

# P.S.H.E/R.S.E



**Know more, remember more**



**Know yourself, grow yourself**



**Use your learning, develop your skills**



Curriculum overview

Personal, Social, Health and Economic (P.S.H.E) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives and emotions, now and in the future. It helps pupils to stay safe and healthy, while preparing them to make the most of their life in a safe and productive manner. When taught consistently and to a high standard P.S.H.E also helps pupils to achieve their higher academic potential.

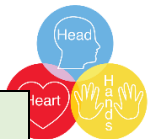
R.S.E is Relationships and Sex education. Today's children are growing up in an increasingly complex world and although this is exciting, it does present some challenges to our young people. Pupils need knowledge in order to make informed decisions about their wellbeing, health and relationships and this is the grounding for R.S.E. R.S.E became compulsory under Section 34 and 35 of the Social Work Act 2017, in a 2019 amendment.

The government updated the P.S.H.E guidance in June 2019/September 2020 (under the Children and Social Work Act 2017) which meant that P.S.H.E became statutory for all schools. This update included the introduction of statutory Relationships Education for Key Stages 1 and 2 through the RSE Statutory Guidance.

Parents/Carers can ask for their young person to be withdrawn from any sex education taught under R.S.E but pupils cannot be withdrawn from the full R.S.E or P.S.H.E curriculum.

Curriculum overview

Year		Autumn			Spring			Summer		
<u>Nursery</u>	Termly links	Nursery should cover the three prime areas of PSED, Physical development and Communication and language.								
<u>Reception</u>	Termly links	Reception should cover the three prime areas of PSED, Physical development and Communication and language.								
1	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Keeping Safe	Growing and changing
2	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Keeping Safe	Growing and changing
3	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and	Money and work	Physical health and	Keeping Safe	Growing and changing

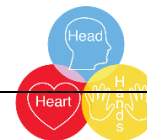


						digital resilience		Mental Wellbeing		
4	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Keeping Safe	Growing and changing
5	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Keeping Safe	Growing and changing
6	Strand	<u>Relationships</u>			<u>Living in the wider world</u>			<u>Health and Wellbeing</u>		
	Termly Focus	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Keeping Safe	Growing and changing

Reception Curriculum Overview

<u>Autumn 1</u>				
PSED (PSHE)  PSHE is ....	Feelings – me and others	There are different emotions I can feel sad, scared, happy, angry.	Express their feelings and consider the feelings of others. Identify and moderate their own feelings. Think about the perspectives of others. Talk about their feelings using words like 'happy', 'sad', 'angry', 'worried' Understand gradually how others might be feeling	Emotions Feelings Sad Scared Happy Angry

<u>Autumn 2</u>				
PSED (PSHE)	Feelings- me and others.  Traditional tales	There are different emotions I can feel sad, scared, happy, angry	Identify and moderate their own feelings. Think about the perspectives of others.	Emotions Feelings Sad Scared



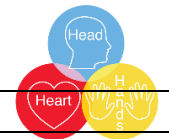
		Road safety – we need to stop, think, look and listen, wait for an adult and then cross	<p>See themselves as a valued individual.</p> <p>Know and talk about the different factors that support their overall health and wellbeing.</p> <p>Being a safe pedestrian.</p>	<p>Happy</p> <p>Angry</p>
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Spring 1

<p>PSED (PSHE)</p> <p>PSHE is ...</p>	<p>Being a good friend (special people)</p> <p>What makes us unique.</p>	<p>I know how to be a good friend: sharing, helping, kind hands, letting others join in.</p> <p>We all have an opinion. We have different likes and dislikes.</p>	<p>Build constructive and respectful relationships</p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments with adults and friendships with peers.</p> <p>Show sensitivity to their own and other's needs.</p> <p>See themselves as a valued individual. Think about the perspectives of others</p>	<p>Special</p> <p>Different</p> <p>Carer</p> <p>Friend</p> <p>Unique</p> <p>Special</p> <p>Opinion</p> <p>Like</p> <p>Dislike</p> <p>Different</p>
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Spring 2

<p>PSED (PSHE)</p> <p>PSHE is ...</p>	<p>Being healthy</p>	<p>For a healthy body we need:</p> <p>Healthy range of foods</p> <p>Exercise</p> <p>Water</p> <p>Sleep</p> <p>To keep clean</p>	<p>Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly</p> <p>Make healthy choices about food, drink, activity and toothbrushing</p> <p>Manage their own personal hygiene</p> <p>Know and talk about different factors that support their overall health and wellbeing</p>	<p>Healthy</p> <p>Safe</p> <p>Exercise</p>
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Summer 1

<p>PSED (PSHE)</p>	<p>My body</p> <p>Growing and changing</p>	<p>We grow up and we change and so does our environment</p> <p>We have different parts of the body</p>	<p>Participate in discussions</p> <p>Manage own basic hygiene and personal needs</p> <p>Understand important changes in the natural world and around them.</p>	<p>Grow</p> <p>Change</p> <p>Body:</p> <p>Knee</p> <p>Arm</p> <p>Hair</p> <p>Ear</p> <p>Eye</p> <p>Nose</p> <p>Hand</p>
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Summer 2

<p>PSED (PSHE)</p> <p>PSHE is ....</p>	<p>Being Safe</p> <p>Transitions to new class</p>	<p>It is important that we: Know who we can go to if we need help.</p> <p>Make good choices.</p> <p>Communicate our preferences.</p> <p>Express when we don't like something.</p>	<p>Show an understanding of their own feelings and those of others.</p> <p>Follow instructions involving several ideas.</p> <p>Show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules.</p> <p>Know right from wrong.</p>	<p>Safe</p> <p>Communicate</p>
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## P.S.H.E (Year 1)

Strand of learning: Relationships

### Autumn

### Useful links-

#### Families

[https://pshe-association.org.uk/resource/families-lesson-packs?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=families](https://pshe-association.org.uk/resource/families-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=families)

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

**Mindfuel lesson 4 – block 1 and lesson 4 – block 2 (slides 4-5) and Key stage 1 2<sup>nd</sup> year block 1 – lesson 4 should be used for partial coverage of this.**

#### Safe relationships

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

[https://pshe-association.org.uk/resource/consent-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=consent-ks1-2](https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=consent-ks1-2)

#### Respecting ourselves

[https://pshe-association.org.uk/resource/the-rez?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=the-rez](https://pshe-association.org.uk/resource/the-rez?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=the-rez)

### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

### Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

### Crucial Knowledge for individual lessons

#### Families and friendships

→ We all have special people who help and care for us. Special people make us feel safe

#### Safe relationships

→ There are some parts of our body which are private. That means no one should be allowed to see or touch them without

#### Respecting ourselves and others

→ Respect means that you interact with someone in a way that shows that you

### Extended Crucial Knowledge for this unit:

#### Safe relationships

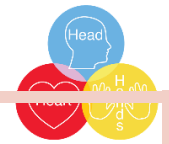
→ We respect others by allowing them to keep their body parts private.

### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge.



<p>and comfortable.</p> <p>→ All families are different. Families can present in lots of different ways.</p> <p>→ Making new friendships is healthy.</p> <p>→ Being worried about something (happening at home) is ok and it is important to tell an adult.</p>	<p>permission.</p> <p>→ Some forms of touch are appropriate like hugs, tickling and kisses but it is important to know the difference between what is appropriate and what is inappropriate.</p> <p>→ You have the right to say 'no' to unwanted touch.</p> <p>→ If you ever feel uncomfortable or unsure about something, even with an adult you know well, you should tell an adult you trust. (Underwear</p>	<p>care about them and understand how they feel.</p> <p>→ Our behaviour can affect other people. It is important to be polite, share and take turns when working with others or as part of a team.</p>	<p>→ Secrets are not the same as surprises. If a secret upsets you, you should tell an adult you trust.</p> <p>→ Giving permission is you allowing someone to do something eg/ I give permission for you to hug me. You should always ask for someone's permission before touching them.</p> <p><u>Respecting ourselves and others</u></p> <p>→ Telling a friend what</p>	<p>should be discussion lead and evidence of this should be clear.</p>
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Rule NSPCC)

→ A trusted adult is someone such as a trusted friend, family member or a teacher.

