfortable and uncomfortable touch.</p> <p>If someone makes you feel uncomfortable or unhappy, you should ask for help.</p>		<p>PATHS lessons 23-36 will recap what makes a good friend in February so focus on personal space, privacy and conflict resolution.</p>
December	Safety	What helps us to stay safe?	<p>Rules are important for keeping us safe (road, fire, cycle, water safety, safety. Being safe with medicines)</p> <p>Sometimes the internet is not safe and cannot always be trusted.</p> <p>If you feel unsafe you should talk to an adult that you trust (safe hand)</p>	<p>What is the internet and how do I stay safe online?</p>	<p>PSHE Association KS1 Drugs and Alcohol lessons x3 to be split across December and January</p> <p>Road safety- county or another source (can be booked for another time in the year)</p> <p>Project Evolve- Year 2- online relationships.</p>
January	Responsibility	What helps us to grow and stay healthy?	<p>We need to think about food and drink, exercise, sleep and rest to stay healthy.</p> <p>Eating and drinking too much sugar can be bad for your health (including teeth)</p>	<p>Should I play on an x-box all day?</p> <p>It is important to take breaks from screens</p>	<p>RSE Lesson 2 - This lesson involves content of how babies grow should share with parents the objectives (letter to be reviewed by headteacher) so that they can support discussions at home. Please note that we are only teaching that a baby grows from an egg and not including the explanation of conception and birth given in activity 1. Parents do not have the right to withdraw as this is seen as part of the Science curriculum. <b>IMPORTANT: do</b></p>

			It is important to protect our bodies from the sun.	to keep fit and healthy.	<p>not use the explanation of conception/birth as outlined in Activity 1 If a child asks how a baby is made/ born then we will say that they will learn more about this in KS2 and let parents know that they have asked this. Please consult RSHE lead about this lesson if in any doubt.</p> <p><a href="https://www.dentalhealthcare.nhs.uk/your-teeth/">https://www.dentalhealthcare.nhs.uk/your-teeth/</a> Dr Ranj video age 3-6</p> <p>Twinkl sun safety powerpoint.</p> <p>PSHE Association KS1 Drugs and Alcohol lessons x3 to be split across December and January</p> <p>Project Evolve- Year 2- Health, Wellbeing and Lifestyle.</p>
February	Perseverance	"I've finished my work. I got all ticks" Is the first person to finish the best learner?	We learn through making mistakes and when we find something easy we may not be challenging ourselves enough. "Finishing" your work is not about how quickly you can get a page of ticks, but whether you understand the topic and challenge yourself.		
March	Confidence	Will I get in trouble if I tell the truth?	Everyone makes mistakes. Being truthful and owning up to mistakes is important. People respect honesty.	What should I do if I see something that worries me on YouTube?	<p>RSE Lesson 6</p> <p>Project Evolve- Year 2- Self-image and identity</p>

			Talk about secrets that upset you. Speak up, someone can help		
April	Empathy	What is bullying?	<p>There are different types of bullying. It is not just physically hurting someone. Words and actions can affect how people feel.</p> <p>Name-calling, hurtful teasing, bullying and deliberately excluding people is not OK.</p> <p>Bullying can happen online.</p> <p>If you see bullying happening in person or online, you should get help by telling an adult.</p>	Can bullying happen online?	<p>RSE Lesson 3</p> <p>Twinkl - 'Embrace our differences' powerpoint</p> <p>Project Evolve- Year 2- Online bullying.</p>
May	Teamwork	Is saying sorry enough?	<p>Actions speak louder than words. Saying sorry only means something if you act upon it.</p> <p>"Sorry, but..." is not a real apology.</p> <p>When someone says sorry say thank you.</p>		<p>PATHS- apologies</p> <p>Practise scripted apologies: When someone says I'm sorry say "Thank you. I appreciate that"</p>

June	Safety	What does private really mean?	<p>PANTS</p> <p>Privates are Private Always remember your body belongs to you. No means No Talk about secrets that upset you. Speak up, someone can help.</p> <p>We must ask for permission for physical contact. It is OK to say no to this and you should talk to a safe adult if you feel uncomfortable. I can name 5 safe adults on my hand.</p>	What should I share online?	<p><b>NSPCC PANTS rules lesson</b> - - <u>inform parents that this is being covered</u></p> <p><b>Project Evolve- Year 2 -online</b></p> <p><b>Remind children of the Private PATHS feeling face.</b></p>
July	Empathy	Is it brave to not cry?	<p>All feelings are ok. Everybody feels sad sometimes.</p> <p>We feel feelings in our bodies.</p> <p>I know who to talk to if I feel sad (5 safe adults)</p> <p>Sometimes things can happen and give us big feelings (loss, change, bereavement)It is important to ask for help and share when we are</p>		<p>Gingerbread man type drawings where children identify where in their body they feel different PATHS feelings.</p> <p><b>PSHE association Mental health and emotional wellbeing pack may supplement PATHS- There are four lessons on feelings saved in the resources folder and lesson 4 covers change and loss.</b></p> <p>Signpost parents to Nelson’s journey if the child is needing specialist support with bereavement</p> <p><b>PATHS feelings lessons to be used to embed this message throughout the year.</b></p>



