

Appendix 1 Sefton Park Schools PSHE Curriculum

Year 1	Pupils will	Resources to support planning
Autumn Me in my World	Know about examples of rules in different situations, e.g. class rules, rules at home, rules outside Understand that different people have different needs Know how we care for people, animals and other living things in different ways Know how they can look after the environment, e.g. recycling	https://www.elsa-support.co.uk/wp-content/uploads/New-beginnings-years-1-and-2.pdf KS1 PSHE and Citizenship - England - BBC Bitesize
Families and friends	Know what a special person is Identify people special to them and who care for them Understand that special people care for each other Identify common features of family life. Know that families are different. Know where to get help if they are worried about something	<i>Everybody Cooks Rice</i> <i>A Family Is a Family Is a Family</i> <i>We Belong Together: A Book About Adoption and Families</i> <i>Heather Has Two Mummies</i> <i>Stella Brings the Family</i> <i>And Tango Makes Three</i> <i>Visiting Day</i>
Say No to Bullying!	Identify how to be a safe/kind friend Know how to share and take turns Identify kind and unkind behaviour Know how kind and unkind behaviour makes us feel Know what bullying is and where to seek help	https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/preventing-bullying-and-ethos/seal-resources
Spring	Know what they are good at and set simple goals	[ARCHIVED CONTENT] Theme 4: Going for goals!

Reach for the stars	Identify their strengths and write a CV Know about people whose job it is to help us in the community Know about different jobs and the work people do	nationalarchives.gov.uk
Our Digital Selves	Know how and why people use the internet Know why some things have age restrictions Know about basic rules for keeping safe online Know whom to tell if they see something online that makes them feel unhappy, worried, or scared	Digiduck Stories - Childnet The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about online safety. The collection includes a ebooks, PDFs, a poster and an interactive app. Jessie & Friends
Keeping Safe	Know about rules for keeping safe in school and at home Know about road safety Know that some household products, including medicines can be harmful if not used properly Know which people we can ask for help	Road Safety Week an initiative by Brake - Interactive Resources <i>Nice or nasty?</i> Claire Llewellyn Pupils complete a helping hand – Who would they ask for help if they did not feel safe?
Summer Healthy Me!	Know how to keep clean and things can keep me healthy such as diet, exercise, sleep and dental care Know some simple relaxation techniques Identify different kinds of feelings and strategies to manage feelings Be able to give an example of when people might experience change or loss (for example, a lost toy, when a pet dies, moving home or school) Describe how people might feel when there is a change or loss	Dental health — teacher guidance, lesson plans and PowerPoints, KS1-3 Why Do We Wash Our hands? - Go-Givers Mental health and emotional wellbeing lesson plans www.pshe-association.org.uk pshe-association.org.uk <i>I Love You Blue Kangaroo</i> <i>Nothing</i> , Mick Inkpen <i>Angry Arthur</i> , Haiwyn Oram <i>The Very Lonely Firefly</i> , Eric Carle <i>Are you sad little bear?</i> Rachel Rivett <i>Lost and found</i> , Oliver Jeffers <i>The Tear Thief</i> , Carol Ann Duffy

		<i>Knuffle Bunny</i> , Mo Williams <i>Badger's Parting Gifts</i> , Susan Varley <i>Always and Forever</i> , Alan Durant <i>Grandpa</i> , John Birmingham <i>I Love You Blue Kangaroo</i>
Growing and Changing	<p>Recognise some of the things that make them special</p> <p>Describe ways they are similar and different to others</p> <p>Understand that everyone has something about them that makes them special</p> <p>Understand babies become children and then adults</p>	<i>I Like Myself</i> <i>Giraffes Can't Dance</i> <i>One in 1000</i> <i>Exclamation Mark</i> <i>The Sandwich Swap</i> <i>Dogs Don't Do Ballet</i> Looking at and Challenging Gender Expectations Using Toys https://www.womensaid.org.uk/what-we-do/safer-futures/expectrespect-educational-toolkit I Am Unique - Go-Givers How do humans change during their lifetime? - BBC Bitesize <i>When I Was Little: A Four-Year-Old's Memoir of Her Youth</i> Medway Public Health Directorate relationships and sex education, KS1-3 (pshe-association.org.uk)
Safe Relationships	<p>Identify situations when someone's body or feelings may be hurt and whom to go to for help</p> <p>Know what it means to keep something private, including parts of the body that are private</p> <p>Understand the difference between safe and unsafe touch</p> <p>Know the difference between secrets and nice surprises</p>	Friends, Secrets and People Who Can help Us (Women's Aid 'Expect Respect Education Toolkit') https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/ Talk PANTS & Join Pantosaurus - The Underwear Rule

