

Chittlehampton C of E Primary PSHE and RSE LEARNING JOURNEY



Sex and relationships

Year D Physical health and well being— In the media

Year D Keeping Safe and managing Risk— When things go wrong

During key stages 1 and 2: PSHE offers explicit and implicit learning opportunities which reflect pupils increasing independence and physical and social awareness. It builds on their ability to develop effective relationships, assume greater responsibility and manage personal safety. It helps them to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make active contributions to their communities.

Year D Identity— society and equality— Human Rights

Year D Drug, alcohol and tobacco ed— Weighing up the risk

Year C Economic well being— Borrowing and earning money

Year C Drug, alcohol and tobacco ed— Making Choices

Year C Keeping Safe and managing Risk— Keeping safe out and about, FGM, First Aid

Sex and Relationships

Pupils will know the importance of respecting other, how to improve and support relationships, the conventions of manners, the importance of self respect and an expectation to be treated with respect. Pupils will know how to safely manage online relationships, pupils will know how to stay safe including reporting and recognising signs of abuse. Pupils will understand that mental wellbeing is a normal part of daily life and will develop the characteristics of good physical health and mental wellbeing. Pupils will have opportunities to discuss feelings and know where to get support if needed.

Year B Mental health and well being— healthy Minds

Year C Identity— society and equality— Stereotypes, discrimination

Year C Mental health and well being— Strengths and Challenges

Year B Keeping Safe and managing Risk— Play safe

Year A Drug, alcohol and tobacco ed— Different influences

Year A Physical health and well being— What helps me choose

Year A Identity— society and equality— Celebrating Differences

Year B Identity— society and equality— Democracy

Pupils will know that the internet is an integral part of life and has many benefits that they need to stay safe and protect themselves when online. Pupils will understand the importance of regular exercise and pupils will know how to plan a healthy diet and the risks associated with unhealthy eating. Pupils will know about legal and illegal harmful substances and the associated risks. Pupils will know about how to manage their health and the prevention of illness. Pupils will know the basic concepts of first aid. Pupils will know the keep facts about puberty and the changing adolescent body they will understand about menstrual wellbeing and the menstrual cycle.

Years: **KS2**

Year B Drug, alcohol and tobacco ed— Tobacco is a drug

Year A Economic well being— saving and spending

Year A Mental health and well being— Dealing with feelings

Year A Keeping Safe and managing Risk— Bullying—see it:

Drug, alcohol and tobacco ed— What we put into our bodies.

Keeping Safe and managing Risk— Indoors and Outdoors

Relationships education, RSE, and health education. By the end of year 6 pupils will know why families are important, the characteristics of healthy family life and families and stable relationships come in a variety of different forms. They will have an understanding of marriage and how to recognise when family relationships are making them feel unsafe. Pupils will know why friendships are important, the characteristics of friendships how to sustain a healthy friendship and how to recognise who to trust and who not to trust.

Physical health and well being— What keeps me healthy

Mental health and well being— Feelings

Sex and Relationship education

Mental health and well being— Friendships

Economic well being— my money

Drug, alcohol and tobacco ed— Medicines and me

Throughout all year groups, children will develop the ability to effectively apply the following five social and emotional aspects of learning: Self-awareness, managing feelings, motivation, empathy and social skills, confidence in their abilities.

Years: **KS1**

In EYFS, children develop a positive sense of themselves and others to form positive relationships and develop respect for others. To develop social skills and learn how to manage their feelings, to understand appropriate behaviours in groups and have confidence in their abilities.

Year: **EYFS**

Identity— society and equality —Me and Others

Keeping Safe and managing Risk— Feeling Safe

Physical health and well being— Fun Times

