

PSHE and RSE Programme of Study 2021



Curriculum intent

At Putnoe Primary School, children's well-being, happiness and safety are our first priority using PSHE as the key vehicle through which we share this with children. We aim to provide all of our children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives in modern Britain. PSHE is underpinned by the school's Behaviour and Discipline Policy and our Values Education. It is accessed throughout the curriculum, as well as being taught in isolation, following a coherently planned curriculum which provides children with opportunities to learn new skills, practice and apply embedded skills and allows children quality time to reflect on what it means to them.

Implementation

The Programme of Study has been taken from the PSHE association and adapted to fit the needs of the children at Putnoe Primary School. It includes suggested resources, information for teachers and quality key texts
The Programme of study is broken down into three core themes:

- Core theme 1. Relationships (R) – Autumn Term (All year groups will cover the 3 themes, but they are not always taught in the order below)
- Core theme 2. Living in the Wider World (L) – Spring A and Summer B
- Core theme 3. Health and Wellbeing (H) – Spring B and Summer A and B

The units have been organized to allow PSHE weeks and days to fall when the unit is being taught. Each term has a core theme focus which ensures consistency across year groups and phases and provides a clear progression from EYFS to Year 6. Assemblies, focus days and other whole school events are planned around the core themes.

Autumn: Relationships			Spring: Living in the Wider World and Health and Wellbeing			Summer: Health and Wellbeing and Living in the Wider world		
Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Keeping safe	Physical health and Mental wellbeing	Money and work	Growing and changing

The Programme of Study ensures thorough coverage of the statutory guidance set out by the Department for Education for Relationships and Sex Education (RSE) and Health Education. This has been embedded within the Programme of Study whilst ensuring a broad and balanced curriculum is being delivered.

Putnoe Primary School PSHE and RSE: LONG-TERM OVERVIEW

	Autumn: Relationships			Spring: Living in the Wider World and Health and Wellbeing			Summer: Health and Wellbeing and Living in the Wider world		
	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Keeping safe	Physical health and Mental wellbeing	Money and work	Growing and changing
EYFS	Understand what a family is and what it means to them. Understanding about similarities and differences between ourselves and others	How to show feelings. Seeking help from trusted adults should they need to	Self-confidence and how to feel good about self- success. Understand how to adjust behaviours to different situations	Talk about own and others' behaviour and its consequences. Understand how to work as a group and understand what rules are	Understanding that a range of technology is used in places such as homes and schools	Understand the need for safety when tackling new challenges. Considering and managing relevant risks such as at home or in the playground	Understanding basic hygiene including dressing and going to the toilet	Jobs in familiar environments such as their family and their school	Understanding good practices regarding sleep, exercise, eating and hygiene help with healthy growth
Year 1	Roles of different people; families. feeling cared for	Recognising privacy. staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs, looking after the environment	Using the internet and digital devices. communicating online	How rules and age restrictions help us. keeping safe online	Keeping healthy; food and exercise, hygiene routines. sun safety	Strengths and interests; jobs in the community	Recognising what makes them unique and special; feelings. managing when things go wrong
Year 2	Making friends. feeling lonely and getting help	Managing secrets. resisting pressure and getting help. recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities. being the same and different in the community	The internet in everyday life; online content and information	Safety in different environments; risk and safety at home. emergencies	Why sleep is important, medicines and keeping healthy. keeping teeth healthy; managing feelings and asking for help	What money is. needs and wants. looking after money	Growing older. naming body parts. moving class or year
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour. the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used, assessing information online	Risks and hazards. safety in the local environment and unfamiliar places	Health choices and habits: what affects feelings; expressing feelings	Different jobs and skills; job stereotypes; setting personal goals	Personal strengths and achievements. managing and re-framing setbacks
Year 4	Positive friendships, including online	Responding to hurtful behaviour. managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Medicines and household products. drugs common to everyday life	Maintaining a balanced lifestyle; oral hygiene and dental care	Making decisions about money; using and keeping money safe	Physical and emotional changes in puberty; external genitalia; personal hygiene routines. support with puberty

Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people. recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted. different media types, their role and impact	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Healthy sleep habits; sun safety. medicines, vaccinations, immunisations and allergies	Identifying job interests and aspirations. what influences career choices. workplace stereotypes	Personal identity. recognising individuality and different qualities; mental wellbeing
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure. consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity. challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Keeping personal information safe. regulations and choices; drug use and the law; drug use and the media	What affects mental health and ways to take care of it. managing change, loss and bereavement; managing time online	Influences and attitudes to money. money and financial risks	Human reproduction and birth. increasing independence; managing transition