		NSPCC Learning – PANTS resources for schools and teachers
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Year 2	Pupils will	Resources to support planning
Autumn Me in my World	Know about examples of rules in different situations, e.g. class rules, rules at home, rules outside Know about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups Understand different rights and responsibilities that they have in school and the wider community Recognise that they are all equal, and ways in which they are the same and different to others in their community	Inclusion, belonging & addressing extremism — KS1-2 Caring for our communities - Go-Givers
Families and friends	Understand how to be a good friend, e.g. kindness, listening, honesty Identify strategies for positive play with friends, e.g. joining in, including others, etc. Identify what causes arguments between friends Know how to positively resolve arguments between friends Identify the things they have in common with their friends, classmates, and other people Know how friends can have both similarities and differences	<i>Hello</i> , Jack Foreman <i>Friends</i> , Kathryn Cave and Nick Mayland <i>Rosie and the yellow ribbon</i> , Paula DePaolo <i>Two friends</i> , Clara Vullamy <i>I'm not invited</i> , Diana Cain Bluthenthal Inclusion, belonging & addressing extremism — KS1-2 P4S: Primary Schools : Respect KS1 PSHE and citizenship class clips, BBC Bitesize, video clips about friendship and resolving friendship problems www.bbc.co.uk/education/subjects/zmpf_b9q
Say No to Bullying!	Know how to recognise hurtful behaviour, including online Know what to do and whom to tell if they see or experience hurtful behaviour, including online	https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/preventing-bullying-and-ethos/seal-resources

	<p>Identify what bullying is and different types of bullying</p> <p>Understand how someone may feel if they are being bullied</p> <p>Know how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</p>	
<p>Spring</p> <p>Reach for the stars</p>	<p>Know what they are good at and set simple goals</p> <p>Identify their strengths and write a CV</p> <p>Explain how it feels to be challenged, try something new or difficult</p> <p>Can plan the steps required to help achieve a goal or challenge</p> <p>Celebrate their own and others' skills, strengths and attributes</p> <p>Know about different jobs and the work people do</p> <p>Challenge gender stereotypes and recognise that both men and women are able to do a range of jobs</p> <p>Know what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments</p> <p>Know how money can be kept and looked after</p>	<p>[ARCHIVED CONTENT] Theme 4: Going for goals! (nationalarchives.gov.uk)</p> <p>Gender, Careers and Assumptions Us</p> <p>https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educationaltoolkit/</p> <p>Teachers Values, Money & Me</p> <p>Kitty's bicycle, Andrew Lunness</p> <p>Daisy and the trouble with piggy banks, Kes Gray</p> <p>Charlotte's Piggy bank, by David McGee</p> <p>Little Croc's purse by Lizzie Finlay</p> <p>Lily learns about wants and needs, Lisa Bullard</p>
<p>Our Digital Selves</p>	<p>Know the ways in which people can access the internet e.g. phones, tablets, computers</p> <p>Recognise the purpose and value of the internet in everyday life</p> <p>Recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos</p> <p>Know that information online might not always be true</p> <p>Know about rules for keeping safe online</p>	<p>Digiduck Stories - Childnet</p> <p>The Digiduck® collection has been created to help parents and teachers educate children aged 3 - 7 about online safety. The collection includes a ebooks, PDFs, a poster and an interactive app.</p> <p>Jessie & Friends</p> <p>https://www.childnet.com/resources/smartie-the-penguin</p>
<p>Keeping Safe</p>	<p>Know how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines</p> <p>Identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/life-live-it-primary-school-resources-red-cross</p>

