



## PSHE

### Overview

At William Hulme's Grammar School, our Personal, Social, Health and Economic (PSHE) curriculum is designed to bring out the best in the child and prepare them for successes in life. The intent of our PSHE curriculum is to deliver a curriculum that is accessible by all and enable all children to become confident, independent, healthy, responsible and aspirational members of a society as well as developing the 'whole child' morally, socially and spiritually.

There are **six key principles** that shape our curriculum intent in PSHE, these are:

- **Entitlement**- every pupil has the right to learn all aspects of the curriculum.
- **Coherence**- learning is built upon term by term, as well as year-on-year.
- **Adaptability**- our curriculum is adapted, where necessary, to suit the needs or interests of our pupils.
- **Representation**- a diverse and inclusive curriculum is provided, in which pupils see themselves.
- **Mastery**- providing depth to learning.
- **Education with Character**- opportunities to nurture pupils Spiritual, Moral, Social, Cultural (SMSC) needs are created- where possible.

Our PSHE curriculum teaches children vital skills for life such as collaboration, co-operation, resilience as well as respect for others and the environment. We will teach children about diversity, equality, building resilience and nurturing mental and physical health. With an ever-changing society, our curriculum provides our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community by enabling the children to be independent and responsible members of our school, the local community and wider society.

Vertical Concept Overview		
Vertical Concept	Key Questions/Definition	Units
Relationships	<b>Family and Friends</b>	<p><b>Year 1:</b> Roles of different people; families; feeling cared for.</p> <p><b>Year 2:</b> Making friends; feeling lonely and getting help.</p> <p><b>Year 3:</b> What makes a family; features of family life.</p> <p><b>Year 4:</b> Positive friendships, including online.</p> <p><b>Year 5:</b> Managing friendships and peer influence.</p> <p><b>Year 6:</b> Attraction to others; romantic relationships, civil partnership and marriage.</p>
	<b>Safe Relationships (SR)</b>	<p><b>Year 1:</b> Recognising privacy; staying safe; seeking permission.</p> <p><b>Year 2:</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.</p> <p><b>Year 3:</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour.</p> <p><b>Year 4:</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online.</p> <p><b>Year 5:</b> Physical contact and feeling safe.</p> <p><b>Year 6:</b> Recognising and managing pressure; consent in different situations.</p>
	<b>Respecting Ourselves and Others (ROO)</b>	<p><b>Year 1:</b> How behaviour affects others; being polite and respectful.</p> <p><b>Year 2:</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions.</p> <p><b>Year 3:</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.</p> <p><b>Year 4:</b> Respecting differences and similarities; discussing difference sensitively.</p> <p><b>Year 5:</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination.</p> <p><b>Year 6:</b> Expressing opinions and respecting other points of view, including discussing topical issues.</p>
Living in the Wider World	<b>Belonging to a Community (BTAC)</b>	<p><b>Year 1:</b> What rules are; caring for others' needs; looking after the environment.</p> <p><b>Year 2:</b> Belonging to a group; roles and responsibilities; being the same and different in the community.</p> <p><b>Year 3:</b> The value of rules and laws; rights, freedoms and responsibilities.</p> <p><b>Year 4:</b> What makes a community; shared responsibilities.</p> <p><b>Year 5:</b> Protecting the environment; compassion towards others</p> <p><b>Year 6:</b> Valuing diversity; challenging discrimination and stereotypes.</p>
	<b>Money and Work (MAW)</b>	<p><b>Year 1:</b> Strengths and interests; jobs in the community.</p> <p><b>Year 2:</b> What money is; needs and wants; looking after money.</p> <p><b>Year 3:</b> Different jobs and skills; job stereotypes; setting personal goals.</p> <p><b>Year 4:</b> Making decisions about money; using and keeping money safe.</p> <p><b>Year 5:</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes.</p> <p><b>Year 6:</b> Influences and attitudes to money; money and financial risks.</p>