			finding our feelings difficult.		
Transition	Perseverance	How do I get the job that I want when I grow up?	<p>People have different strengths and interests that can lead them to do different jobs.</p> <p>Getting a job that you want takes hard work and perseverance.</p> <p>There are lots of different jobs that I could do.</p> <p>People work to earn money to pay for things that they need or want</p>	<p>People sometimes use the internet or digital devices in their work.</p>	<p>Natwest Money Sense- Where does money come from?</p> <p>Circle time- What different jobs do people do...</p> <p>My dream job would be...because...</p>

**YEAR 3**

This PSHE curriculum should be taught for 30 minutes per week.

Ongoing social skills: Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	Ashleigh Guiding Star	Key Question	key teaching points	Online safety question	Resources
September	Confidence	Why must you show yourself respect?	<p>Self Esteem</p> <p>Positive self talk. Respecting others.</p>		<p>RSE Lesson 1</p> <p>RSE lesson 3</p>

		<p>What are families like?</p>	<p>Everyone is valuable. All different, All equal.</p> <p>Understand how families may be structured differently, but the common theme should be love and care for one another. Notice that families often have shared experiences.</p> <p>How to get support if relationships are making them worried, unhappy or unsafe (5 safe adults)</p>		<p>Share - 'The big book of families and have a circle time around types of families. (see Fiction to support PATHS for further suggestions)</p>
October	Teamwork	<p>Why don't you like me anymore?</p>	<p>Changing friendships. Making new friends. Being kind. Dealing with unkindness in an assertive way. Using empathy and confidence to deal with unkind behaviour.</p> <p>Friendships change and end over time but new friendships are always possible. I can't control other people. I can be a good friend.</p> <p>People can do many unkind things. If we understand more about this, it doesn't have to hurt us.</p> <p>I can recognise when a friendship is making me unhappy or feel</p>	<p>Would you say that to my face?</p>	<p>RSE Lesson 3 - extension</p> <p>Project Evolve- Year 3- online relationships (Permission seeking and hurting feelings online)</p> <p>Additional resources in PATHS unit 5.6</p>

			uncomfortable or unsafe. I know who I can ask for help. (5 safe adults on hand)		
November	Empathy	What is bullying?	<p>Don't be a bystander. S.T.O.P. Bullying.</p> <p>Just because someone is unkind to you doesn't necessarily mean it's bullying. Just because you're not 'doing anything' doesn't mean that it isn't bullying.</p> <p>3Ps of bullying Power Purpose Persistent</p>	What is online bullying?	<p>Project Evolve- Year 3- online bullying</p> <p><a href="https://www.bbc.co.uk/cbbc/quizzes/own-it-wait-is-that-mean-quiz?collection=anti-bullying-week">https://www.bbc.co.uk/cbbc/quizzes/own-it-wait-is-that-mean-quiz?collection=anti-bullying-week</a></p>
December	Engagement	Why do we bother with table manners?	<p>Manners, using cutlery and table manners.</p> <p>There is a way of eating which is pro-social. Being pro-social is a way of being part of a community.</p>	Who is in my online community?	Project Evolve- Year 3- online relationships (Describe how people with similar like and interests get together online + What does it mean to 'know' someone online?)
January	Responsibility	Why should I apologise?	<p>Ways to take responsibility for your actions.</p> <p>We all make mistakes, we are all learning. There are things you can do to put things right.</p>	Is it OK to change your mind about someone online?	Project Evolve- Year 3- online relationships
February	Perseverance	Why should we get things	Growth mindset	How can the internet help us?	Project Evolve- Year 3- Managing online information (focus on using the internet to

		wrong at school?	Mistakes are the foundation of new learning. Struggling with new things is part of life and part of the process of learning.		gather information/ buying and selling and fact and opinion)
March	Confidence	Can people make you do things?	<p>Thinking for yourself. Peer pressure. Saying 'no'.</p> <p>It's not ok to do the wrong thing because someone else is. It's not ok to do the wrong thing because someone told you to do it.</p> <p>PANTS: Privates are Private Always remember your body belongs to you. No means No Talk about secrets that upset you. Speak up, someone can help.</p> <p>We must ask for permission for physical contact. It is OK to say no to this and you should talk to a safe adult if you feel uncomfortable. I can name 5 safe adults on my hand.</p>	What is personal information?	<p>RSE Lesson 6</p> <p>Project Evolve- Year 3- Online reputation +Privacy and security</p> <p>NSPCC PANTS rules lesson -inform parents that this is being covered</p> <p>Thinkuknow-Play, Like Share Videos</p>
April	Empathy	How are you feeling?	Understanding your emotions and being able to articulate them.	What is an online identity?	Project Evolve- Year 3- Self image and identity