	<p>from danger</p> <p>Know to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products</p> <p>Know about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel</p> <p>Know to respond if there is an accident and someone is hurt</p> <p>Know about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say</p>	<p>Drug and alcohol education</p> <p>Life. Live it. The Red Cross Lesson plans and activity sheets for pupils about first aid. (Spot the danger) www.redcross.org.uk/What-wedo/Teaching-resources/Teachingpackages/Microsite/Life-Live-it-first-aid-education-forchildren</p> <p>Worksheets and interactive games about keeping safe, Nationwide Education www.nationwideeducation.co.uk/search?themes16=home-safety-skills&page=1</p> <p>KS1 PSHE and citizenship class clips, BBC Bitesize, video clips about safety in the home www.bbc.co.uk/education/subjects/zmpfb9q •</p>
Summer Healthy Me	<p>Can describe everyday routines to help take care of their bodies, including oral health, sleep, exercise and healthy eating</p> <p>Understand how basic hygiene routines can stop the spread of disease</p> <p>Know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies</p> <p>Know that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p> <p>Identify ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others</p> <p>Know how to manage big feelings including those associated with change, loss and bereavement</p> <p>Know when and how to ask for help, and how to help others, with their feelings</p> <p>Know some simple relaxation techniques i.e. yoga</p>	<p>FOOD a fact of life, 5-8 years, healthy eating www.foodafactoflife.org.uk/</p> <p>KS1 PSHE and citizenship class clips, BBC Bitesize, video clips about healthy eating www.bbc.co.uk/education/subjects/zmpfb9q</p> <p>Dental health — teacher guidance, lesson plans and PowerPoints, KS1-3</p> <p>Mental health and emotional wellbeing lesson plans www.pshe-association.org.uk (pshe-association.org.uk)</p> <p>I Love You Blue Kangaroo Nothing, Mick Inkpen</p>

		<p>Angry Arthur, Haiwyn Oram The Very Lonely Firefly, Eric Carle Are you sad little bear? Rachel Rivett Lost and found, Oliver Jeffers The Tear Thief, Carol Ann Duffy Knuffle Bunny, Mo Williams Badger's Parting Gifts, Susan Varley Always and Forever, Alan Durant Grandpa, John Birmingham I Love You Blue Kangaroo</p>
Growing and Changing	<p>Know about the human life cycle and how people grow from young to old • how our needs and bodies change as we grow up Identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) Define difference and similarity Understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that Know about change as people grow up, including new opportunities and responsibilities Identify ways to prepare to move to a new class and set goals for next year</p>	<p>Medway Public Health Directorate relationships and sex education, KS1-3 Lesson 3 - Everybody's Body</p> <p>https://www.fpa.org.uk/sites/default/files/sample-lesson-plan-naming-body-parts.pdf</p> <p>https://www.educatorsolutions.org.uk/media/files/RSE_Solution_Resource_Sample_Extract_Jan19_2.pdf</p>
Safe Relationships	<p>Know about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help Know how to resist pressure to do something that feels uncomfortable or unsafe Know how to ask for help if they feel unsafe or worried and what vocabulary to use</p>	<p>Talk PANTS & Join Pantosaurus - The Underwear Rule</p> <p>NSPCC Learning – PANTS resources for schools and teachers</p>

