



Stonehouse Park Federation

## PSHE/Relationship & Sex Education Curriculum - Federation

### Overview

	YR	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Me and my relationships</b>	What makes me Special  People close to me  Getting help	Feelings  Getting help  Classroom rules  Special people  Being a good friend	Bullying and teasing  Our school rules about bullying  Being a good friend  Feelings/self-regulation	Rules and their purpose  Cooperation  Friendship (including respectful relationships)  Coping with loss	Healthy relationships  Listening to feelings  Bullying  Assertive skills	Feelings  Friendship skills, including compromise  Assertive skills  Cooperation  Recognising emotional needs	Assertiveness  Cooperation  Safe/unsafe touches  Positive relationships
<b>Valuing Difference</b>	Similarities and difference  Celebrating difference  Showing kindness	Recognising, valuing and celebrating difference  Developing respect and accepting others	Being kind and helping others  Celebrating difference  People who help us  Listening Skills	Recognising and respecting diversity  Being respectful and tolerant  My community	Recognising and celebrating difference (including religions and cultural difference)	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Recognising and celebrating difference  Recognising and reflecting on prejudice-based bullying

		Bullying and getting help			Understanding and challenging stereotypes		Understanding Bystander behaviour  Gender stereotyping
<b>Keeping Safe</b>	Keeping my body safe  Safe secrets and touches  People who help to keep us safe	How our feelings can keep us safe – including online safety  Safe and unsafe touches  Medicine Safety  Sleep	Safe and unsafe secrets  Appropriate touch  Medicine safety	Managing risk  Decision-making skills  Drugs and their risks  Staying safe online	Managing risk  Understanding the norms of drug use (cigarette and alcohol use)  Influences  Online safety	Managing risk, including online safety  Norms around use of legal drugs (tobacco, alcohol)  Decision-making skills	Understanding emotional needs  Staying safe online  Drugs: norms and risks (including the law)
<b>Rights and Respect</b>	Looking after things: -Friends, -Environment, -Money	Taking care of things: -Myself -My money -My environment	Cooperation  Self-regulation  Online safety  Looking after money – saving and spending	Skills we need to develop as we grow up  Helping and being helped  Looking after the environment  Managing money	Making a difference (different ways of helping others or the environment)  Media influence  Decisions about spending money	Rights, respect and duties relating to my health  Making a difference  Decisions about lending, borrowing and spending	Understanding media bias, including social media  Caring: -Communities and the environment -Earning and saving money -Understanding democracy
<b>Being my Best</b>	Keeping my body healthy:	Growth Mindset  Healthy eating	Growth Mindset	Keeping myself healthy and well	Having choices and making	Growing independence	Aspirations & goal setting

	-Food, exercise, sleep -Growth Mindset	Hygiene and health  Cooperation	Looking after my body  Hygiene and health  Exercise and sleep	Celebrating and developing my skills  Developing empathy	decisions about my health  Taking care of my environment  My skills and interests	and taking ownership  Keeping myself healthy  Media awareness & safety  My community	Managing risk  Looking after my mental health
<b>Growing and Changing</b>	Cycles Life stages  Girls and boys – similarities and difference	Getting help  Becoming independent  My body parts  Taking care of self and others	Life cycles  Dealing with loss  Being supportive  Growing and changing  Privacy	Relationships  Changing bodies and puberty  Keeping safe  Safe and unsafe secrets	Body changes during puberty  Managing difficult feelings  Relationships including marriage	Managing difficult feelings  Managing change  How my feelings help to keep me safe  Getting help	Coping with changes  Keeping safe  Body Image  Sex education  Self-esteem