			<p>It's helpful to be able to talk about your emotions.</p> <p>My Hidden Chimp- our brain is made up of different parts. Our 'thinking brain' is in our frontal lobe and this is the part of our brain that helps us make thoughtful choices. Our 'chimp' brain is part of the limbic system and it is the part of our brain that is driven by emotion. Sometimes this part of our brain can stop us from using the thinking brain. The great thing is that with practice we can train our brains to respond calmly to emotional situations.</p>		<p>My Hidden Chimp- useful images and posters to explain the brain:  <a href="https://vimeo.com/448905016">https://vimeo.com/448905016</a></p> <p>Dan Siegel- Hand model of the brain</p>
May	Responsibility /Teamwork	How are you going to make a difference to your community?	<p>How we can do good now and how can do good in the future.</p> <p>Everyone has the potential to make the world a better place.</p>		<p>PSHE association - Inclusion, belonging and assessing extremism KS2 lesson 2 - Page 13  Copy of Beegu/ Elmer</p>
June	Safety	How can I be prepared to look after myself and others?	<p>How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe.</p>		<p>Road safety resources can be found at-  <a href="http://think.gov.uk">think.gov.uk</a></p> <p>Watch Rhian's day- heartstart video on Youtube for calling emergency services.</p> <p>Red cross first aid champions (Primary) lessons- complete sections on 'bleeding'</p>

			<p>How to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers</p> <p>How everyday health and hygiene routines keep us safe (including the use of medicines such as inhalers, allergy medication+ household products)</p> <p>Basic first aid- e.g. scratches, grazes and burns.</p> <p>How to call for the emergency services. I understand that some children take on more responsibilities for Caring for others in their home and these are Young Carers.</p>		<p>and 'burns' (The full 8 scenarios are covered again in Year 5)</p> <p>PSHE Association- Drugs and Alcohol- Year 3/4 - Lesson 1</p> <p>Young Carers video "Out of the Woods" Youtube</p>
July	Responsibility	Why can't I stay up all night eating sweets and watching Youtube?	<p>I know what a balanced diet is and why it is important (it can affect health and dental health)</p> <p>I know how to keep my teeth healthy by brushing, flossing and visiting the dentist regularly.</p> <p>I know the importance of personal hygiene</p> <p>I know that I can take responsibility for making healthy choices even when the media may encourage me to do otherwise.</p>	Why do some things have age restrictions?	<p>RSE Lesson 2 This lesson involves naming of body parts and so you should inform parents in advance so that they can support discussions at home. They do not have the right to withdraw as this is seen as part of the Science curriculum.</p> <p>Project Evolve- Health, Wellbeing and Lifestyle.</p> <p>NHS dental care videos Dr. Ranj Watch 7+ video on looking after your teeth.</p>

			<p>How regular physical activity benefits bodies and feeling show to be active on a daily and weekly basis - how to balance time online with other activities</p> <p>how lack of sleep can affect the body and mood and simple routines that support good quality sleep</p>		<p>PSHE association - Sleep factor teaching pack.</p>
Transition	Perseverance	Why do we have to try new things?	<p>Trying new things.</p> <p>Trying new things takes perseverance and confidence. It's a great skill to acquire.</p>		

**YEAR 4**

This PSHE curriculum should be taught for 30 minutes per week.

Ongoing social skills: Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	<b>Ashleigh Guiding Star</b>	<b>Key Question</b>	<b>key teaching points</b>	<b>Online safety question</b>	<b>Resources</b>
September	Confidence	Who makes you happy?	<p>Respect Self-awareness. Respect for yourself and others.</p> <p>Appreciate what you have and make the most of the opportunities that you've been given.</p> <p>Your attitude is controlled by you. If you say 'I'm going to have a bad day.' you probably will. Of course, there are events in life where we will feel sad but there are also events where we don't help ourselves because we overload ourselves with negativity.</p> <p>I can set goals for myself and identify how my strengths, skills and interests contribute to self-esteem.</p>	Is it healthy to follow the rich and famous on social media?	<p>Premier Stars- Resilience lesson</p> <p>Project Evolve- Year 4- Managing online information (Accuracy of online information +Fake News)</p> <p>Books to discuss feelings of loss or change: Oliver Jeffers: The Heart and the Bottle Benji Davies- Granddad's island</p>
October	Empathy	Why do we give compliments?	<p>How to manage negative emotions.</p> <p>Jealousy is considered as an ugly emotion. It can affect people in different ways. It's important that we are happy for others and that we</p>	Am I proud of how I act online?	<p>RSE Lesson 1</p> <p>Project Evolve- Year 4-Online relationships</p>