Year 3	Pupils will	Resources to support planning
Autumn Shared Responsibilities	<p>Understand the reasons for rules and laws in wider society</p> <p>Understand the importance of abiding by the law and what might happen if rules and laws are broken</p> <p>Know what human rights are and how they protect people</p> <p>Identify basic examples of human rights including the rights of children</p> <p>Know how they have rights and also responsibilities</p> <p>Know that with every right there is also a responsibility e.g. the right to an education and the responsibility to learn</p>	<p>https://www.unicef.org.uk/rights-respecting-schools/resources/teaching-resources/teaching-learning-toolbox/teach-learn-about-rights/</p> <p>First steps to Rights (Book)</p>
Family and Friends	<p>Recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</p> <p>Identify the positive aspects of being part of a family, such as spending time together and caring for each other</p> <p>Identify the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty</p> <p>Identify if/when something in a family might make someone upset or worried</p> <p>Know what to do and whom to tell if family relationships are making them feel unhappy or unsafe</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education</p>
Say No to Bullying!	<p>Recognise respectful behaviours e.g. helping or including others, being responsible</p> <p>Know how to model respectful behaviour in different situations e.g. at home, at school, online</p> <p>Understand the importance of self-respect and their right to be treated respectfully by others</p> <p>Identify the ways in which people show respect and courtesy in different cultures and in wider society</p> <p>Recognise bullying and how it can make people feel</p> <p>Know that bullying and hurtful behaviour is unacceptable in any situation</p> <p>Identify the similarities and differences of online and face-to-face bullying</p> <p>Know when and where to seek help if they are worried</p>	<p>https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/preventing-bullying-and-ethos/seal-resources</p> <p>Premier League Primary Stars</p> <p><i>Desmond and the very mean word</i>, Archbishop Desmond Tutu</p>
Spring Reach for the stars	<p>Know about jobs that people may have from different sectors e.g. teachers, business people, charity work</p> <p>Know about common myths and gender stereotypes related to work • to</p>	<p>LOUD! Network KS2 lessons: 'Job skills, influences and goals'</p> <p>Wellbeing: Getting to know me Kapow</p>

	<p>challenge stereotypes through examples of role models in different fields of work e.g. women in STEM</p> <p>Know about some of the skills needed to do a job, such as teamwork and decision-making</p> <p>Recognise their interests, skills and achievements and how these might link to future jobs</p> <p>Identify their own personal strengths and interests and what they're proud of (in school, out of school)</p> <p>Know how to set goals that they would like to achieve this year e.g. learn a new hobby</p> <p>Identify their strengths and write a CV</p>	Primary
Our Digital Selves	<p>Know how the internet can be used positively for leisure, for school and for work</p> <p>Recognise that images and information online can be altered or adapted and the reasons for why this happens</p> <p>Develop strategies to recognise whether something they see online is true or accurate</p> <p>Evaluate whether a game is suitable to play or a website is appropriate for their age-group</p> <p>Make safe, reliable choices from search results</p> <p>Know how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication</p>	Google and Parent Zone KS2 internet safety resource
Keeping safe	<p>Identify typical hazards at home and in school</p> <p>Know how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen</p> <p>Know about fire safety at home including the need for smoke alarms</p> <p>Understand the importance of following safety rules from parents and other adults</p> <p>Know how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety</p>	
Summer Healthy Me!	<p>Know about the choices that people make in daily life that could affect their health</p> <p>Identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</p>	Learn More about the Zones - THE ZONES OF REGULATION: A CONCEPT TO FOSTER SELF-REGULATION & EMOTIONAL CONTROL

	<p>Know what can help people to make healthy choices and what might negatively influence them</p> <p>Understand the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle</p> <p>Know that regular exercise such as walking or cycling has positive benefits for their mental and physical health</p> <p>Identify things that affect feelings both positively and negatively • strategies to identify and talk about their feelings</p> <p>Know about some of the different ways people express feelings e.g. words, actions, body language</p> <p>Recognise how feelings can change overtime and become more or less powerful</p> <p>Know some simple relaxation techniques i.e. stretching</p>	Wellbeing: Getting to know me Kapow Primary
Growing and Changing	<p>Know that everyone is an individual and has unique and valuable contributions to make</p> <p>Recognise how strengths and interests form part of a person's identity</p> <p>Recognise common challenges to self-worth e.g. finding school work difficult, friendship issues</p> <p>Identify basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again</p>	Premier League Primary Stars Self-esteem
Safe Relationships	<p>Know what is appropriate to share with friends, classmates, family and wider social groups including online</p> <p>Understand what privacy and personal boundaries are, including online • basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision</p> <p>Identify ways of resolving conflict and where to get help</p>	<p>Resolving Conflict and Where to get Help (Women's Aid 'Expect Respect Education Toolkit')</p> <p>https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respectededucational-toolkit/</p>