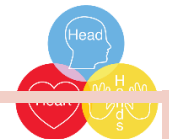
we appreciate about them makes them feel good. This is called a compliment.

→ Being kind makes people happier.

→ You can never run out of kindness, so don't be afraid to be kind to everyone. Kindness is like a boomerang, when we give it, it usually comes back to us.

→ Most people have their best ideas when they work





				as a team. We learn best by listening, watching or doing things.
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Strand of learning: Living in the wider world

### Spring

### Useful links-

#### **Belonging to a community**

[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

[https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks1](https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks1)

#### **Media literacy and digital resilience**

[https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=bbfc-ks1](https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=bbfc-ks1)

#### **Money and work**

#### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

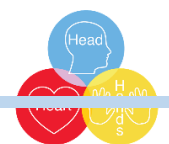
#### Crucial Knowledge for individual lessons

<u>Belonging to a community</u>	<u>Media literacy and</u>	<u>Money and Work</u>
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#### Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### Extended Crucial Knowledge for this unit:



[https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=bbfc-ks1](https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=bbfc-ks1)

→ Rules are guides for how to behave or act. We need rules to keep us safe.

→ We need to follow the rules for keeping safe online.

→ If someone needs help in an emergency, you can dial 999 to get the police, the fire service or an ambulance.

digital resilience

Recap

→ Rules are guides for how to behave or act. We need rules to keep us safe.

Crucial

→ A website is a page on the internet

→ You should always talk to an adult before going online.

→ People earn money when they have a job.

→ We need to make sure we look after our money very carefully.

→ In the UK, the money system we use is called pounds and pence.

→ We use money that is on a card or coins.

→ People have different strengths (are good at different things) and this helps to be good at their specific job.

Belonging to a community

→ Some things in life can be age restricted eg/films.

Media literacy and digital resilience

→ People use the internet for lots of different reasons eg/ learning, playing games, talking to people and shopping.

Money and work

→ If you want to save a large amount of money, you can go to the bank. The bank will help you to open a bank account which will keep your money safe.

→ People without a job are called unemployed and



the government helps them to live.

Strand of learning: Health and Wellbeing

Summer

Useful links-

**Physical health and mental wellbeing**

[https://pshe-association.org.uk/resource/health-education-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=health-education-ks1-2](https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2)

[https://pshe-association.org.uk/resource/dental-health-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=dental-health-ks1-2](https://pshe-association.org.uk/resource/dental-health-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=dental-health-ks1-2)

[https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=lifebuoy-soaper-heroes](https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=lifebuoy-soaper-heroes)

[https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=sun-safety](https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sun-safety)

**Keeping safe**

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Crucial Knowledge for individual lessons

<p><b><u>Physical health and mental wellbeing</u></b></p> <p>→ You need to brush your</p>	<p><b><u>Keeping safe</u></b></p> <p><b><u>Recap</u></b></p> <p>→ Some things have age ratings to</p>	<p><b><u>Growing and changing</u></b></p> <p>→ Change helps us grow and can bring great things to our lives.</p> <p>→ Change happens in lots of different</p>
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Extended Crucial Knowledge for this unit:

**Physical health and mental wellbeing**

→ The best drinks for children are water and milk.



[https://pshe-association.org.uk/resource/nca-ceop-jessie-and-friends?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=nca-ceop-jessie-and-friends](https://pshe-association.org.uk/resource/nca-ceop-jessie-and-friends?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=nca-ceop-jessie-and-friends)

[https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=bbfc-ks1](https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=bbfc-ks1)

### **Growing and changing**

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

[https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=mhew-ks1-2](https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2)

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

[https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=personal-identity](https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=personal-identity)

teeth twice a day.

→ Exercise will help you to stay healthy.

→ A good night's sleep will help you to be healthy.

→ You need to eat a variety of fruit and vegetables every day.

→ If your teeth hurt, ask a grown-up to take you to a dentist.

keep you safe e.g. films.

→ We need to follow the rules for keeping safe online.

### **Crucial**

→ If I see something that makes me uncomfortable I should tell a trusted adult.

→ You should only cross a road with an adult.

→ Do not go near medicine without a grown-up.

ways – changes to our body (our hair might grow longer, baby teeth fall out etc), changes in our lives (we move classes, new family pet etc) etc.

→ Goals are things we work towards because we want to achieve them.

→ The differences between our bodies are hidden under our underwear.

→ The parts of our bodies hidden by our underwear are private. (Recap this part from the safe relationships unit in Autumn).

→ Humans have lots of different body parts. (This part is a recap from reception).

→ People born as boys/male have a body part called a penis.

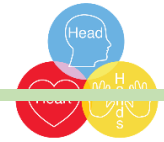
→ Brush your teeth twice a day for 2 minutes. You should not eat anything after brushing your teeth.

### **Growing and changing**

→ Change can feel uncomfortable. That is OK, it is normal to feel this way.

→ People's hopes and goals for the future may be different.

→ Resilience is the ability to keep going even when things are difficult.



→ People born as girls/female have a body part called a vagina.

## P.S.H.E (Year 2)

Strand of learning: Relationships

Autumn

Useful links-

**Safe relationships**

[https://pshe-association.org.uk/resource/nca-ceop-jessie-and-friends?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=nca-ceop-jessie-and-friends](https://pshe-association.org.uk/resource/nca-ceop-jessie-and-friends?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=nca-ceop-jessie-and-friends)

**Respecting ourselves and others**

<https://www.youtube.com/watch?v=k9UtYtbCQrk>

Perfectly designed story read by the author.

[https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=inclusion-belonging-ks1-2](https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=inclusion-belonging-ks1-2)

[https://pshe-association.org.uk/resource/the-rez?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=the-rez](https://pshe-association.org.uk/resource/the-rez?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=the-rez)

**Skills to be developed**

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

**Application of skills/ proof I have learnt this crucial knowledge:**

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

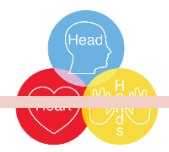
**Background Crucial Knowledge for this unit:**

P.S.H.E stands for Personal, Social, Health and Economic Education.

→ Secrets can make us feel uncomfortable and we know how to get help.

→ It is OK to ask someone to STOP if what they are doing makes you feel uncomfortable. Then, tell a trusted adult.

→ The parts of our body under our underwear are private. (Underwear rules NSPCC).



Extended Crucial Knowledge for this unit:

Families and relationships

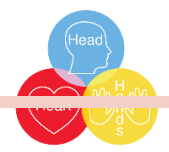
- We feel happy and safe when we are kind and respectful to all people.
- A good friend is someone who we can trust, who looks after our feelings and who helps us to feel safe and happy.

Safe relationships

- Repetitive means it happens again and again.
- Bullying can hurt us in lots of different ways.
- If you do not feel safe, this can be upsetting and quite scary. You need to tell a trusted adult.

Crucial Knowledge for individual lessons

<u>Families and friendships</u>	<u>Safe relationships</u>	<u>Respecting ourselves and others</u>
<ul style="list-style-type: none"> <li>→ It is important to treat all people with kindness and respect.</li> <li>→ No person is more or less important than another.</li> </ul>	<ul style="list-style-type: none"> <li>→ Bullying is when someone chooses to hurt someone else on purpose with his or her actions or with their words.</li> <li>→ If someone is being bullied, we can tell him or her to stop and talk to a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>→ Cooperating with others means working together, sharing, listening, helping others, and looking after everyone's feelings.</li> <li>→ We are all unique and perfectly designed.</li> </ul>



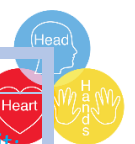
→ It is necessary to understand what causes disagreements before then moving on to working them out with others, positively.