			<p>don't relish in people's misfortunes. Giving sincere compliments is important for our own wellbeing.</p> <p>All feelings are OK. It is what we do with them that counts.</p>		<p>PSHE association Yr3-4 Mental health and Emotional wellbeing. (Saved in resources section)</p> <p>2. 'Expressing feeling'</p> <p>3. 'Managing feelings'</p> <p>Add PATHS links</p>
November	Teamwork/ Empathy	What is discrimination?	<p>School should be a safe place for everyone.</p> <p>At school, we are lucky enough to meet and work with people from all different backgrounds. Discrimination is wrong.</p>	<p>Everyone was saying it so I just hit the 'like' button.</p>	<p>Project Evolve- Year 4- online bullying + Managing online information lesson on lots of people sharing a belief does not make this true.</p> <p>Premier league stars- 'play the right way'</p>
December	Safety	Is this a risk worth taking?	<p>Peer pressure. Bribes.</p> <p>People shouldn't be friends with someone because of what that person has or what that person can do for them.</p> <p>We come across risks everyday. We have to learn to recognise, assess and manage risk in different situations (e.g. near rail, water, road, fire, sun safety)</p> <p>There are some substances that can be risky because they can be harmful to our health. Caffeine, cigarettes, alcohol and vaping can all affect our health.</p>	<p>Should children be allowed to access online banking?</p>	<p>RSE Lesson 6</p> <p>Project Evolve- Year 4- Privacy and security</p> <p>Natwest Money sense- KS2- How are payments changing? OR How can I pay for things?</p> <p>PSHE Association- Drugs and Alcohol Education - Year 3/4- Lesson 2</p>

January	Responsibility	Do you always act the same?	<p>Knowing my audience.</p> <p>We adapt the way that we behave according to different social situations. We have our formal and informal selves. Some people adapt better than others to these situations. Sometimes people are influenced by their peer's behaviour. I know that I can say no to other people.</p>	<p>Do you know who you are talking to online? How to report concerns, including about inappropriate online content and contact.</p>	<p>RSE Lesson 3</p> <p>Project Evolve- Year 4- Self-image and identity</p> <p>NSPCC - Share Aware- Lucy and the Boy</p>
February	Perseverance	What stops you from achieving what you want?	<p>Growth mindset</p> <p>Assumptions and labels can be made about us before you've even given something a go.</p> <p>Ever heard 'It's okay, I was bad at Maths too'? Why do people say these comments? What should we say when people make these comments? Don't compare yourself to others - compare yourself to you, yesterday.</p>		
March	Confidence	Why don't people look after themselves?	<p>Healthy Eating and hygiene</p> <p>If we feel bad about ourselves, we may not look after ourselves. This can include our diet and self-hygiene.</p>	<p>Are mobile phones ruining family meal times?</p>	<p>PSHE Association- Mental Health and Emotional Wellbeing - KS2 Lessons Year 3/4 - Lesson 4 focuses on how feelings can affect behaviour. (Saved in resources section)</p> <p>Project Evolve- Year 4-Health, Wellbeing and lifestyle</p>

April	Empathy	Why don't people like 'stirring'?	<p>Don't pass on nastiness. Know the impact of your words.</p> <p>Sometimes people say mean things about other people to you. You don't need to share that with the target.</p> <p>Flippant comments are likely made on the playground. It doesn't have to upset you if you have healthy strategies for dealing with unkindness.</p>	Once it's out there, it's out there forever.	Project Evolve- Year 4-Online reputation
May	Teamwork /Safety	Should we tell on people?	<p>To tell or not to tell?</p> <p>Some people tell on people a lot and get involved in situations that are nothing to do with them. But sometimes we have to speak out when the wrong thing is happening.</p> <p>Children have rights and why it is important to protect these. Children have the right to privacy and we have to work out when a secret should be kept (e.g. birthday surprise and when to tell (if someone is being hurt or upset)</p> <p>I understand that people have the right to make choices. I understand that marriage is a commitment freely entered into by both people.</p>		<p>NSPCC PANTS rules lesson additionally, please cover the names of the parts : penis, testicles, vulva and vagina</p> <p>Inform parents that this is being covered so that they can support with discussions at home. They do not have the right to withdraw from this lesson.</p> <p>5 safe adults hand</p> <p>RSE Lesson 3- this has been covered but you may repeat some activities to reinforce public and private.</p>