<b>Health and Wellbeing</b>	<b>Physical Health and Mental Wellbeing</b>	<p><b>Year 1:</b> Keeping healthy; food and exercise, hygiene routines; sun safety.</p> <p><b>Year 2:</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.</p> <p><b>Year 3:</b> Health choices and habits; what affects feelings; expressing feelings.</p> <p><b>Year 4:</b> Maintaining a balanced lifestyle; oral hygiene and dental care.</p> <p><b>Year 5:</b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.</p> <p><b>Year 6:</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.</p>
	<b>Growing and changing</b>	<p><b>Year 1:</b> Recognising what makes them unique and special; feelings; managing when things go wrong.</p> <p><b>Year 2:</b> Growing older; moving class or year.</p> <p><b>Year 3:</b> Personal strengths and achievements; managing and reframing setbacks.</p> <p><b>Year 4:</b> Personal Identity.</p> <p><b>Year 5:</b> Recognising individuality.</p> <p><b>Year 6:</b> Physical and emotional changes in puberty; support with puberty; managing transition.</p>
	<b>Keeping safe</b>	<p><b>Year 1:</b> How rules and age restrictions help us; keeping safe online.</p> <p><b>Year 2:</b> Safety in different environments; risk and safety at home; emergencies.</p> <p><b>Year 3:</b> Risks and hazards; safety in the local environment and unfamiliar places.</p> <p><b>Year 4:</b> Medicines and household products; drugs common to everyday life.</p> <p><b>Year 5:</b> Keeping safe in different situations, including responding in emergencies, first aid.</p> <p><b>Year 6:</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.</p>

## Early Years

	Nursery	Reception	Assessment
Autumn Term 1	<p><b>Unit:</b> Marvellous Me</p> <p><b>Vertical Concept:</b> Relationships (Building Relationships)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Select and use activities and resources.</li> <li>Become more outgoing with unfamiliar people.</li> <li>Show confidence in new settings.</li> <li>Play with one or more other children.</li> </ul>	<p><b>Unit:</b> Me and My World</p> <p><b>Vertical Concept:</b> Living in the Wider World (Managing self)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>See themselves as a valuable individual.</li> <li>Manage own needs.</li> <li>Introduce the Thinki Equal programme</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Observation</li> <li>Interactions in the moment</li> </ul>
Autumn Term 2	<p><b>Unit:</b> Cold and Special days</p> <p><b>Vertical Concept:</b> Relationships (Building Relationships)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>How to follow rules and know why they are important.</li> <li>Talk about their feelings using emotive words.</li> <li>Begin to understand others' feelings.</li> <li>Develop sense of responsibility and membership of a community.</li> </ul>	<p><b>Unit:</b> My Heroes</p> <p><b>Vertical Concept:</b> Health and wellbeing (Self-regulation)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Express their feelings and consider the feelings of others.</li> <li>Identify and moderate their own feelings.</li> </ul>	

	Nursery	Reception	Assessment
Spring Term 1	<p><b>Unit:</b> On the Move</p> <p><b>Vertical Concept:</b> Relationships (Building Relationships)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Play with one or more children, elaborating play ideas.</li> <li>Help find solutions to conflicts and rivalries.</li> <li>Show more confidence in new settings.</li> <li>Begin to understand how others feel.</li> </ul>	<p><b>Unit:</b> Castles, Knights and Dragons</p> <p><b>Vertical Concept:</b> Health and wellbeing (Self-regulation)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Build constructive and respectful relationships.</li> <li>Show resilience and perseverance in the face of challenge.</li> <li>Think about the perspective of others.</li> <li>Identify and moderate their own feelings.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Observation</li> <li>Interactions in the moment</li> </ul>
Spring Term 2	<p><b>Unit:</b> On the Farm</p> <p><b>Vertical Concept:</b> Relationships (Building Relationships)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Develop sense of responsibility and membership of a community.</li> <li>Help find solutions to conflicts and rivalries.</li> </ul>	<p><b>Unit:</b> Spring in Our Step</p> <p><b>Vertical Concept:</b> Living in the Wider World (Managing self)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Show resilience and perseverance in the face of challenge.</li> <li>Think about the perspective of others.</li> </ul>	