→ Bullying is repetitive.

→ We need to be aware of strangers when we are using the internet.

→ Never share your full name, address, phone number or school with a stranger online.

→ Make sure you tell a trusted adult if you need help or see something online or in person that worries, scares or upsets you.



## Strand of learning: living in the wider world

### Spring

### Useful links-

#### **Belonging to a community**

[https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=inclusion-belonging-ks1-2](https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=inclusion-belonging-ks1-2)

#### **Media literacy and digital resilience**

[https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=bbfc-ks1](https://pshe-association.org.uk/resource/bbfc-watch-out-ks1?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=bbfc-ks1)

[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

#### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

#### Background Crucial Knowledge for this unit

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### Belonging to a community

→ All families are different.

→ It is important to treat everyone with kindness and respect.

→ No person is more or less important.

#### Media literacy and digital resilience

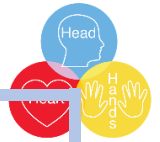
→ The internet connects lots of people all around the world.

→ A trusted adult is someone such as a family member, teacher or club leader.

#### Money and work

→ People earn money when they have a job.





Extended Crucial Knowledge for this unit:

Belonging to a community

→ Groups and communities help us to feel included.

→ Being kind and respectful to all people helps us to feel happy and safe.

Media literacy and digital resilience

→ We use the internet for different activities such as research, watching TV and connecting with others.

Money and work

→ You want some things, such as toys or sweets, but you need food and shelter.

→ You shouldn't spend all of the money you are given, you should save some of it. This saving of small amount will add up over time.

→ If you want to save a large amount of money, you can go to the bank. You can open a bank account to keep your money safe.

Crucial Knowledge for individual lessons



Belonging to a community

- A community is a group of people living or working together in the same area.
- We all belong to different groups and communities.
- We play different roles in different groups such as school, clubs or faith groups.

Media literacy and digital resilience

- The internet can be accessed through computer, phone, tablet, smart TV – any device that has a web browser
- Not everything on the internet is true.
- If we are not sure we should check by asking a trusted adult or using reliable websites.

Money and work

- People look after and spend money in different ways depending on what they need or want.
- You may have to budget (save) for what you want, as it is important to pay for what you need first.
- You should pay for your bills (you need electricity, gas etc) before buying treats for yourself



Strand of learning: Health and Wellbeing

## Summer

### Useful links-

#### **Physical health and mental wellbeing**

[https://pshe-association.org.uk/resource/health-education-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=health-education-ks1-2](https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2)

[https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=sleep-factor-ks1-2](https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sleep-factor-ks1-2)

[https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=mhew-ks1-2](https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2)

[https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=mhew-ks1-2](https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2)

[https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=mhew-ks1-2](https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2)

[https://pshe-association.org.uk/resource/winstons-wish-lost-and-bereavement?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=winstons-wish-lost-and-bereavement](https://pshe-association.org.uk/resource/winstons-wish-lost-and-bereavement?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=winstons-wish-lost-and-bereavement)

[https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=lifebuoy-soaper-heroes](https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=lifebuoy-soaper-heroes)

#### **Keeping safe**

[https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=lifebuoy-soaper-heroes](https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=lifebuoy-soaper-heroes)

#### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

#### Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### Physical health and mental wellbeing

- Exercise will help you to stay healthy.
- You need to eat a variety of fruit and vegetables every day.
- You need to brush your teeth twice a day.

#### Keeping safe

- A trusted adult is someone you have a good relationship, who you know cares about you.
- If you are in a situation you do not like, that feels unsafe or scary, you can go to a trusted adult to get help.
- If someone needs help in an emergency, you can dial 999 to get the police, the fire service or an ambulance.

- Do not go near medicine without a grown-up

#### Growing and changing



[https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=keeping-safe-at-home](https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=keeping-safe-at-home)

[https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=sun-safety](https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sun-safety)

**Growing and changing**

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

→ People born as boys/male have a body part called a penis.

People born as girls/female have a body part called a vagina.

**Crucial Knowledge for individual lessons**

**Extended Crucial Knowledge for this unit:**

**Physical health and mental wellbeing**

**Keeping safe**

**Growing and changing**

→ To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly, and maintain good hygiene.

→ Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!

→ When we touch things, we pick up

→ We have to look both ways to cross the road safely.

→ When you see deep water, you need to stay away from the edge so you don't fall in.

→ When you are in school, at home, or going out, you can keep yourself safe by following rules and listening to

→ Children have lots of body parts that are the same, such as arms, back, cheeks, shoulders, wrists, lips, toes, neck, nostrils and hips.

→ We also have our private body parts.

→ We all started life as a baby, then grew into toddlers.

→ Our bodies change as we grow from babies into children, teenagers and adults.

**Physical health and mental wellbeing**

→ We can spread germs to others without realising because we can't see them.

**Keeping safe**

→ If there is no grown-up around and you need to ring 999, tell them where you are, and what the problem is. They will stay on the phone with you to



<p>germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.</p> <p>→ Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.</p> <p>→ Sometimes we need medicine to combat germs or viruses and get better.</p> <p>→ We need to remember to take time to enjoy activities which make us feel good eg/being outside, seeing our friends, reading a book etc. This helps our mental wellbeing.</p>	<p>your grown-ups.</p> <p>→ Medicine can be liquids, tablets or creams. These are given to us by a doctor or nurse, and they make people feel better.</p> <p>→ If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.</p>	<p>→ Getting older means becoming more responsible and doing things for yourself.</p> <p>→ Most of our body parts have special jobs to do.</p>	<p>give you help until someone arrives.</p>
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Bursley Academy Curriculum document

Autumn

Useful links-

**Families and friendships**

[https://pshe-association.org.uk/resource/families-lesson-packs?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=families](https://pshe-association.org.uk/resource/families-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=families)

[https://pshe-association.org.uk/resource/coram-life-education-adoptables-toolkit?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=coram-life-education-adoptables-toolkit](https://pshe-association.org.uk/resource/coram-life-education-adoptables-toolkit?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=coram-life-education-adoptables-toolkit)

**Safe relationships**

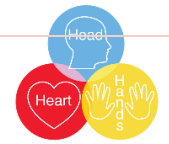
[https://pshe-association.org.uk/resource/consent-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=consent-ks1-2](https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=consent-ks1-2)

[https://pshe-association.org.uk/resource/consent-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=consent-ks1-2](https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=consent-ks1-2)

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

**Respecting ourselves and others**

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)



Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Families and friendships  
→ Talk to a trusted adult if a situation makes you feel uncomfortable or unsafe.

Safe relationships  
→ Bullying is hurting, repetitive behaviour and it always unacceptable.

Respecting ourselves and others  
→ Respect means that you interact with someone in a way that shows you care about them.

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

Crucial Knowledge for individual lessons

<u>Families and friendship</u>	<u>Safe relationship</u>	<u>Respecting ourselves and others</u>
→ There are different	→ Speak to someone we trust if you	→ Everybody deserves to be

Extended Crucial Knowledge for this unit:

Families and friendships  
→ Being part of a



[https://pshe-association.org.uk/resource/the-rez?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=the-rez](https://pshe-association.org.uk/resource/the-rez?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=the-rez)

types of families.

→ There are single parent families, same gender parents, step parents, blended families, foster and adoptive parents.

→ Being part of a family should mean that you are provided with love, support and stability.

have a worry about yourselves or someone you know.

→ It is important to be a good friend and know the impact of hurtful behaviour.

→ Bullying online can take various forms. All of these forms are still bullying if repetitive.

treated with respect.

→ People can show respect differently in different cultures and in a wider society. Eg/ holding open doors, covering hair/shoulders in religious spaces etc.

**family** means you can spend time with the people you love and care for each other.

→ Families can support you in times of difficulty and also encourage you in the things you do.

Respecting ourselves and others

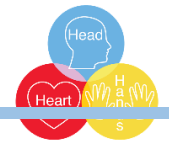
→ When you respect someone,



you treat them kindly and use good manners.