			<p>Recap PANTS rule and 5 safe adults hand.</p> <p>Private parts are the parts which would be covered by our swimming costumes. 'private parts' for a boy are called a 'penis' and 'testicles'. For girls, the 'private parts' are called a 'vulva' (everything on the outside of the private part that they can see), a vagina (everything on the inside of the private part of their body) and breasts (the extra tissue that develops on their chest as they grow older). Tell pupils that these are the scientific names to describe these parts of the body. It is important that they learn them and feel comfortable to use them in case they ever need to talk about these parts of their body.</p>	
June	Responsibility	How can our choices make a difference to others and the environment?	<p>We look after ourselves, everyone and everything.</p> <p>Caring for others and the environment is a shared responsibility.</p> <p>We can show care and concern for people, animals and our world.</p> <p>Everyday choices can affect the environment and other people (e.g. fairtrade, single use plastics, giving to charity)</p>	<p>Premier league primary stars - 'plastic pollution' lesson</p> <p>RSPCA Plan(et) B lesson</p> <p>RSPCA 'I am your Robot pet' Lesson</p> <p>Book ideas:</p> <p>Helen Ward &amp; Wayne Anderson - The Tin Forest</p> <p>Jackie Morris- The Window</p> <p>Dr Seuss - The Lorax</p>

July	Responsibility	How will we change and grow?	<p>Growing and changing; puberty.</p> <p>Puberty is a time where our bodies change and grow. It can affect emotions and feelings.</p> <p>How personal hygiene routines change during puberty how to ask for advice and support about growing and changing and puberty</p>		<p><b>RSE Lesson 2</b> - PLEASE NOTE: this lesson should not cover conception or birth and should be focused on the development of a baby from an egg. Please take the range of different ways that a child may have been born.</p> <p>Inform parents that this is being covered so that they can support with discussions at home. They do not have the right to withdraw from this lesson.</p>
Transition	Confidence/engagement	Are there good reasons for being unkind?	<p>People's problems are relative.</p> <p>Anxiety/worrying It's not okay to make someone else feel bad because you are feeling bad. How could you manage your emotions in the moment?</p>		<p>Useful resources in PSHE Association Mental Health and Emotional Wellbeing -KS2 - Year 3/4 packs if these have not already been completed in previous lessons.</p> <p><b>Recap PATHS Traffic lights.</b></p>

**YEAR 5**

This PSHE curriculum should be taught for 30 minutes per week.

**Ongoing social skills:** Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	Ashleigh Guiding Star	Key Question	key teaching points	Online safety question	Resources
September	Confidence	Are you a good friend to you?	<p>Respect: Self-awareness. Respect for yourself and others.</p>	What does online safety mean?	<p><b>RSE Lesson 5 -online safety</b> <b>RSE Lesson 6 -online safety</b></p>

			<p>Recognising yourself worth and your qualities is important for mental health. We live in a society where it's deemed as socially acceptable to say 'I'm rubbish.' It's as though by saying you're rubbish, it's okay. These comments can have a lasting affect and it's important that we don't lower our expectations of ourselves.</p>	<p>Once something is shared online, it can travel at great speed.</p> <p>Different people find different things upsetting when they are online and it is important to take action when you see something that upsets you.</p>	<p>Project Evolve- Year 5- Self-image and identity</p>
October	Teamwork	<p>Is it better to be right or kind?</p> <p>(There is quite a lot of coverage in Nov/ Dec so you may wish to only spend 2 lessons on this)</p>	<p>My idea isn't always the best idea. Everyone plays an important role.</p> <p>Positive Conflict resolution.</p> <p>If you are unwilling to listen to different points of view, this can stop a team from working successfully.</p> <p>Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened, and resorting to violence is never right.</p>	<p>How can my online behaviour impact others?</p>	<p>Project Evolve- Year 5-Online bullying (include blocking users and signposting to childline and other agencies)</p> <p>PATHS - conflict resolution</p>

November	Empathy	What is an emotional rollercoaster?	<p>How to manage negative emotions.</p> <p>Emotions are part of life and can be affected by our experiences and relationships.</p> <p>Emotions can be comfortable or uncomfortable.</p> <p>Emotions can also be affected by the hormones that change through puberty.</p> <p>It is important to develop strategies for managing emotions.</p>	Who's watching me online?	<p>RSE Lesson 1</p> <p>RSE Lesson 2- (omit content on wet dreams. This will be taught in Year 6) Inform parents of the objectives being covered so that they can support with discussions at home. They do not have the right to withdraw from this lesson as it is part of the Science curriculum on puberty.</p> <p>PSHE Association-Mental Health and Emotional Wellbeing KS2- Year 5/6 - Lesson 1+ 2 (you may choose to select some activities from each of these lessons)</p> <p>Project Evolve- Year 5-Online relationships</p>
December	Safety	Why do smart people do stupid things?	<p>Thinking for yourself. Peer pressure. Saying 'no'. Knowing the risks. Drugs, Tobacco, Alcohol.</p> <p>Growing up can be hard. There are influences all around us and some of these are not good for us. We can get misinformation from the internet.</p>	If I google it, is it definitely true?	<p>PSHE Association - Drugs and Alcohol Education- Recap objectives covered in Year 4 - Year 3/4 -Lesson 2- children have been taught this lesson in Year 4 and so the focus should now be on how peer-pressure may influence someone to take a risk</p> <p>Project Evolve- Year 5- Managing online information -</p>