Year 4	Pupils will	Resources to support planning
Autumn Shared Responsibilities	<p>Understand the reasons for rules</p> <p>Know the meaning and benefits of living in a community</p>	Inclusion, belonging & addressing extremism

	<p>Recognise that they belong to different communities as well as the school community</p> <p>Identify different groups that make up and contribute to a community</p> <p>Know about the individuals and groups that help the local community, including through volunteering and work</p> <p>Identify how to show compassion towards others in need and the shared responsibilities of caring for them</p>	<p>— KS1-2</p> <p>RSPCA Compassionate Class - animal welfare, compassion and empathy. KS2</p>
Family and Friends	<p>Identify the features of positive healthy friendships such as mutual respect, trust and sharing interests</p> <p>Identify strategies to build positive friendships</p> <p>Know how to seek support with relationships if they feel lonely or excluded</p> <p>Know how to communicate respectfully with friends when using digital devices</p> <p>Know how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know</p> <p>Know what to do or whom to tell if they are worried about any contact online</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-share-aware-resources</p> <p>Google and Parent Zone KS2 internet safety resource</p>
Say No to Bullying!	<p>Diifferentiate between playful teasing, hurtful behaviour and bullying, including online</p> <p>Know how to respond if they witness or experience hurtful behaviour or bullying, including online</p> <p>Recognise differences between people such as gender, race, faith</p> <p>Recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations</p> <p>Know about the importance of respecting the differences and similarities between people</p> <p>Develop a vocabulary to sensitively discuss difference and include everyone</p>	<p>Premier League Primary Stars</p>
Spring Reach for the stars	<p>Know about different ways to pay for things such as cash, cards, e-payment and the reasons for using them</p> <p>Know that how people spend money can have positive or negative effects on others e.g. charities, single use plastics</p> <p>Examine their own strengths and passions</p> <p>Identify their strengths and write a CV</p> <p>Develop a more positive perspective on making mistakes</p>	<p>Wellbeing: My place in the world Kapow Primary</p> <p>[ARCHIVED CONTENT] Theme 4: Going for goals! (nationalarchives.gov.uk)</p>
Our Digital Selves	<p>Know that everything shared online has a digital footprint</p>	<p>Lesson plan – Creating a positive digital</p>

	<p>Recognise what online adverts look like</p> <p>Compare content shared for factual purposes and for advertising</p> <p>Know that search results are ordered based on the popularity of the website and that this can affect what information people access</p>	<p>footprint.pdf</p> <p>Your Digital Footprint</p> <p>Teaching Kids About Digital Footprints And Online Reputations</p>
Keeping Safe	<p>Understand the importance of taking medicines correctly and using household products safely</p> <p>Recognise what is meant by a 'drug'</p> <p>Know that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</p> <p>Identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects</p> <p>Identify some of the risks associated with drugs common to everyday life</p> <p>Know that for some people using drugs (e.g cigarettes) can become a habit which is difficult to break</p>	<p>Drug and alcohol education</p>
Summer Healthy Me!	<p>Identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</p> <p>Identify what good physical health means and how to recognise early signs of physical illness</p> <p>Know that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</p> <p>Know how to maintain oral hygiene and dental health, including how to brush and floss correctly</p> <p>Know the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</p> <p>Identify a range of feelings and identify strategies to manage these</p> <p>Know simple relaxation techniques i.e visualisation</p>	<p>Dental health — teacher guidance, lesson plans and PowerPoints, KS1-3</p> <p>Wellbeing: My place in the world Kapow Primary</p>
Growing and Changing	<p>Identify external genitalia and reproductive organs</p> <p>Know about the physical and emotional changes during puberty</p> <p>Know key facts about the menstrual cycle</p> <p>Identify strategies to manage the changes during puberty including menstruation</p>	<p>Medway Public Health Directorate relationships and sex education, KS1-3</p> <p>Betty: it's perfectly natural</p>