→ It is important to be polite and always use your manners.





Strand of learning: Living in the wider world

Spring

Useful links-

**Belonging to a community**

[https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks1](https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks1)

**Media literacy and digital resilience**

[https://pshe-association.org.uk/resource/cyberchoices?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=cyberchoices](https://pshe-association.org.uk/resource/cyberchoices?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=cyberchoices)

**Money and work**

[https://pshe-association.org.uk/resource/job-skills-influences-and-goals?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=job-skills-influences-and-goals](https://pshe-association.org.uk/resource/job-skills-influences-and-goals?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=job-skills-influences-and-goals)

[https://pshe-association.org.uk/resource/water-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks2](https://pshe-association.org.uk/resource/water-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks2)

[https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks1](https://pshe-association.org.uk/resource/environment-agency-caring-for-environment?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks1)

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge.  
Lessons should be discussion lead and evidence of this should be clear.

Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Belonging to a community

→ A community is a group of people living or working together in the same area.

→ Rules are guides for how to behave or act. We need rules to keep us safe.

Media literacy and digital resilience

→ The internet can accessed through computer, phone, tablet, smart TV – any device that has a web browser

→ Not everything on the internet is true.

Money and work

→ People earn money when they have a job..



Crucial Knowledge for individual lessons

Belonging to a community

→ Rights are things that you need to live and that you can claim. Rights are different from things we want.

→ More important rules are called laws. If we break them, there may be more serious consequences, such as being made to pay a fine or being arrested.

Media literacy and digital resilience

→ Images and information online can be altered or adapted. People do this to make more people believe a lie.

→ You can check where information has come from. This can help you to find out whether the

Money and work

→ People have different types of jobs.

→ People can have more than one job at once or over their lifetime.

→ If you work hard and remained focus you can do any job you set your mind to.

→ The interests, skills and achievements you have can inform

Extended Crucial Knowledge for this unit:

Belonging to a community

→ These rules teach children the difference between right and wrong and how their actions can affect other people.

→ Some of the most basic rights are the right to live and the right to believe what you choose.

→ Many people think that a government



<p>→ A right that all people are born with is called a human right.</p> <p>→ With every right there is also a responsibility. Eg/ The right to education but the responsibility to learn.</p>	<p>information is true.</p> <p>→ Not all games are appropriate for all ages. Most games have an age-rating to show you who it is made for. Ask a trusted adult if you are unsure.</p> <p>→ If you see something you don't like on the internet, talk to a grown-up or use the report function.</p>	<p>your future job.</p> <p>→ Some jobs can with stereotypes eg/ firemen are all men, nurses are all women. These stereotypes are not helpful or true.</p>	<p>should</p> <p>protect the human rights of all its people.</p> <p><u>Media literacy and digital resilience</u></p> <p>→ Use well-known website to help you find reliable (trustworthy) information.</p> <p><u>Money and work</u></p> <p>→ Sometimes your hobby can become your job too.</p> <p>→ Stereotypes are widely/commonly held, oversimplified beliefs about a group of people or a specific thing.</p>
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Strand of learning: Health and Wellbeing

## Summer

### Useful links-

#### **Physical health and wellbeing**

[https://pshe-association.org.uk/resource/health-education-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=health-education-ks1-2](https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2)

[https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=mhew-ks1-2](https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=mhew-ks1-2)

#### **Physical health – nutrition and exercise**

Mindfuel block 2 lesson 1 – KS2 1<sup>st</sup> year should be used to support this.

#### **Mindfuel - Mental wellbeing**

Block 2 Lesson 1 KS2 2<sup>nd</sup> year

#### **Keeping safe**

[https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=exploring-risk-in-gambling](https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=exploring-risk-in-gambling)

[https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=exploring-risk-in-gambling](https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=exploring-risk-in-gambling)

[https://pshe-association.org.uk/resource/water-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks2](https://pshe-association.org.uk/resource/water-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks2)

#### **Skills to be developed**

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### **Application of skills/ proof I have learnt this crucial knowledge:**

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and

#### **Background Crucial Knowledge for this unit:**

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### **Physical health and mental wellbeing**

→ To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene.

#### **Keeping safe**

→ It is important to follow safety rules from trusted adults in order to keep safe.

→ We have to look both ways to cross the road safely.

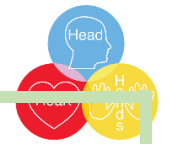
→ When you see deep water, you need to stay away from the edge so you don't fall in.

→ If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.

→ A trusted adult is someone you have a good relationship, who you know cares about you.

#### **Growing and changing**

→ Getting older means becoming more responsible and doing things for yourself.



[https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=keeping-safe-at-home](https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=keeping-safe-at-home)

[https://pshe-association.org.uk/resource/firework-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=firework-safety](https://pshe-association.org.uk/resource/firework-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=firework-safety)

**Growing and changing**

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

[https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=personal-identity](https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=personal-identity)

**Mindfuel**

Block 2 lesson 3 – KS2 1<sup>st</sup> year – Confident self talk  
Should be used to support this.

**Mindfuel**

Block 1 Lesson 4 KS2 2<sup>nd</sup> year – Confidence  
Should be used to support this.

evidence of this should be clear.

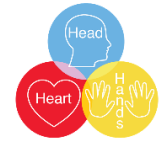
**Crucial Knowledge for individual lessons**

**Extended Crucial Knowledge for this unit:**

<u>Physical health and mental wellbeing</u>	<u>Keeping safe</u>	<u>Growing and changing</u>	<u>Physical health and mental wellbeing</u>
<p>→ Mental wellbeing is how you are generally feeling on the inside. Your wellbeing can affect your mood and behaviour. Everybody has mental health and it can be better or worse over time.</p> <p>Physical Health is the condition of your body</p> <p>Physical health is really important as it affects how we feel, and can be affected by what we eat, how often we</p>	<p>→ A hazard is a something that could be dangerous.</p> <p>→ Smoke alarms are used in homes and other places such as schools to protect us from the dangers of fire.</p> <p>→ Smoke alarms detect smoke and will sound (beep or ring) if they detect any. This</p>	<p>→ We are all unique and this should be celebrated.</p> <p>→ Everybody has important things to say and do.</p> <p>→ It is important to voice our thoughts and feelings. This can help us to look after our feelings and control how we respond to</p>	<p>→ It is important to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</p> <p>→ It is important to know what can help us to make healthy choices, and why sometimes that might be hard.</p> <p>→ Feelings can change overtime and become more or less powerful.</p> <p><u>Keeping safe</u></p> <p>→ Sometimes, you might have to ask for help from an adult in a position of trust. For example, a shop worker or a security guard.</p> <p><u>Growing and changing</u></p>



<p>exercise, our sleep and our other behaviours.</p> <p>A balanced diet helps to keep you healthy, both physically and mentally.</p> <p>Regular exercise such as walking or cycling can help both our mental and physical health.</p>	<p>is to warn you to evacuate the area.</p> <p>→ This unit should also cover road, rail, water and firework safety.</p>	<p>people and their actions.</p> <p>→ Self-confidence is how secure you feel in yourself and your abilities.</p>	<p>→ Your strengths and interests are part of who you are. These will most likely change as you grow up and that is ok.</p>
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P.S.H.E Year 4

Strand of learning: Relationships

Autumn

Useful links-

Families and friendships

[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

Relationships Mindfuel

**Block 2 Lesson 2 KS2 2<sup>nd</sup> year – positive relationships should be used to support this.**

Safe relationships

[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

[https://pshe-association.org.uk/resource/cyberchoices?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=cyberchoices](https://pshe-association.org.uk/resource/cyberchoices?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=cyberchoices)

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

Respecting ourselves and others

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work

Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Families and friendships

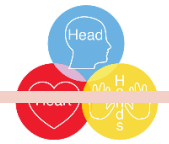
→ It is important to find the cause of the disagreements and then work it out with others positively.