					Lessons 2- being skeptical,8- Fake news and 9-hoax
January	Responsibility	How can I help in an accident or emergency?	<p>The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</p> <p>How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</p> <p>that if someone has experienced a head injury, they should not be moved</p> <p>when it is appropriate to use first aid and the importance of seeking adult help.</p>		Red cross first aid champions (Primary) lessons- complete the 8 different first aid scenarios (asthma attack, bleeding, head injury, choking, broken bones, burns, unresponsive and breathing, unresponsive and not breathing)
February	Perseverance	Who likes criticism?	<p>Growth mindset</p> <p>We know that in order to get better at something, we need to listen to feedback and practise. This can be hard for people. Our self-esteem and willingness to get better at something go hand in hand.</p> <p>“Winning is doing better today than you did yesterday.” Frank Dick, Athletics coach.</p>		Frank Dick Athletics Coach video: Coack Frank Dick video



March	Confidence	Why are you precious?	<p>Being proud.</p> <p>Our differences make us special and we should not shy away from who we are. There are things that we cannot change about ourselves. Accepting whom we are and accepting others is vital to get on in life. Comparing yourself to other people is unhelpful.</p>	How does the internet influence me?	Project Evolve- Year 5-Online reputation
April	Empathy	Why are people rude and how do you deal with it?	<p>Mutual Respect Who you are and what you do does not affect the level of courtesy you should receive.</p> <p>Stereotypes and assumptions should be challenged.</p> <p>In order for society to function, we need people to do different jobs. It is important that everyone is treated with the same level of respect.</p> <p>All different. All Equal. Our school recognises that we have similarities and differences but we believe that assumptions should be challenged.</p> <p>Bullying or discriminating against others is never OK. The Equality Act (2010) makes it illegal to discriminate against the following protected characteristics:</p> <p><u>age, disability, gender reassignment, marriage and civil partnership,</u></p>		<p>PATHS unit 5</p> <p>Premier League Stars - developing values</p> <p>Project Evolve- Year 5- Managing online information- lesson 7- stereotypes.</p> <p>Protected characteristics - Equality Act video <a href="https://youtu.be/VXLtKlmtrvM">https://youtu.be/VXLtKlmtrvM</a></p>

			<u>pregnancy and maternity</u> , <u>race</u> , <u>religion or belief</u> , <u>sex</u> , <u>sexual orientation</u>		
May	Teamwork/ Confidence	Do the best friends have the best stuff?	<p>Choosing friends because of who they are on the inside.</p> <p>Money is something we must learn to manage.</p> <p>Teenagers are under pressure to have the latest trainers, phone, clothes etc. This is expensive and many families cannot afford these expensive items. People should be judged on their character as opposed to what they have.</p> <p>We can make decisions about how we spend or save money (current/savings accounts, credit cards, loans) We can learn to recognise when something is 'value for money' and this may be different for different people. There are risks associated with money (it can be won, lost or stolen) and money can affect people's feelings.</p>		<p>RSE Lesson 6- Inform parents of the objectives being covered so that they can support with discussions at home with online safety.</p> <p>Natwest Moneysense budgeting lesson</p> <p>Natwest Moneysense decisions about spending lesson</p> <p>Project Evolve- Year 5-Health, Wellbeing and lifestyle</p>
June	Safety	Is it fair to ask someone to keep a secret?	Recognising when people are vulnerable to dangerous situations is important.		<p>RSE Lesson 3</p> <p>Recap 5 safe adults hand activity.</p>

			Trust within friendships is important but sometimes trust has to be broken to protect your friends or yourselves.		
July	Responsibility	Would you want someone to tell you if you smelled?	<p>Healthy Eating and hygiene</p> <p>If we feel bad about ourselves, we may not look after ourselves. This can include our diet and self-hygiene. How you present yourself has an impact on how you are perceived and judged by others.</p>	How can the internet influence consumer food habits?	Project Evolve- Year 5-lessons 5+6 cover targeted ads and commercial sponsors.
Transition	Responsibility	What does a role model in Year 6 look like?	<p>Being confident enough to be you and to be proud.</p> <p>Year 6 is the final chapter of primary school life. The older we get, the more we need to take responsibility for ourselves.</p> <p>Have you considered what you would like to do beyond primary school? There are a broad range of jobs that people can do and people may do lots of different jobs in their lives. Different jobs require different skills and qualifications.</p> <p>There are different ways to get different jobs (apprenticeships, college, university)</p>		<p>Natwest moneysense KS2 - What are the links between Jobs and Money</p> <p>Video interviews with boxer/ chef etc. with a focus on perseverance.</p> <p>careers and enterprise company resources</p>



**YEAR 6**

This PSHE curriculum should be taught for 30 minutes per week.