	Nursery	Reception	Assessment
Summer Term 1	<p><b>Unit:</b> Once Upon A Time</p> <p><b>Vertical Concept:</b> Health and wellbeing (Self-regulation)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Select and use activities and resources to help them achieve a goal.</li> <li>• Develop sense of responsibility and membership of a community.</li> <li>• Talk about their feelings using emotive words.</li> <li>• Begin to understand how others feel.</li> </ul>	<p><b>Unit:</b> Where We Live</p> <p><b>Vertical Concept:</b> Health and wellbeing (Self-regulation)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Identify and moderate their own feelings.</li> <li>• Think about the perspective of others.</li> <li>• Express empathy for others.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Observation</li> <li>• Interactions in the moment</li> </ul>
Summer Term 2	<p><b>Unit:</b> All Creatures, Great and Small</p> <p><b>Vertical Concept:</b> Relationships (Building Relationships)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Develop appropriate ways of being assertive.</li> <li>• Develop sense of responsibility and membership of a community.</li> <li>• Become more outgoing with unfamiliar people.</li> <li>• Show more confidence in new situations.</li> <li>• Help find solutions to conflicts and rivalries.</li> </ul>	<p><b>Unit:</b> Science Detectives</p> <p><b>Vertical Concept:</b> Living in the Wider World (Managing self)</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• See themselves as a valuable individual.</li> <li>• Express their feelings and consider the feelings of others.</li> </ul>	

## Year 1

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Discuss how to stay healthy</li> <li>• Discuss food and exercise</li> <li>• Learn about hygiene routines</li> <li>• Understanding sun safety</li> </ul>	<p><b>Unit:</b> Keeping safe</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Recognise risk in everyday situations</li> <li>• How to keep safe online</li> <li>• Who to speak to if they see something online that makes them feel worried</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and Friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Special people who care for them and the roles of different people</li> <li>• What it means to be a family and how families are different</li> <li>• feeling cared for</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Recognising privacy</li> <li>• Staying safe</li> <li>• Seeking permission</li> <li>• Understand how behaviour affects others.</li> <li>• Being polite and respectful</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Learn what it means to belong to a group.</li> <li>• Learn the roles and responsibilities of different groups.</li> <li>• Learn about being the same and different in the community.</li> <li>• Learn what money is.</li> <li>• Learn the difference between needs and wants.</li> <li>• Learn how to look after money.</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Learn about the human life cycle.</li> <li>• Learn how people grow from young to old.</li> <li>• Learn about change as we grow, including new opportunities and responsibilities.</li> <li>• Prepare to move to a new class and set goals for next year.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

## Year 2

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Learn why sleep is important.</li> <li>Learn about medicines and keeping healthy.</li> <li>Importance of oral hygiene.</li> <li>Learn about the difference between small and big feelings.</li> <li>Learn how to manage feelings.</li> <li>Learn when and how to ask for help.</li> </ul>	<p><b>Unit:</b> Keeping Safe</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Safety in different environments (home and online)</li> <li>Medicines and creams that help keep us safe.</li> <li>How to respond if there is an accident</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Learn how to be a good friend.</li> <li>Recognise when you are feeling lonely or unhappy.</li> <li>Understand how to ask for help.</li> <li>Recognising things in common and differences.</li> <li>Playing and working cooperatively.</li> <li>Taking part in discussions.</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Recognise hurtful behaviour.</li> <li>Understand different types of bullying.</li> <li>Know the difference between nice surprises and secrets that make them feel uncomfortable.</li> <li>Understand how to resist pressure.</li> <li>Understand how to ask for help.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Learn about how we are the same and different to others.</li> <li>Learn about belonging to a group.</li> <li>Learn about different rights and responsibilities we have in school and outside of school.</li> <li>Learn there are different forms of money.</li> <li>Learn that people do a job for money.</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Learn about human life cycle and how people grow from young to old.</li> <li>Learn about changes as we grow up, including new opportunities and responsibilities.</li> <li>Recognise the difference between needs and wants.</li> <li>Learn about transition to a new class and setting goals.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>