Safe relationships

→ Bullying is when someone chooses to hurt someone else on purpose with his or her actions or with their words. This must have repeatedly to be classed as bullying.

Respecting ourselves and others

→ We are all unique and special Everyone deserves to be treated with respect, even if they are not our friend.



around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

Crucial Knowledge for individual lessons

Extended Crucial Knowledge for this unit:

Families and friendships

Safe relationships

Respecting ourselves and others

→ We have different types of relationships with different people.

→ People may push us to follow or do the same things as them. This is called peer pressure.

→ Everyone is different, people have different backgrounds, faiths, genders and people who they fall in love with.

→ Trust, respect and kindness make a good friendship.

→ A dare if when someone challenges you to do something. It is important to recognise the difference between a playful dare and

→ When talking about our beliefs and ideas with others we should take care to speak respectfully and learn the correct vocabulary to express

Families and friendships

→ We don't have to have all the same interests to be friends with someone.

A healthy relationship needs to be fair – it should never be one person doing all the giving and the other person taking.





one which puts somebody under pressure or at risk.

→ You can always say no to a dare.

→ Bullying can take many forms verbal, physical, emotional and cyber.

→ You should talk to a trusted adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.

our thoughts.

relationships

→ Anyone can be a victim of bullying and it can happen at any age.

→ There are usually witnesses (people who have seen) to bullying.

→ Victims of bullying need support.  
→ Bullies also need help to change their behaviour.

Respecting ourselves and others

→ People also have similarities . We may



have the same likes and dislikes, the same values or aspirations.

## Spring

### Useful links-

#### **Belonging to a community**

[https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=inclusion-belonging-ks1-2](https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=inclusion-belonging-ks1-2)

[https://pshe-association.org.uk/resource/animal-welfare-compassion-empathy?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=animal-welfare-compassion-empathy](https://pshe-association.org.uk/resource/animal-welfare-compassion-empathy?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=animal-welfare-compassion-empathy)

[https://pshe-association.org.uk/resource/moving-moving-home?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=moving-moving-home](https://pshe-association.org.uk/resource/moving-moving-home?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=moving-moving-home)

[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

#### **Media literacy and digital resilience**

[https://pshe-association.org.uk/resource/cyberchoices?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=cyberchoices](https://pshe-association.org.uk/resource/cyberchoices?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=cyberchoices)

### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge.

Lessons should be discussion lead and evidence of this should be clear.



**Money and work**

[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

[https://pshe-association.org.uk/resource/money-and-wellbeing?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=money-wellbeing](https://pshe-association.org.uk/resource/money-and-wellbeing?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=money-wellbeing)

**Extended Crucial Knowledge for this unit:**

**Belonging to a community**

- People can help others in their communities and support each other.
- Sometimes people volunteer their times to help in the community.
- Working together as a community can help care for others who are in need.

**Money and work**

- Keeping track of money helps people to know they have kept to their budget and haven't overspent.
- How people choose to spend their money can have an impact on others eg/ giving to charity.

**Crucial Knowledge for individual lessons**



Belonging to a

community

→ Some people may have jobs that support the community.

→ We can make a difference in the way we treat others and need to think about our responsibilities in caring for them.

→ We all belong to different communities, we belong to our school community but may belong to other such as faith groups or clubs.

Media literacy and digital resilience

→ We can use the search engines to find information. They give the most popular websites first for that search.

→ Whenever we post online this leaves a digital footprint.

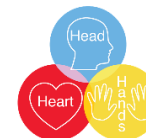
→ Information that we share, websites we visit or searches we make may be used to show us adverts of things we might like to buy.

→ We need to take care that we don't share personal information.

Money and work

→ There are different ways we can pay for goods such as cash, debit cards, credit cards, cheques and e-payments.

→ Checking the balance in a bank account regularly helps keep track of how much money you have left.



Strand of learning: Health and Wellbeing

## Summer

### Useful links-

#### **Physical health and mental wellbeing**

[https://pshe-association.org.uk/resource/health-education-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=health-education-ks1-2](https://pshe-association.org.uk/resource/health-education-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks1-2)

[https://pshe-association.org.uk/resource/dental-health-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=dental-health-ks1-2](https://pshe-association.org.uk/resource/dental-health-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=dental-health-ks1-2)

#### **Keeping safe**

[https://pshe-association.org.uk/resource/dental-health-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=dental-health-ks1-2](https://pshe-association.org.uk/resource/dental-health-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=dental-health-ks1-2)

[https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=keeping-safe-at-home](https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=keeping-safe-at-home)

#### **Growing and changing**

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

<https://www.citytosea.org.uk/campaign/plastic-free-periods/rethink-periods/>

<https://www.citytosea.org.uk/campaign/plastic-free-periods/rethink-periods/why-we-are-doing-this/>

#### Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have

#### Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### Physical health and mental wellbeing

→ A healthy, balanced diet should be eaten regularly to keep us both physically and mentally fit and strong.

→ Regular exercise such as walking or cycling can help both our mental and physical health.

→ A relaxing bedtime routine can help you get a good night's sleep.

#### Keeping safe

→ Sometimes we need medicine to combat germs or viruses and get better.

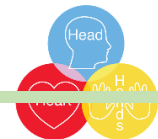
→ Do not go near medicine without a grown-up.

→ Medicine can be liquids, tablets or creams. These are given to us by a doctor or nurse, and they make people feel better.

#### Growing and changing

→ People born as boys/males have a body part called a penis.

→ People born as girls/females have a body part called a vagina.



<https://pshe-association.org.uk/resource/city-to-sea-rethink-periods>

<https://sustainablehive.com/projects/rethink-periods/>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/periods/>

<https://www.nhs.uk/Livewell/puberty/Documents/fpa-periods-PDF.pdf>

<https://www.freedom4girls.co.uk/support-period-poverty/>

completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

Crucial Knowledge for individual lessons

Physical health and mental wellbeing

→ The right diet, exercise and sleep help us to stay well and fight illness. This is all part of a balanced healthy lifestyle.

→ If we are ill we may need to ask for advice from a

Keeping safe

→ A drug is something that when it goes into our body changes how we think and feel.

→ All medicines are drugs, but not all drugs are medicines. Medicines are legal drugs given to you by a doctor. You should

Growing and changing

→ Our bodies belong to us and we can decide if we want other people to touch us or not. This is called consent.

→ Hormones are the chemical messengers of the body.

→ Puberty changes the hormones in our bodies.

→ Girls start to develop breasts and start to have periods (menstruate).

→ A period is when a person born with a uterus bleeds. This usually happens every 28 days, this can be different for everyone.

→ A period usually lasts around 4-5 days, again

Extended Crucial Knowledge for this unit:

Physical health and mental wellbeing

→ Foods and drinks that contain lots of sugar can damage our teeth and cause cavities.

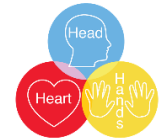
Keeping safe

→ All drugs have side effects. For example, smoke from cigarettes can worsen asthma and lead to lung diseases. Excessive alcohol consumption can damage the liver.

→ Cleaning products and chemicals should always be kept out of the reach of children.