Ongoing social skills: Use people's names; smile; please and thank you; eye contact, give and receive compliments.

	<b>Ashleigh Guiding Star</b>	<b>Key Question</b>	<b>key teaching points</b>	<b>Online safety question</b>	<b>Resources</b>
September	Confidence	Should I care about what people think of me?	<p>Respect Self-awareness. Respect for yourself and others.</p> <p>Behave in line with how you wish to be portrayed. Be brave to be who you want to be and dare to be different. The choices you make form your self-identity.</p>	<p>What are the pros and cons of the online world? How the media, including online experiences, can affect people's wellbeing - their thoughts, feelings and actions</p> <p>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</p>	<p>RSE Lesson 1</p> <p>Project Evolve- Year 6-Online Reputation - Lesson 1</p>
October	Empathy/ Teamwork	What makes an unhealthy friendship?	<p>Recognising healthy and unhealthy friendships. Peer pressure.</p> <p>It is inevitable that friendships will change throughout our lives. We</p>	<p>Am I in control when I'm online? How information is ranked, selected, targeted to meet the interests of</p>	<p>Class discussions around: How would you know if a friendships was becoming unhealthy? What could you do to manage this?</p>

			<p>are in charge of how we react to these changes. Having the resilience and tools to manage our emotions is important for our own self- esteem and for future relationships.</p> <p>The importance of consent. Asking permission before making assumptions about what friends are comfortable with in terms of physical contact/ watching content on the internet etc.</p>	<p>individuals and groups, and can be used to influence them.</p> <p>How to be sceptical and discerning of online content.</p>	<p><a href="#">Norfolk Safeguarding-Tricky Friends video</a></p> <p>Reinforce 5 safe adult hand.</p> <p>Project Evolve- Year 6-Online Reputation- create an assessment task in this area as formative assessment.</p> <p>Project Evolve- Year 6- Managing online information Lessons 8,9,10 (managing misinformation and targeted advertising)</p>
November	Empathy/ Teamwork	Why are there still racist people in the world?	<p>Dealing with unkindness in an assertive way. Using empathy and confidence to deal with unkind behaviour.</p> <p>I am in control of how I respond to bigoted behaviour. If I hear something unkind being said about someone, I have the skills to highlight that this is not acceptable and why.</p> <p>Bullying or discriminating against others is never OK. The Equality Act (2010) makes it illegal to discriminate against the following protected characteristics:</p> <p><u>age, disability, gender reassignment, marriage and civil</u></p>	<p>If I say something online, is it 'real'?</p>	<p>Project Evolve- Year 6-Self-image and identity/online relationships</p> <p>Equality Act video <a href="https://youtu.be/VXLtKlmtrvM">https://youtu.be/VXLtKlmtrvM</a> This will have been covered in Year 5- but it is worth recapping what the Protected characteristics are.</p>

			<u>partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation</u>		
December	Responsibility	Are habits always bad?	<p>Mental and physical health and the link between the two.</p> <p>-how to plan a healthy meal -how to stay physically active - maintaining good dental health -Balancing time online with sleep and physical activity.</p> <p>What legal/ illegal drugs are and how they can affect health.</p> <p>Habits can be healthy or unhealthy.</p>		<p>PSHE- Drugs and alcohol Education Year 5/6 Lesson 2</p> <p>Link with Science curriculum if possible.</p> <p>Sleep factor KS2 (PSHE association)</p>
January	Perseverance	What does 'winning at life' look like?	<p>'Winning' is not always about being better than others. Compare yourself to you, yesterday.</p> <p>Constant comparison to others can negatively affect our mental health.</p> <p>Life is more than just 'winning' a race or 'being the best' at something. We need to find the things that 'fill us up' and make us feel good.</p>	Who am I influenced by online? Are my online self and my real self two separate people?	<p>5 Ways to Wellbeing.</p> <p>Mindfulness activities.</p> <p>Discussions about how to manage test revision whilst maintaining good physical and mental health. The importance of sleep.</p> <p>Project Evolve- Year 6-Self-image and identity/online relationships</p>