YEAR 2 — MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn A and B —Relationships	<p>Families and friendships</p> <p>Making friends; feeling lonely and getting help</p> <p>PoS Refs: R6, R7 R8, R9, R24</p>	<ul style="list-style-type: none"> • how to be a good friend, e.g., kindness, listening, honesty • telling the truth • about different ways that people meet and make friends • strategies for positive play with friends both in person and online e.g., joining in, including others, how to communicate online etc. • about what causes arguments between friends • how to positively resolve arguments between friends • how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else • about class rules, being polite to others, sharing and taking turns - charter of rights, school values. • How to behave at home vs school. What is different/the same? 	<ul style="list-style-type: none"> • How to Be a Friend - By Laurie Krasny Brown • Library • Give me my book back • Banana • Year 2 Topic box • Chin up Charlie- Sarah Eason (making brave decisions) • On Sudden Hill- Linda Sarah (2 become 3- will it work!) • Being kind- topic book (making friends and sharing) • Telling the truth- topic box • Don't play Dirty, Gertie- Sarah Eason (what is fair- EYFS) • PSHE association

<p>Safe relationships</p> <p>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>PoS Refs: R10, R11, R12, R14, R16, R17 R18, R19, R20</p> <p><u>Anti- Bullying week 15-19th November</u></p>	<ul style="list-style-type: none"> • how words and actions can affect how people feel • how to recognise hurtful behaviour, including online • that sometimes people behaviour differently online, including pretending to be someone they are not • why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable both in person and online • how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so • about what bullying is and different types of bullying • how someone may feel if they are being bullied • about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help • how to resist pressure to do something that feels uncomfortable or unsafe • how to ask for help if they feel unsafe or worried and what vocabulary to use • Relationships with siblings/cousins etc 	<ul style="list-style-type: none"> • Some secrets should never be kept by Jayneen Sanders • Library • Willy the Wimp • Dinosaur Drip • Say No to Bullying • Big Bully Hippo • Who's Afraid of The Big Bad Bunny? • Laura's Secret • Year 2 Topic box • PSHE association • 1 decision - Relationships (£) Thinkuknow • Jessie and Friends
<p>Respecting ourselves and others</p> <p>Recognising things in common and differences; playing and working cooperatively; sharing opinions</p> <p>PoS Refs: R23, R24, R25</p>	<ul style="list-style-type: none"> • about the things they have in common with their friends, classmates, and other people • how friends can have both similarities and differences • how to play and work cooperatively in different groups and situations • how to share their ideas and listen to others, take part in discussions, and give reasons for their views • how to be helpful and responsible • How to be responsible for your actions. • How to persevere (growth mindset) 	<ul style="list-style-type: none"> • All are Welcome by Alexandra Penfold • Library • Year 2 Topic box • Ronald the Rhino- Topic box • Being helpful- topic box • I'll do it- (EYFS topic box) • Sharing- exploring Citizenship- • I did it- topic box • PSHE association • PSHE Association – Inclusion, belonging and addressing extremism