<p>pharmacist or doctor.</p> <p>→ Visiting the dentist every 6 months helps us protect the health of our teeth. The dentist can spot any problems early and give us advice.</p> <p>→ Good oral hygiene includes brushing our teeth twice a day for 2 minutes.</p> <p>→ It is important that we wash regularly and use deodorant to stay clean and fresh.</p>	<p>take medicine exactly as the doctor says and never take anyone else's.</p> <p>→ Tobacco, alcohol and caffeine drinks are drugs and can damage our health.</p> <p>→ Many drugs are addictive, the more you have the more you want.</p> <p>→ Cleaning products contain chemicals that can cause harm us if used incorrectly.</p>	<p>this can be different for everyone.</p> <p>→ There are sanitary pads and tampons which can be worn during periods. It is important to change these every 3-4 hours. There are other products on the market.</p> <p>→ Both boys and girls start to grow hair on their bodies.</p> <p>→ Boys voices 'break' (deepen), they start to grow facial hair.</p> <p>→ Puberty can change our emotions.</p> <p>→ There is no such thing as 'the perfect body'. Your body is perfect for you.</p>	<p><u>Growing and changing</u></p> <p>→ Some emotions, like feeling anxious, jealous or angry can be uncomfortable, it is important to acknowledge and name our emotions.</p>
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P.S.H.E Year 5

Strand of learning: Relationships

Autumn

Useful links-

Families and friendships

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

[https://pshe-association.org.uk/resource/the-rez?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=the-rez](https://pshe-association.org.uk/resource/the-rez?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=the-rez)

[https://pshe-association.org.uk/resource/firework-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=firework-safety](https://pshe-association.org.uk/resource/firework-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=firework-safety)

[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

Safe relationships

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/ proof I have learnt this crucial knowledge:

Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Families and friendships

→ All relationships should make you feel safe, happy and healthy.

→ Treat one another with respect and kindness.

→ Tell a trusted adult if you feel uncomfortable in/with a situation.

Safe relationships

→ If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.

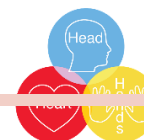
→ When you ring 999, tell them where you are, and what the problem is. They will stay on the phone with you to give you help until someone arrives.

→ No one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about

Respecting ourselves and others

→ Accept differences and celebrate individuality. We are all equal.





[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

**Respecting ourselves and others**

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

[https://pshe-association.org.uk/resource/coram-life-education-belonging-toolkit?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=coram-life-education-belonging-toolkit](https://pshe-association.org.uk/resource/coram-life-education-belonging-toolkit?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=coram-life-education-belonging-toolkit)

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

**Mindfuel – Self compassion**

Block 2 Lesson 5 – KS2 1<sup>st</sup> year should be used to support this.

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

**Crucial Knowledge for individual lessons**

**Families and friendships**

→ Good friends will be respectful to each other and accept them for who they are, regardless of their biological sex, gender expression and whoever they love.

→ Peer pressure can make us choose the wrong decisions.

→ Teams work best when all

**Safe relationships**

→ Our bodies belong to us and we can decide whether we want others to touch us or not and this is called consent.

→ It is never someone's fault if they have experienced unacceptable contact.

→ If you are feeling worried about something

**Respecting ourselves and others**

→ There is no such thing as 'the perfect body'. People come in all different shapes and sizes.

→ Everyone should be treated fairly and given the same opportunities.

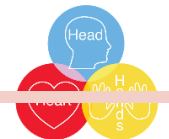
**Extended Crucial Knowledge for this unit:**

**Families and friendships**

→ Teams work well when the members of the team can give and receive constructive feedback.

**Safe relationships**

→ Autonomy means to be free from the control or influence of others.



members have the opportunity to talk and do their best to listen to what others in their team have to say.

and do not feel comfortable telling an adult you know, you can contact Childline to ask for support. The number for children to call to speak to Childline is 0800 1111.

Respecting ourselves and others

→ Kindness to all, regardless of race, religion and gender.

Strand of learning: Living in the wider world

Spring

Useful links-

Belonging to a community

[https://pshe-association.org.uk/resource/premier-league-primary-stars-sky-ocean-rescue?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars-sky-ocean-rescue](https://pshe-association.org.uk/resource/premier-league-primary-stars-sky-ocean-rescue?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars-sky-ocean-rescue)

[https://pshe-association.org.uk/resource/giving-to-help-others?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=giving-to-help-others](https://pshe-association.org.uk/resource/giving-to-help-others?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=giving-to-help-others)

[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

Media literacy and digital resilience

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

Application of skills/ proof I have learnt this crucial knowledge:

Background Crucial Knowledge for this unit:

P.S.H.E stands for Personal, Social, Health and Economic Education.

Belonging to a community

→ We all belong to different communities, we belong to our school community but may belong to other such as faith groups or clubs.

Media literacy and resilience

→ Respect yourself and others.



[https://pshe-association.org.uk/resource/experian-values-money-me?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=experian-values-money-me](https://pshe-association.org.uk/resource/experian-values-money-me?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=experian-values-money-me)

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[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

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**Money and work**

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

Mindfuel link - Goal setting – ambition

Block 2 lesson 2 – KS2 1<sup>st</sup> year (should be used to support)

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

→ Never share your full name, address, phone number or school with a stranger online.

→ We need to take care that we don't share personal information including, accidentally, like our school logo or door number in a photo.

→ A stereotype is a fixed view/image of a particular person or thing.

Money and work

→ People earn money when they have a job.

Crucial Knowledge for individual lessons

Extended Crucial Knowledge for this unit:

<u>Belonging to a community</u>	<u>Media literacy and digital resilience</u>	<u>Money and work</u>	
<p>→ It is important that we treat our community with respect and value the key part everyone</p>	<p>→ The internet can be used for different purposes, entertainment , to find information and advertise.</p>	<p>→ An ambition is a strong desire to achieve something.</p> <p>→ A career is a job which has prospects and room for development.</p> <p>→ Any person, regardless of</p>	<p><u>Belonging to a community</u></p> <p>→ Pupils should think of ways to help their community. These could include looking after the environment by: litter picking,</p>



plays in a community.

→ A stereotype is a fixed view/image of a particular person or thing.

→ Get others' consent before you share photos/videos.

→ Block people who are being unkind.

→ Report unkind or worrying behaviour if it continues.

gender can do any job.

→ There is a variety of routes into work e.g. college, apprenticeships, university, training.

recycling, helping elderly people with their shopping and volunteering.

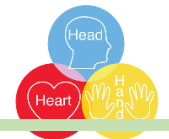
Media literacy and resilience

→ A fact is known or proven to be true.

→ An opinion is a judgement about something.

Money and work

→ Having ambition may help pupils to achieve a rewarding job.



Strand of learning: Health and Wellbeing

## Summer

### Useful links-

#### **Physical health and mental wellbeing**

[https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=sleep-factor-ks1-2](https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sleep-factor-ks1-2)

[https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=sun-safety](https://pshe-association.org.uk/resource/sun-safety-lesson-packs?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sun-safety)

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[https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=lifebuoy-soaper-heroes](https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=lifebuoy-soaper-heroes)

#### **Mindfuel – Making healthy choices**

**Block 1 Lesson 3 KS2 2<sup>nd</sup> year should be used to support this.**

#### **Keeping safe**

[https://pshe-association.org.uk/resource/st-john-ambulance-first-aid?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=st-john-ambulance-first-aid](https://pshe-association.org.uk/resource/st-john-ambulance-first-aid?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=st-john-ambulance-first-aid)

[https://pshe-association.org.uk/resource/water-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=environment-agency-ks2](https://pshe-association.org.uk/resource/water-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=environment-agency-ks2)

#### **Skills to be developed**

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
- how to keep themselves safe
- understanding the importance of physical activity
- understanding the importance of healthy eating

#### **Application of skills/ proof I have learnt this crucial knowledge:**

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

#### **Background Crucial Knowledge for this unit:**

P.S.H.E stands for Personal, Social, Health and Economic Education.

#### **Physical health and mental wellbeing**

→ A relaxing bedtime routine can help you get a good night's sleep.

→ The right diet, exercise and sleep help us to stay well and fight illness.

→ Medicine can be liquids, tablets or creams. These are given to us by a doctor or nurse, and they make people feel better.

→ Medicines are legal drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.

#### **Keeping safe**

→ A hazard is a something that could be dangerous.

#### **Growing and changing**

→ It is important to respect people and recognise that everyone has their own identity.



