

**PHSE/SRE**

<b>Year Group</b>	<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS Pre -School</b>	Develop sense of self Discuss own family Identify own feelings		Develop friendships with other children Develop sense of responsibility within the setting		Explore rules and why they are important Identify solutions to conflicts within play Empathise with the feelings of others	
<b>EYFS Reception</b>	<p><b>Self Regulation: My Feelings</b> In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.</p>	<p><b>Building Relationships: Special Relationships</b> In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>	<p><b>Managing Self: Taking on Challenges</b> In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	<p><b>Self-regulation: Listening and Following Instructions</b> In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions.</p>	<p><b>Building relationships: My Family and Friends</b> In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p><b>Managing self: My wellbeing</b> In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>
<b>Children in EYFS will also be exposed to PHSE through play based continuous provision activities.</b>						
<b>Year 1/2 Cycle A</b>	<p><b>Family and Relationships</b> Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings</p>	<p><b>Health and Wellbeing</b> Understanding emotions, identifying our strengths and qualities, learning why we wash our hands and how to do so effectively, learning about the</p>	<p><b>Safety and the Changing Body</b> Learning how to communicate safely with adults; considering who keeps us safe in our community; learning steps to crossing the road safely; identifying which</p>	<p><b>Citizenship</b> Considering why we have rules; recognising similarities and differences between ourselves and others; thinking about the groups that we belong to; considering job roles</p>	<p><b>Economic wellbeing</b> Understanding what money is and where it comes from; recognising the difference between needs and wants, learning how to keep cash safe; understanding the</p>	<p><b>Transition</b> An end of year transition lesson where Year 1 consider the skills they have developed throughout the year whilst Year 2 ask questions to help them deal with the change ahead.</p>

	differently and that stereotyping is unfair. Looking at conventions of manners and developing an understanding of self-respect	importance of sleep and relaxation for our wellbeing, learning how to stay safe in the sun and deal with allergic reactions, thinking about the people who help to keep us healthy.	substances should or should not go in the body; learning how to call 999; knowing the difference between secrets and surprises; learning about appropriate and inappropriate contact	in our community; suggesting ways to improve our school and local environments.	purpose of banks and building societies; understanding that skills and interests influence job choices.	
<b><u>Year 1/ 2 Cycle B</u></b>	<b><u>Family and relationships</u></b> Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair. Looking at conventions of manners and developing an understanding of self-respect.	<b><u>Health and wellbeing</u></b> Understanding emotions, setting achievable goals and considering how to overcome difficulties, learning about the importance of activity, a healthy diet and relaxation for our wellbeing, learning how to look after our teeth.	<b><u>Safety and the changing body</u></b> Learning how to communicate safely with adults; learning steps to crossing the road safely; considering hazards at home; identifying which substances should or should not go in the body; learning what to do when lost; being aware of some of the risks associated with the internet; learning about appropriate and inappropriate contact	<b><u>Citizenship</u></b> Considering why we have rules; identifying similarities and differences between ourselves and others; understanding the needs of animals and younger children; beginning to understand how voting gives a democratic decision and how the school council works; learning how to share my opinion on an issue.	<b><u>Economic wellbeing</u></b> Understanding what money is and different ways that children and adults get it; recognising the difference between needs and wants; considering why different people make different choices about spending and saving money; exploring banks and building societies; understanding that skills and interests influence career choices.	<b><u>Transition</u></b> An end of year transition lesson where Year 1 consider the skills they have developed throughout the year whilst Year 2 ask questions to help them deal with the change ahead.
<b><u>Year 3/ 4 Cycle A</u></b>	<b><u>Families and Relationships</u></b> Learning about how to deal with friendship issues and identifying	<b><u>Health and Wellbeing</u></b> Learning about how to stay healthy and how our diet affects our bodies and our	<b><u>Safety and the Changing Body</u></b> Learning about being kind and staying safe online; learning how to identify and deal	<b><u>Citizenship</u></b> Learning about the importance of reusing and recycling; considering groups	<b><u>Economic Wellbeing</u></b> Considering spending decisions; learning about how to create a budget;	<b><u>Transition</u></b> These transition lesson are designed to help pupils with the change that comes from moving

	bullying and its effects, learning about the issues with stereotyping, considering physical and emotional boundaries and who to trust, thinking about how to support someone who has suffered a bereavement.	teeth, identifying our strengths, learning how to celebrate mistakes and develop a growth mindset, considering how we can increase our happiness.	with cyberbullying; understanding the difference between secrets and surprises; learning how to treat bites and stings; considering who influences our choices; learning about road safety and how to call the emergency services (Y3); thinking about how our bodies change as we go through puberty (Y4)	in the local community; understanding the role of the local council; understanding why we have rules and the consequences of breaking them; knowing about the rights that children have and human rights in general.	recognising that money affects how we feel (Y3) and how we feel when money is lost (Y4); exploring jobs available; learning about gender stereotyping in the workplace.	year groups. Year 3s consider targets for the following year and Year 4 learn about opportunities and responsibilities that they may face in Y5/6.
<b>Year 3/ 4 Cycle B</b>	<b>Families and Relationships</b> Learning about how to deal with friendship issues and the difference between these problems and bullying, understanding that families are different but they support each other, learning about the issues with stereotyping and reflecting on how we	<b>Health and Wellbeing</b> Learning how to look after our teeth, practising visualisation as a way to relax, considering our strengths and future career options, learning how to break down barriers to help us achieve a goal, identifying a range of emotions and understanding the term 'mental health.'	<b>Safety and the Changing Body</b> Learning how to spot fake emails; understanding the purpose of age restrictions online; evaluating online searches; considering the risks of smoking and the influences that affect our choices; learning how to deal with someone having an asthma attack; learning about road safety	<b>Citizenship</b> Learning about the importance of reusing and recycling; considering community groups in the local area; learning about the role of the local council; understanding the value of diversity in a community; understanding their rights as a child; considering different	<b>Economic Wellbeing</b> Introduction to creating a budget and learning about: the emotional impact of money, the spending choices that we make and why and thinking about potential jobs and careers	<b>Transition</b> These end-of-year lessons supports children with the transition between year groups. Year 3 pupils create goals to aim for in Year 4, whilst Year 4 pupils consider the strategies that they can use to deal with change.

	communicate with others.		and how to call the emergency services (Y3); thinking about how our bodies change as we go through puberty (Y4)	ways to support charities.		
<b>Year 5</b>	<p><b><u>Families and Relationships Introductory Ground Rules</u></b></p> <p>Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>	<p><b><u>Health and Wellbeing</u></b></p> <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation</p>	<p><b><u>Safety and the Changing Body</u></b></p> <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>	<p><b><u>Citizenship</u></b></p> <p>An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community</p>	<p><b><u>Economic Wellbeing</u></b></p> <p>Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.</p>	<p><b><u>Transition</u></b></p> <p>Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.</p>

<p><b><u>Year 6</u></b></p>	<p><b><u>Families and Relationships</u></b>  <b><u>Introductory Ground Rules</u></b>  Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p>	<p><b><u>Health and Wellbeing</u></b>  Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.  <b><u>Identity</u></b>  Personal identity and body image.</p>	<p><b><u>Safety and the Changing Body</u></b>  Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>	<p><b><u>Citizenship</u></b>  Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy</p>	<p><b><u>Economic Wellbeing</u></b>  Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.</p>	<p><b><u>Transition</u></b>  Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.</p>
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