February	Safety/ Responsibility	What do we mean by 'relationships'?	<p>People have many relationships in their lives including romantic and intimate relationships.</p> <p>That adults can choose to be part of a committed relationship or not, including marriage or civil partnership. People who are attracted to each other or love each other can be any sex, ethnicity or faith.</p> <p>That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime.</p> <p>How puberty relates to growing from childhood to adulthood. Periods and wet dreams are a normal part of growing up.</p> <p>About the reproductive organs and process - how babies are conceived and born and how they need to be cared for</p> <p>How growing up and becoming more independent comes with increased opportunities and responsibilities</p>	Are age restrictions online taken seriously?	<p>RSE Lesson 2 - Sexual intercourse. (PARENTS HAVE THE RIGHT TO WITHDRAW FROM THIS LESSON)</p> <p>RSE- Year 5 - lesson 2 - periods have been covered in Year 5 so recap this and make sure to teach about wet dreams as this has been omitted from Year 5. Teach this lesson after the sexual intercourse lesson so that children have an understanding of why sperm is produced.</p> <p>RSE Lesson 5- rights and responsibilities- using condoms. (PARENTS HAVE THE RIGHT TO WITHDRAW FROM THIS LESSON)</p> <p>Project Evolve- Year 6-Health wellbeing and lifestyle- Lesson 1</p>



			How to ask for support or where to seek further information and advice regarding growing up and changing		
March	Confidence	What does standing up for yourself look like?	<p><b>Assertiveness.</b></p> <p>The difference between being passive, assertive and aggressive.</p> <p>Online bullying is never OK and it is important to understand how to stand up to online bullies by reporting and using screen grabs as evidence. You should always talk to your 5 safe adults if you are worried about something that you see online.</p>	How do I stand up to online bullying?	<p>Project Evolve- Year 6-Online bullying- cover gathering evidence using screen grabs</p> <p>Recap 5 safe adults hand</p>
April	Empathy	What is normal? Is there a correct way to handle your emotions?	<p><b>We are all different and deal with our emotions in different ways.</b></p> <p>We are all in charge of how we respond to different events in our lives.</p> <p>Stereotypes are used in everyday lives, whether it's online or in advertising. It is important that we recognise to look beyond these stereotypes as they can be mentally harmful to people who feel that they do not fit these gender stereotypes.</p>	How does social media impact mental health?	<p>RSE Lesson 6 -</p> <p>Signposting document needed</p> <p>Project Evolve- Year 6-Health, Wellbeing and lifestyle- Lessons 2,3,4</p> <p>PSHE Association- Mental Health and Emotional Wellbeing - KS2 Y5/6 Lesson 3- Managing Loss and bereavement</p>

			<p>Don't compare yourself to others, compare yourself to you.</p> <p>How to recognise early signs of physical or mental ill-health and what to do about this. That health problems, including mental health can build up if not recognised but that mental health difficulties can usually be resolved with the right support.</p>		
May	Teamwork	How does it feel to say thanks?	<p>Being thankful. Cultivating an attitude of gratitude.</p> <p>It's easy to think too much about what you haven't got and things that are wrong. It's really helpful to remember sometimes things that you are thankful for in your life.</p>	Online comments: cowardly or brave?	Review previously covered Project Evolve resources- use formative assessment quiz to monitor progress and areas of need.
June	Safety	Why are people scared of gangs?	<p>Thinking for yourself. Peer pressure. Saying 'no'.</p> <p>A gang can be a group of friends who hang around with each other. Sometimes gangs can fight other gangs, be violent or make people do things they don't want to do. Human behaviour - labelling theory.</p>	<p>How does the internet help gangs to function?</p> <p>to recognise unsafe or suspicious content online and what to do about it</p>	<p>PSHE Association- Drugs and Alcohol- Year 5/6 Lesson 3&amp;4</p> <p>Project Evolve- Year 6- Managing online information- Lessons 4,5,6,11 covering misinformation, manipulation and reporting inappropriate content)</p>

			How to manage the influence of friends and family on health choices (time spent online, food and drink, sleep, physical activity, drugs-legal and illegal)		
July	Responsibility	What makes me angry?	<p>Helping yourself not to react disrespectfully.</p> <p>Answering back is deemed as disrespectful for some people it takes more self-control to not answer back. Assessing and responding appropriately to a situation is an important skill to have. Self-control is also important when going online. Once we have posted something, it's out there. Someone could screenshot it and send it to other people.</p> <p>Have the self-control to stay away from social media when emotions are heightened. You and not others are responsible for your emotions.</p>	Should social media be used as a portal to vent negative emotions?	Project Evolve- Year 6-Online relationships- Lesson 4
Transition	Confidence/Engagement	Why do some people make friends easily?	<p>Being confident enough to be you and to be proud.</p> <p>Going to high school can be a daunting concept. Our friendships will change and we may not choose to hang out with our primary school friends anymore. Engaging in conversations and finding out</p>		PSHE Association- Mental health and Emotional Wellbeing KS2 Y5/6 Lesson 4- transition to secondary.

			about others is a really exciting opportunity.		
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