	<p>Understand the importance of personal hygiene routines during puberty including washing regularly and using deodorant</p> <p>Know how to discuss the challenges of puberty with a trusted adult</p> <p>Know how to get information, help and advice about puberty</p>	<p>DiscoveryEducation_HealthAndRelationships_SAMPLE_CopingWithChange_Y4L1.pdf</p>
Safe Relationships	<p>Recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable</p> <p>Understand how to manage pressures associated with dares</p> <p>Know when it is right to keep or break a confidence or share a secret</p> <p>Identify safe and unsafe touch</p> <p>Know to recognise risks online such as harmful content or contact</p> <p>Know how people may behave differently online including pretending to be someone they are not</p> <p>Know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</p>	<p>Examining Violence, Excuses and Responsibility Expect Respect - Womens Aid</p> <p>Google and Parent Zone KS2 internet safety resource</p>

Year 5	Pupils will	Resources to support planning
Autumn Shared Responsibilities	<p>Explore rights and responsibilities in school, home and in the community</p> <p>Develop skills such as co-operation, team work, empathy and active listening</p> <p>Know how resources are allocated and the effect this has on individuals, communities and the environment</p> <p>Express their own opinions about responsibility and what it means to be an active citizen</p>	<p>Rules, Rights and Responsibilities - BBC Bitesize</p> <p>Team Margot resources on blood, stem cell & bone marrow donation</p>
Family and Friends	<p>Understand what makes a healthy friendship and how they make people feel included</p> <p>Examine peer influence and how it can make people feel/behave</p> <p>Understand the impact of the need for approval, including online</p> <p>Identify strategies to manage peer influence</p> <p>Identify strategies to positively resolve disputes and reconcile differences in</p>	<p>Premier League Primary Stars Wellbeing: Being responsible</p> <p>Conflict resolution and mediation - KS2 PSHE and Citizenship - BBC Bitesize</p>

	friendships	[ARCHIVED CONTENT] Theme 2: Getting on and falling out (nationalarchives.gov.uk)
Say No to Bullying!	<p>Recognise that everyone should be treated equally</p> <p>Understand why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different</p> <p>Know what discrimination means and different types of discrimination.</p> <p>Identify online bullying and discrimination of groups and individuals e.g. trolling and harassment</p> <p>Identify ways to safely challenge discrimination</p> <p>Know how to report discrimination, including online harassment</p>	<p>Premier League Primary Stars</p> <p>Coram Life Education: The Belonging Toolkit, KS2-3</p> <p>http://www.diversityrolemodels.org/</p> <p>http://www.equaliteach.co.uk/</p>
Spring Reach for the stars	<p>Identify strengths and personal goals</p> <p>Identify jobs they might want in the future</p> <p>Understand how or why someone might choose a certain career</p> <p>Understand the importance of diversity and inclusion to promote people's career opportunities</p> <p>Identify their strengths and write a CV</p>	<p>LOUD! Network KS2 lessons: 'Job skills, influences and goals'</p> <p>Wellbeing: Being responsible</p> <p>[ARCHIVED CONTENT] Theme 4: Going for goals! (nationalarchives.gov.uk)</p>
Our Digital Selves	<p>Identify different types of media and their different purposes</p> <p>Understand basic strategies to assess whether online content is based on fact, opinion or is biased</p> <p>Know to assess which search results are more reliable than others</p> <p>Know to recognise unsafe or suspicious content online</p> <p>Explore the impact that advertising may have on body image</p>	<p>NewsWise news literacy project and resources</p> <p>Google and Parent Zone KS2 internet safety resource</p> <p>City of London Police: 'Cyber Detectives' lesson plans, KS2</p> <p>Media Smart Body Image 9-11 yrs / Key Stage 2 / PSHE</p> <p>The Dove Self-Esteem Project</p> <p><i>Girls under pressure</i>, Jacqueline Wilson</p> <p><i>The wizard and the ugly book of shame</i>, Pablo Bernasconi</p>