Spring A — Living in the wider world	<p>Belonging to a community</p> <p>Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>PoS Refs: L2, L4, L5, L6</p>	<ul style="list-style-type: none"> • about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups • about different rights and responsibilities that they have in school and the wider community- charter of rights and discuss our ambassadors • about how a community can help people from different groups to feel included • to recognise that they are all equal, and ways in which they are the same and different to others in their community • respecting people who are different whatever our personal opinion. 	<p>All are Welcome by Alexandra Penfold Library</p> <p>Year 2 Topic box</p> <p>World community- topic box</p> <p>PSHE association</p> <p><u>PSHE Association – Inclusion, belonging and addressing extremism</u></p>
	<p>Media literacy and Digital resilience</p> <p>The internet in everyday life; online content and information</p> <p>PoS Refs: L8, L9</p>	<ul style="list-style-type: none"> • the ways in which people can access the internet e.g., phones, tablets, computers • to recognise the purpose and value of the internet in everyday life • to recognise that some content on the internet is factual and some is for entertainment e.g., news, games, videos • that information online might not always be true • e-safety – how to stay safe online e.g. adults checking what you are accessing, regulating online use • fake news – how can we know if something is true? 	<p>Goldilocks (A Hashtag Cautionary Tale) Library</p> <p>(Online Safety Picture Books) by Jeanne Willis and Tony Ross</p> <p>Staying Safe Online</p> <p>Year 2 Topic box</p> <p>PSHE association</p> <p><u>BBFC - 'Watch Out! Helping to make good viewing choices'</u></p>
Spring B — Health and wellbeing	<p>Keeping safe</p> <p>Safety in different environments; risk and safety at home; emergencies</p> <p>PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27</p>	<ul style="list-style-type: none"> • how to recognise risk in everyday situations, e.g., road, water and rail safety, medicines • Road safety- about ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, railway, on the street, online) and how to cross the road safely. • Cycle safety and safety in the local environment- Stranger danger • to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger • how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products • about things that people can put into their body or onto their skin (e.g., medicines and creams) and how these can affect how people feel • how to respond if there is an accident and someone is hurt • about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say 	<p>Staying safe at the Playground by Lucia Tarbox Raatma Library</p> <p>Traffic And Safety</p> <p>Gaming Safely</p> <p>Year 2 Topic box</p> <p>PSHE association</p> <p><u>PSHE Association – Drug and Alcohol Education (Year 1-2)</u></p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer A - Health and Wellbeing</p>	<p>Physical health and Mental wellbeing</p> <p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>PoS Refs: H4, H6, H7, H16, H17, H18, H19, H20</p>	<ul style="list-style-type: none"> • about routines and habits for maintaining good physical and mental health • why sleep and rest are important for growing and keeping healthy • that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies • the importance of, and routines for, brushing teeth and visiting the dentist • about food and drink that affect dental health • how to describe and share a range of feelings • ways to feel good, calm down or change their mood e.g., playing outside, listening to music, spending time with others • how to manage big feelings including those associated with change, loss and bereavement • when and how to ask for help, and how to help others, with their feelings 	<ul style="list-style-type: none"> • Daisy The Hedgehog- Tracey Thomson Library • Looking After Me: Taking Medicines • The Colour Monster <p>Year 2 Topic box</p> <ul style="list-style-type: none"> • Missing mummy (lovely book about mummy passing away read first and decide if you think your class will be ok with this) <p>PSHE association</p> <ul style="list-style-type: none"> • PSHE Association - Health Education: food choices, physical activity & balanced lifestyles • PSHE Association - The Sleep Factor • PSHE Association – Mental health and wellbeing lessons (KS1) • FPA – Growing up with Yasmine and Tom (£) • PSHE Association - Dental Health • PSHE Association – Drug and Alcohol Education (Year 1-2) • Winston’s Wish – Loss and bereavement • Lifebuoy - ‘Soaper Heroes’ lesson plans
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer B- Living in the wider World</p>	<p>Money and Work- My money week- 13-17th June</p> <p>What money is; needs and wants; looking after money</p> <p>PoS Refs: L10, L11, L12, L13, L15</p>	<ul style="list-style-type: none"> • about what money is and its different forms e.g., coins, notes, and ways of paying for things e.g., debit cards, electronic payments • how money can be kept and looked after- invite representative from bank to introduce savings accounts to the children. • about getting, keeping and spending money • that people are paid money for the job they do • how to recognise the difference between needs and wants • how people make choices about spending money, including thinking about needs and wants • The value of money – does a better paid job mean it’s worth more or provides a better quality of life? 	<ul style="list-style-type: none"> • The children’s money book of sense by Sophie Giles Library <p>Year 2 Topic box</p> <p>PSHE association</p> <ul style="list-style-type: none"> • Experian - Values, Money and Me (KS1)

Growing and changing

Growing older; naming body parts;
moving class or year

PoS Refs: H20, H25, H26, H27

- about the human life cycle and how people grow from young to old
- how our needs and bodies change as we grow up
- to identify and name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)
- about change as people grow up, including new opportunities and responsibilities
- preparing to move to a new class and setting goals for next year

Library

Year 2 Topic box

- Use Science books from library

PSHE association

- [Medway Public Health Directorate - Primary RSE Lessons \(KS1\)](#)
- [FPA – Growing up with Yasmine and Tom \(5-7\), Naming body parts \(£\)](#)

Potential PSHE/RSE themed days/ weeks

6th September- Zero waste week

27th September- Cycle to school week

October- Black History Month

October 1st- World smile day

October 1st ADHD awareness day

October 18th Anti- Slavery Day

15th- 19th November- World Bullying week

21st January- World Hugging Day

8th February- Safer internet day

22nd February- World Thinking day

25th February- International stand up to a Bullying day

25th March- International Day of Remembrance of victims of slavery

1st April- Walk to Work Day

2nd April- Autism Awareness Day

7th April- World Health day

19th April- Wear PJS to workday

28th and 29th April - World wish Day

4th May- Deaf awareness

6th May- Sun awareness

1st June- Volunteers week

5th June -World environment day

6th June- world carers week

13th- 17th June -My money week-

30th June- RSE day

4th July- National child obesity week