[https://pshe-association.org.uk/resource/keeping-safe-fgm-ks3?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=keeping-safe-fgm-ks3](https://pshe-association.org.uk/resource/keeping-safe-fgm-ks3?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=keeping-safe-fgm-ks3)

[https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=exploring-risk-in-gambling](https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=exploring-risk-in-gambling)

[https://pshe-association.org.uk/resource/firework-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=firework-safety](https://pshe-association.org.uk/resource/firework-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=firework-safety)

Crucial Knowledge for individual lessons

<u>Physical health and mental wellbeing</u>	<u>Keeping safe</u>	<u>Growing and changing</u>	<u>Crucial Knowledge for this unit:</u>
<p>→ On average, children aged between 7-12 need around 10 – 11 hours of sleep each night.</p> <p>→ Children need around an hour of moderate exercise every day.</p> <p>→ It is important we take care of ourselves when in the sun.</p> <p>→ Taking medicine incorrectly or that is not prescribed for you can make you very ill and be very dangerous.</p>	<p>→ We are constantly assessing situations around us for risk, hazards or danger. This can help us to avoid them and stay safe.</p> <p>→ Dangerous behaviour can endanger our life and possibly others.</p> <p>→ When phoning 999, you can ask for the fire service, police, ambulance, or coastguard.</p> <p>→ Female genital mutilation is unnecessary surgery on the vagina. That female genital mutilation (FGM) is against British law. If you feel</p>	<p>→ Gender identity is a personal feeling. (Covered mainly by a leaflet home to parents but should be briefly mentioned in class).</p> <p>→ For some people, their gender identity does not correspond to their biological sex (Covered mainly by a leaflet home to parents but should be briefly mentioned in class).</p> <p>→ People can be attracted people of the same gender, the opposite gender, or both.</p>	<p>Physical health and mental wellbeing</p> <p>→ We should look after our skin by wearing a hat, covering up, seeking shade and applying sun cream with an SPF of at least 15.</p> <p>→ The blue light used in devices with screens, such as laptops and mobile phones, makes it harder to fall asleep.</p> <p>→ Sun-damaged skin could lead to skin cancer, rough, blotchy skin,</p>



that someone is affected by FGM then you need to tell a trusted adult.  
 (Covered by a leaflet sent home).  
 However a recap on keeping an eye on your friends if anything changes with them eg/ mood/appearance/personality that you tell a trusted adult.

→ Sometimes people need support to help boost their mood.

→ It is good to talk to people about how we are feeling and help think of ways to look after our wellbeing.

→ We can often help our wellbeing by being active, taking part in events or learning new hobbies and interests.

sunburn or sunstroke.

Every medicine comes with instructions on how and when to take it - you must not take more medicine than the amount shows.

Keeping safe  
 Positive risk taking can help us develop as a person (e.g. trying a challenging new sport). These risks should be well thought through and assessed.

Growing and changing  
 Good friends will be respectful to each other and accept them for who they



P.S.H.E Year 6

Strand of learning: Relationships

Autumn

Useful links-

Families and friendships

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

Safe relationships

[https://pshe-association.org.uk/resource/nca-ceop-play-like-share?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=nca-ceop-play-like-share](https://pshe-association.org.uk/resource/nca-ceop-play-like-share?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=nca-ceop-play-like-share)

[https://pshe-association.org.uk/resource/consent-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=consent-ks1-2](https://pshe-association.org.uk/resource/consent-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=consent-ks1-2)

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

Skills to be developed

- emotional intelligence
- understanding mental wellbeing
- developing a positive self-image and self-worth
- how to develop healthy relationships
- responsibility for their own personal hygiene
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- understanding the importance of healthy eating

Application of skills/ proof I have

Background Crucial Knowledge for this unit:

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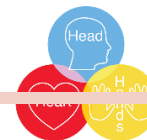
Families and friendships

→ Trust, respect and kindness make a good friendship.

Safe relationships

→ One of the biggest signs of an unhealthy friendship is one which makes you feel bad about yourself rather than good about yourself.





[https://pshe-association.org.uk/resource/our-class?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=Our-class](https://pshe-association.org.uk/resource/our-class?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=Our-class)

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

**Respecting ourselves and others**

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

**learnt this crucial knowledge:**

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**Crucial Knowledge for individual lessons**

**Extended Crucial Knowledge for this unit:**

**Families and friendships**

**Safe relationships**

**Respecting ourselves and others**

**Families and friendships**

→ Gender identity is the gender that you think you are, whereas sexual orientation is the gender you are attracted to.

→ Everyone has the right to be loved.

→ People can show their commitment to each other in many ways such as

→ When a conflict gets out of hand, it can help to involve a trusted adult.

Peer pressure can cause someone to doubt themselves and can lead to them having

→ Not all anger is unhealthy or destructive. Different calming down strategies work for different people; find the best one for you. It is completely normal to have fall-outs and disagreements with our

→ Some people choose to get married, others don't.

→ Some people choose to live together, others don't.



marriage or living together.

→ Marriage is the legal union of two people as a partnership.

→ In the U.K, it is illegal to force someone to get married. This is not the same across the world.

→ You can contact the forced marriage unit to report a forced marriage, and you can ring them to ask for help. If it is an emergency and you need help right away, you can ring 999.

lower self-esteem.

Keeping a secret can be very stressful, especially if it leads to telling lies.

You can be close friends with someone who hold different opinions and who has different interests.

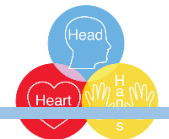
friends and family; we just need effective techniques for resolving these disputes.

If we are upset with one of our friends or family, it is important to tell them – otherwise they might not realise what the problem is.

→ It is your choice how you choose to show commitment to someone, and you should respect other people's choices.

Safe relationships

→ Sometimes people disagree because they have been exposed to different 'facts' which further support their differing opinions.



Strand of learning: Living in the wider world

### Spring

### Useful links-

#### **Belonging to a community**

[https://pshe-association.org.uk/resource/premier-league-primary-stars?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=premier-league-primary-stars](https://pshe-association.org.uk/resource/premier-league-primary-stars?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=premier-league-primary-stars)

[https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=inclusion-belonging-ks1-2](https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=inclusion-belonging-ks1-2)

[https://pshe-association.org.uk/resource/changing-faces-world-of-difference?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-faces-world-of-difference](https://pshe-association.org.uk/resource/changing-faces-world-of-difference?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-faces-world-of-difference)

#### **Media literacy and digital resilience**

[https://pshe-association.org.uk/resource/bbfc-making-choices-watching-films?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=bbfc-ks2](https://pshe-association.org.uk/resource/bbfc-making-choices-watching-films?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=bbfc-ks2)

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#### Skills to be developed.

- emotional intelligence
- understanding mental wellbeing
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- how to develop healthy relationships
- responsibility for their own personal hygiene
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- understanding the importance of healthy eating

#### Application of skills/ proof I have learnt this crucial knowledge:

Floor books

#### Background Crucial Knowledge for this unit:

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#### Belonging to a community

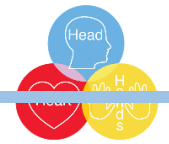
→ It is important that we treat our community with respect and value the key part everyone plays in a community.

#### Media literacy and resilience

→ Whenever we post online this leaves a digital footprint.

#### Money and work

→ Checking the balance in a bank account regularly helps keep track of how much money you have left.