Keeping Safe	<p>Identify when situations are becoming risky, unsafe or an emergency</p> <p>To identify occasions where they can help take responsibility for their own safety</p> <p>To differentiate between positive risk taking and dangerous behaviour</p> <p>How to deal with common injuries - basic first aid</p> <p>How to respond in an emergency, including calling emergency services</p> <p>Know that female genital mutilation (FGM) is against British law</p> <p>Know what to do and whom to tell if they think they or someone they know might be at risk of FGM</p>	<p>Digital classrooms for young people with the British Red Cross</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/life-live-it-primary-school-resources-red-cross</p> <p>hannah_lesson_session_1.pdf (fgmaware.org)</p> <p>Hannah - YouTube</p> <p>FORWARD FGM Lesson Plan.pdf (ghll.org.uk)</p>
Summer Healthy Me!	<p>Understand how sleep contributes to a healthy lifestyle</p> <p>Identify ways to boost wellbeing</p> <p>Know about simple relaxation techniques i.e. yoga</p> <p>Know how medicines can contribute to health and how allergies can be managed</p> <p>Know that some diseases can be prevented by vaccinations/immunisations</p> <p>Know that bacteria and viruses can affect health</p>	<p>Wellbeing: Being responsible</p> <p>The Sleep Factor lesson plans & PowerPoints</p> <p>Mental health and emotional wellbeing PowerPoint lesson plans</p> <p>Living with anaphylactic allergies - Izzy and Ben's story - KS2 PSHE and Citizenship - BBC Bitesize</p> <p>Drug and alcohol education</p> <p>History KS1 / KS2: Edward Jenner - BBC Teach</p>
Growing and Changing	<p>Understand personal identity and what contributes to it, including race, gender, family, culture</p> <p>To know about protected characteristics and why the Equality Act is important</p> <p>Know that for some people their gender identity does not correspond with their biological sex</p> <p>Know how to recognise, respect and express individuality</p> <p>Know key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams</p>	<p>My identity - being a Muslim - KS2 PSHE and Citizenship - BBC Bitesize</p> <p>My identity - life as a young carer - KS2 PSHE and Citizenship - BBC Bitesize</p> <p>KS2 Book Topic – Delve Deep Into Identity And Differences With The World Of Weslandia (teachwire.net)</p> <p>Alien Nation book - A story about gender roles, gender expectations and gender identity (KS2) - The Proud Trust</p>

		<p>RSE Solution - Lesson 2</p> <p>Pupils realise the nature and consequences of discrimination, including the use of prejudice-based language.</p>
Safe Relationships	<p>Identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations</p> <p>Know how to ask for, give and not give permission for physical contact</p> <p>Know how to respond to unwanted physical contact</p> <p>Know whom to tell if they are concerned about unwanted physical contact</p>	<p>teaching_about_consent_healthy_boundaries_a_guide_for_educators.pdf (ifpa.ie)</p> <p>Feelings, Respect and Trust (Pushing the Boundaries Resource Pack)</p> <p>https://www.4ypbristol.co.uk/for-professionals/wpcontent/uploads/sites/3/2013/09/Pushing_the_Boundaries_Pack_Primary_FINAL.pdf</p> <p>Secrets and Stories</p> <p>https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educationaltoolkit/</p>

Year 6	Pupils will	Resources to support planning
Autumn Shared Responsibilities	Know about rights, responsibilities and the rule of law Identify features of a strong society and how they can make a difference Know what prejudice means Differentiate between prejudice and discrimination Know how to recognise acts of discrimination Identify strategies to safely respond to and challenge discrimination Know how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups Know how stereotypes are perpetuated and how to challenge this	
Family and Friends	Know what it means to be attracted to someone and different kinds of loving relationships Understand that people who love each other can be of any gender, ethnicity or faith Know the difference between gender identity and sexual orientation and everyone's right to be loved Identify the qualities of healthy relationships that help individuals flourish • ways in which couples show their love and commitment to one another, including those who are not married or who live apart Understand what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults Know that people have the right to choose whom they marry or whether to get married Know that to force anyone into marriage is illegal Know how and where to report forced marriage or ask for help if they are worried	Medway Public Health Directorate relationships and sex education. KS1-3 My Body My Rules (2015): FGM Animation FGM and forced marriage lesson plans from Freedom Charity
Say No to Bullying!	Know about the link between values and behaviour and how to be a positive role model Know how to discuss issues respectfully Know how to listen to and respect other points of view Know how to constructively challenge points of view they disagree with Identify ways to participate effectively in discussions online and manage conflict or disagreements	