## Year 3

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Identify healthy and unhealthy choices.</li> <li>Understand what habits are.</li> <li>Learn about benefits of exercise on mental wellbeing.</li> <li>Recognise how feelings can change.</li> <li>Learn how to regulate their emotions.</li> </ul>	<p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Unit:</b> Keeping safe</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Identify typical hazards at home and in school.</li> <li>Learn about fire safety.</li> <li>Learn the importance of following safety rules.</li> <li>Learn what to do in an emergency.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Respect there are different types of families.</li> <li>Learn what a family should provide for you.</li> <li>Learn about the different ways people show compassion.</li> <li>Understand who they can speak to if they are worried, unhappy or feel unsafe.</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>Learn about personal space, privacy and what boundaries are.</li> <li>Learn about what information is appropriate to share online.</li> <li>Learn about different rights and responsibilities we have in school and outside of school.</li> <li>Learn there are different forms of money.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Learn the values of rules and law.</li> <li>Learn what human rights are.</li> <li>Learn about different jobs and skills needed for them.</li> <li>Explore their interests and skills.</li> <li>Setting goals</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>Individuality</li> <li>Personal strengths and achievements.</li> <li>Managing and reframing setbacks. Identifying common challenges to self-worth.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>Review</li> <li>Verbal feedback</li> <li>A range of questioning techniques</li> <li>Mini whiteboard tasks (show me)</li> </ul>



## Year 4

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Importance of sleep.</li> <li>• Oral hygiene and dental care.</li> <li>• Learn about what resilience is.</li> <li>• Learn about what discrimination is.</li> <li>• Taking responsibility for your actions.</li> </ul>	<p><b>Unit:</b> Keeping safe</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Learn about dares.</li> <li>• Learn what habits are.</li> <li>• Learn about influences in our life.</li> <li>• Age rating systems for social media.</li> <li>• How to ask for help or advice.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• What a healthy relationship looks like.</li> <li>• Strategies to build healthy relationships.</li> <li>• Effective communication using digital devices.</li> <li>• Who to speak to if you are worried about any contact online.</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Difference between playful teasing, hurtful behaviour and bullying.</li> <li>• Learn when it is right to keep secrets and share secrets.</li> <li>• Learn about what diversity is.</li> <li>• Importance of respecting similarities and differences.</li> <li>• Learn about whether boys and girls have different roles.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Learn ways people help the community.</li> <li>• Sustainability and how to look after the environment.</li> <li>• UN Convention on the Rights of the child.</li> <li>• Influencing factors on your prospects.</li> <li>• How to look after money.</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Learn about what is fuel to the body.</li> <li>• What contributes to personal identity.</li> <li>• Boosting mood and improving emotional wellbeing.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

## Year 5

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Healthy sleeping habits. Vaccinations, immunisations and allergies.</li> <li>• Negotiation and compromise.</li> <li>• Body image, happy being me.</li> </ul>	<p><b>Unit:</b> Keeping safe</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Keeping safe in different situations.</li> <li>• Identifying unsafe situations.</li> <li>• Responding to emergencies.</li> <li>• What is a drug, what is different between a legal and illegal drug.</li> <li>• How some drugs can affect health and wellbeing.</li> <li>• What is self-control.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Managing peer influence</li> <li>• Managing friendships.</li> <li>• Understanding relationships can change over time.</li> <li>• How to resolve differences.</li> <li>• Recognising unhealthy friendships.</li> <li>• Asking for help in relation to friendships.</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Identifying unwanted touch.</li> <li>• Know how to respond to unwanted touch.</li> <li>• Permission around physical contact.</li> <li>• Good secrets and bad secrets.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• What racism is and how it affects communities.</li> <li>• What fairtrade is.</li> <li>• Learn how rules and law are made and changed.</li> <li>• What stereotyping is and looks like in different careers.</li> <li>• Importance of diversity and inclusion.</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Becoming more independent.</li> <li>• Expressing individuality.</li> <li>• Understand that for some people, gender identity does not correspond with biological sex.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