**Money and work**

[https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=exploring-risk-in-gambling](https://pshe-association.org.uk/resource/exploring-risk-in-gambling?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=exploring-risk-in-gambling)

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[https://pshe-association.org.uk/resource/money-and-wellbeing?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=money-wellbeing](https://pshe-association.org.uk/resource/money-and-wellbeing?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=money-wellbeing)

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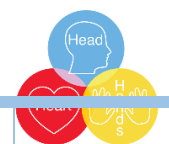
**Crucial Knowledge for individual lessons**

**Extended Crucial Knowledge for this unit:**

<b><u>Belonging to a community</u></b>	<b><u>Media literacy and digital resilience</u></b>	<b><u>Money and work</u></b>	
<p>→ We live in a world where we celebrate differences.</p> <p>→ When a person doesn't respect the different qualities and opinions of another person or group, this can often be called</p>	<p>→ Photos, videos and comments we post on social media are impossible to completely delete.</p> <p>→ You have to be 13 to have</p>	<p>→ When you open a bank or building society account the bank accepts your money and uses it to provide services.</p> <p>→ If you save money in</p>	<p><b><u>Belonging to a community</u></b></p> <p>→ Often, discrimination occurs because of the person's differences e.g. gender, race, age, disability or other factors.</p> <p><b><u>Media literacy and resilience</u></b></p> <p>→ Sometimes, people can be particularly unkind on social media.</p>

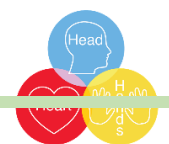


<p>discrimination.</p> <p>→ Discrimination is the unfair treatment or bullying of one particular person or group of people.</p>	<p>a Facebook, Twitter, Instagram or Snapchat account and 16 to have a WhatsApp account.</p>	<p>the bank, your money will earn more money, which is called interest.</p> <p>→ If you borrow money, you pay extra money back to the bank.</p> <p>→ The more you borrow, the more interest you will pay.</p> <p>→ Some people struggle with money and spend more money than they earn. When you have spent more than</p>	<p>Any unkind posts that you make or comment will be visible forever. Even if the comments/posts are deleted the digital footprint of these will remain forever.</p> <p><u>Money and work</u></p> <p>→ Common risks associated with money include <b>debt</b>, <b>fraud</b> and <b>gambling</b> and can put people at <b>financial</b> risk.</p> <p>→ The Government makes rules for banks to ensure people's money is handled safely.</p>
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you have,  
you are in  
debt.

<p>Strand of learning: Health and Wellbeing</p> <p><u>Summer</u></p> <p><u>Useful links-</u></p> <p><b><u>Physical health and mental wellbeing</u></b></p> <p><a href="https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=mhew-ks1-2">https://pshe-association.org.uk/resource/mental-health-emotional-wellbeing-ks1-2?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=mhew-ks1-2</a></p> <p><a href="https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=every-mind-matters-ks2-4">https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=every-mind-matters-ks2-4</a></p> <p><a href="https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=every-mind-matters-ks2-4">https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=every-mind-matters-ks2-4</a></p> <p><a href="https://pshe-association.org.uk/resource/winstons-wish-lost-and-bereavement?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=winstons-wish-lost-and-bereavement">https://pshe-association.org.uk/resource/winstons-wish-lost-and-bereavement?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=winstons-wish-lost-and-bereavement</a></p> <p><a href="https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=digital-matters">https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=digital-matters</a></p> <p><b><u>Keeping safe</u></b></p> <p><a href="https://pshe-association.org.uk/resource/bbfc-making-choices-watching-films?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=bbfc-ks2">https://pshe-association.org.uk/resource/bbfc-making-choices-watching-films?utm_campaign=Programme%20Builder%20tracking%20links&amp;utm_source=bbfc-ks2</a></p>	<p><b><u>Skills to be developed</u></b></p> <p>→ emotional intelligence</p> <p>→ understanding mental wellbeing</p> <p>→ developing a positive self-image and self-worth</p> <p>→ how to develop healthy relationships</p> <p>→ responsibility for their own personal hygiene</p> <p>→ how to keep themselves safe</p> <p>→ understanding the importance of physical activity</p> <p>→ understanding</p>	<p><b><u>Background Crucial Knowledge for this unit:</u></b></p> <p>P.S.H.E stands for Personal, Social, Health and Economic Education.</p> <p><b><u>Physical health and mental wellbeing</u></b></p> <p>All prior knowledge up to this point. It is at the teachers' discretion to identify any gaps with background knowledge. These should be addressed accordingly.</p> <p><b><u>Keeping safe</u></b></p> <p>→ A drug is something that when it goes into our body changes how we think and feel.</p> <p>Medicines are legal drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.</p> <p>All medicines are drugs, but not all drugs are medicines.</p> <p><b><u>Growing and changing</u></b></p>
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[https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=drugs-alcohol-ks1-4](https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=drugs-alcohol-ks1-4)

[https://pshe-association.org.uk/resource/cyber-detectives?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=cyber-detectives](https://pshe-association.org.uk/resource/cyber-detectives?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=cyber-detectives)

[https://pshe-association.org.uk/resource/firework-safety?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=firework-safety](https://pshe-association.org.uk/resource/firework-safety?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=firework-safety)

[https://pshe-association.org.uk/resource/digital-matters?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=digital-matters](https://pshe-association.org.uk/resource/digital-matters?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=digital-matters)

[https://pshe-association.org.uk/resource/cyberchoices?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=cyberchoices](https://pshe-association.org.uk/resource/cyberchoices?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=cyberchoices)

[https://pshe-association.org.uk/resource/pick-your-pics?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=pick-your-pics](https://pshe-association.org.uk/resource/pick-your-pics?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=pick-your-pics)

**Growing and changing**

[https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=changing-and-growing-up-ks2](https://pshe-association.org.uk/resource/changing-and-growing-up-ks2?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=changing-and-growing-up-ks2)

[https://pshe-association.org.uk/resource/city-to-sea-rethink-periods?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=city-to-sea-rethink-periods](https://pshe-association.org.uk/resource/city-to-sea-rethink-periods?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=city-to-sea-rethink-periods)

[https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=every-mind-matters-ks2-4](https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=every-mind-matters-ks2-4)

[https://pshe-association.org.uk/resource/nspcc-talk-relationships?utm\\_campaign=Programme%20Builder%20tracking%20links&utm\\_source=nspcc-talk-relationships](https://pshe-association.org.uk/resource/nspcc-talk-relationships?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=nspcc-talk-relationships)

the importance of healthy eating

All prior knowledge up to this point. It is at the teachers' discretion to identify any gaps with background knowledge. These should be addressed accordingly.

Application of skills/ proof I have learnt this crucial knowledge:

Floor books will be used as evidence that classes have completed the work around the crucial knowledge. Lessons should be discussion lead and evidence of this should be clear.

Crucial Knowledge for individual lessons

Extended Crucial Knowledge for this unit:

Physical health and mental wellbeing

Keeping safe  
→ We have choices about what we put in our

Growing and changing  
→ We have choices about what we do with our bodies and we treat it.

Physical health and mental wellbeing  
→ Mental health conditions are



→ You can speak to the doctor if you feel you need help with either your mental or physical health.

→ You can also seek support online, through organisations such as Childline, Samaritans or Young Minds. Trusted adults at school can help to refer you to the right service for you.

→ Bereavement is when somebody

bodies.

→ Smoking cigarettes damages the lungs.

→ It is illegal to buy cigarettes under the age of 18 in the UK. In the UK, you have to be 18 or above to buy alcohol.

→ Drugs contain chemicals which can come from natural sources or are man-made.

→ You can use contraception to prevent pregnancy. (Part of the end of year chat and also leaflet to parents)

→ Body image is the phrase used to describe how people think and feel about their own bodies.

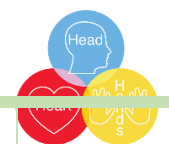
→ Messages about 'how we look' can come from peers, advertising, magazines, TV, films, music videos and from social media.

→ Any pictures you send may not remain private. This

important/serious as physical health conditions and should be treated as such.

Keeping safe  
→ People who sell illegal drugs are known as 'drug dealers' and they are criminals. Selling drugs illegally is a criminal offence and carries with it a lengthy prison term.





you know has died and you have been bereaved.

→ People react differently to bereavement. The process of dealing with this is called grieving, Grieving will effect your mental wellbeing and this should be acknowledged.

→ Taking drugs you do not need is harmful. It can also be illegal.

is true for any means of sending them eg/ Whats app, snapchat, text etc.

→ Up to 100% of images seen in fashion magazines have been digitally altered to make the skin, hair, makeup or bodies appear 'perfect'.