Spring Reach for the stars	<p>Know about the role that money plays in people's lives, attitudes towards it and what influences decisions about money</p> <p>Understand the meaning of enterprise, including social enterprise</p> <p>Know about value for money and how to judge if something is value for money</p> <p>Know how having or not having money can impact on a person's emotions, health and wellbeing</p> <p>Know about common risks associated with money, including debt, fraud and gambling</p> <p>Identify their strengths and write a CV</p>	<p>[ARCHIVED CONTENT] Theme 4: Going for goals! (nationalarchives.gov.uk)</p>
Our Digital Selves	<p>Know about the benefits of safe internet use e.g. learning, connecting and communicating</p> <p>Know how and why images online might be manipulated, altered, or faked</p> <p>Know how to recognise when images might have been altered</p> <p>Know why people choose to communicate through social media and some of the risks and challenges of doing so</p> <p>Know that social media sites have age restrictions and regulations for use • the reasons why some media and online content is not appropriate for children</p> <p>Know how online content can be designed to manipulate people's emotions and encourage them to read or share things how to recognise what is appropriate to share online</p> <p>Know how to report inappropriate online content or contact</p>	
Keeping Safe	<p>Know how to protect personal information online</p> <p>Identify potential risks of personal information being misused</p> <p>Identify strategies for dealing with requests for personal information or images of themselves</p> <p>Identify types of images that are appropriate to share with others and those which might not be appropriate</p> <p>Know that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be</p> <p>Know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others</p> <p>Know how to report the misuse of personal information or sharing of upsetting content/ images online</p> <p>Know about the different age rating systems for social media, T.V, films,</p>	<p>Trust Me by Childnet</p> <p>Drug and alcohol education</p> <p>Wellbeing: Looking forward</p>

	<p>games and online gaming</p> <p>Know about the risks and effects of different drugs</p> <p>Know about the laws relating to drugs common to everyday life and illegal drugs</p> <p>Know about the organisations where people can get help and support concerning drug use</p> <p>Know how to ask for help if they have concerns about drug use</p> <p>Know about mixed messages in the media relating to drug use and how they might influence opinions and decisions</p>	
Summer Healthy Me!	<p>Know that mental health is just as important as physical health and that both need looking after</p> <p>Recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</p> <p>Identify positive strategies for managing feelings including simple relaxation techniques i.e mindfulness</p> <p>Recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available</p> <p>Identify where they and others can ask for help and support with mental wellbeing in and outside school</p> <p>Understand the importance of asking for support from a trusted adult • about the changes that may occur in life including death, and how these can cause conflicting feelings</p> <p>Know that changes can mean people experience feelings of loss or grief and know about the process of grieving and how grief can be expressed</p> <p>Identify how to ask for help and support with loss, grief or other aspects of change</p> <p>Know what to do and whom to tell if they are frightened or worried about something they have seen online</p>	<p>Wellbeing: Looking forward Kapow Primary</p>
Growing and Changing	<p>Recognise some of the changes as they grow up e.g. increasing independence</p> <p>Identify what being more independent might be like, including how it may feel</p> <p>Know about the transition to secondary school and how this may affect their feelings</p> <p>Identify practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school</p> <p>Identify the links between love, committed relationships and conception</p>	<p>Y6 Managing Change</p> <p>https://webarchive.nationalarchives.gov.uk/20110812100212/http://nsonline.org.uk/node/194127?uc=force_uj</p>

	<p>Know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults</p> <p>Know how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</p> <p>Know that pregnancy can be prevented with contraception</p> <p>Know about the responsibilities of being a parent or carer and how having a baby changes someone's life</p>	
Safe Relationships	<p>Compare the features of a healthy and unhealthy friendship</p> <p>Know about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong</p> <p>Identify strategies to respond to pressure from friends including online</p> <p>Know how to assess the risk of different online 'challenges' and 'dares'</p> <p>Know how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable</p> <p>Know how to get advice and report concerns about personal safety, including online</p> <p>Know what consent means and how to seek and give/not give permission in different situations</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/nsppc-share-aware-resources</p> <p>Play Like Share</p>