## Year 6

	Term 1	Term 2	Assessment
Autumn Term	<p><b>Unit:</b> Physical health and mental wellbeing</p> <p><b>Vertical Concept</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• How to keep physically healthy.</li> <li>• Challenging negative thoughts and feelings.</li> <li>• Managing change, loss and bereavement.</li> <li>• Asking for help and support.</li> </ul>	<p><b>Unit:</b> Keeping safe</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• How drugs affect the mind and body.</li> <li>• Laws around drugs.</li> <li>• Managing peer pressure.</li> <li>• Sharing appropriate media images.</li> <li>• Impact of sharing media images and content.</li> <li>• How to deal with common injuries.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Spring Term	<p><b>Unit:</b> Families and friendship</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• The difference between gender identity and sexual orientation.</li> <li>• What is attraction and a healthy relationship.</li> <li>• How to show love to someone.</li> <li>• What marriage and civil partnership mean.</li> <li>• What forced marriage is, and how it is different to arranged marriage.</li> </ul>	<p><b>Unit:</b> Safe relationships / Respecting ourselves and others</p> <p><b>Vertical Concept:</b> Relationships</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• How to keep physically healthy.</li> <li>• Understand the difference between healthy and unhealthy relationships.</li> <li>• How to assess the risk of different online challenges and dares.</li> <li>• How to respond to peer pressure.</li> <li>• What consent means and how to give permission.</li> <li>• How to be a positive role model.</li> <li>• How to participate effectively in discussions and manage conflict.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

	Term 1	Term 2	Assessment
Summer Term	<p><b>Unit:</b> Belonging to a community / Money and work</p> <p><b>Vertical Concept:</b> Living in the wider world</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Differentiate between prejudice and discrimination.</li> <li>• Importance of how to be critical. What forced marriage is, and how it is different to arranged marriage.</li> <li>• Learn about role of money.</li> <li>• Learn how to be a consumer.</li> <li>• Learn how money can be gained or lost.</li> </ul>	<p><b>Unit:</b> Growing and changing</p> <p><b>Vertical Concept:</b> Health and wellbeing</p> <p><b>Overview</b></p> <ul style="list-style-type: none"> <li>• Learn about transition from primary to secondary.</li> <li>• Learn how to identify external genitalia and reproductive organs.</li> <li>• Learn about physical and emotional changes during puberty.</li> <li>• Learn how relationships change and grow.</li> <li>• Key facts about the menstrual cycle and wellbeing.</li> <li>• Importance of personal hygiene during puberty.</li> </ul>	<p><b>Formative assessments during every lesson including:</b></p> <ul style="list-style-type: none"> <li>• Review</li> <li>• Verbal feedback</li> <li>• A range of questioning techniques</li> <li>• Mini whiteboard tasks (show me)</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Learn about how to discuss challenges of puberty and where to get help and information from.</li></ul> |  |
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<b>Useful Resources for Supporting Your Child at Home:</b>	<b>Homework Ideas:</b>
<a href="https://www.pshe-association.org.uk">Programme of Study KS1-5 (pshe-association.org.uk)</a> <a href="#">BBC - Search results for KS2 PSHE</a>	<a href="#">KS2 PSHE, Relationships Education, and Health Education - BBC Teach</a>