

# EASTNOR WHOLE SCHOOL PSHE CURRICULUM COVERAGE INCLUDING RSHE EDUCATION

Theme	EYFS	Key Stage One - Mixed Year 1 and Year 2		Lower Key Stage Two - Mixed Year 3 and Year 4		Upper Key Stage Two - Mixed Year 5 and Year 6	
		CYCLE A	CYCLE B	CYCLE A	CYCLE B	CYCLE A	CYCLE B
<b>Family and Relationships</b>	Introduction to RSE – classroom and PSHE rules. What makes me special? Me and my special people Who can help me. My feelings	<ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• What is family?</li> <li>• What are friendships?</li> <li>• Family and friends help and support each other</li> <li>• Making friends</li> <li>• Friendship problems</li> <li>• Healthy Friendships</li> </ul>	Introduction to RSE <ul style="list-style-type: none"> <li>• Families offer stability and love</li> <li>• Families are all different</li> <li>• Managing friendships</li> <li>• Unhappy friendships</li> <li>• Valuing me</li> <li>• Manners &amp; courtesy</li> <li>• Loss and change</li> </ul>	Introduction to RSE <ul style="list-style-type: none"> <li>• Healthy families</li> <li>• Friendships - conflict</li> <li>• Effective communication</li> <li>• Learning who to trust</li> <li>• Respecting differences</li> <li>• Stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Respect &amp; manners</li> <li>• Healthy friendships</li> <li>• My behaviour</li> <li>• Bullying</li> <li>• Stereotypes</li> <li>• Families in the wider world</li> <li>• Loss and change</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Build a friend</li> <li>• Resolving conflict</li> <li>• Respecting myself</li> <li>• Family life</li> <li>• Bullying</li> </ul>	Introduction to RSE <ul style="list-style-type: none"> <li>• Respect</li> <li>• Developing respectful relationships</li> <li>• Stereotypes</li> <li>• Bullying</li> <li>• Being me</li> <li>• Loss and change</li> </ul>
<b>Safety and the Changing Body</b>	What's safe to go onto my body? What's safe to go into my body? Safe indoors and outdoors. Listening to my feelings. Keeping safe online.	<ul style="list-style-type: none"> <li>• Getting lost</li> <li>• Making a call to the emergency services</li> <li>• Asking for help</li> <li>• Appropriate contact</li> <li>• Medication</li> <li>• Safety at home</li> <li>• People who help to keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>• The Internet</li> <li>• Communicating online</li> <li>• Secrets and surprises</li> <li>• Appropriate contact</li> <li>• Road safety</li> <li>• Drug education</li> </ul>	<ul style="list-style-type: none"> <li>• Basic first aid</li> <li>• Communicating safely online</li> <li>• Online safety</li> <li>• Fake emails</li> <li>• Drugs, alcohol &amp; tobacco</li> <li>• Keeping safe out and about</li> </ul>	<ul style="list-style-type: none"> <li>• Online restrictions</li> <li>• Share aware</li> <li>• Basic first aid</li> <li>• Privacy and secrecy</li> <li>• Consuming information online</li> <li>• The changing adolescent body (puberty)</li> </ul>	<ul style="list-style-type: none"> <li>• Online friendships</li> <li>• Identifying online dangers</li> <li>• The changing adolescent body (puberty, including menstruation)</li> <li>• First aid</li> <li>• Drug education</li> </ul>	<ul style="list-style-type: none"> <li>• Drugs alcohol &amp; tobacco</li> <li>• First aid</li> <li>• Critical digital consumers</li> <li>• Social media</li> <li>• The changing adolescent body (puberty, conception, birth)</li> </ul>

	People who help to keep me safe.						
<b>Health and Wellbeing</b>	Bouncing back when things go wrong. Growth Mindset Healthy Eating Exercise Good night sleep	<ul style="list-style-type: none"> <li>• Wonderful me</li> <li>• What am I like?</li> <li>• Ready for bed</li> <li>• Relaxation</li> <li>• Hand washing &amp; personal hygiene</li> <li>• Sun safety</li> <li>• Allergies</li> <li>• People who help us stay healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Experiencing different emotions</li> <li>• Being active</li> <li>• Relaxation</li> <li>• Steps to success</li> <li>• Growth mindset</li> <li>• Healthy diet</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• My healthy diary</li> <li>• Relaxation</li> <li>• Who am I?</li> <li>• My superpowers</li> <li>• Breaking down barriers</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• Diet and dental health</li> <li>• Visualisation</li> <li>• Celebrating mistakes</li> <li>• My role</li> <li>• My happiness</li> <li>• Emotions</li> <li>• Mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• The importance of rest</li> <li>• Embracing failure</li> <li>• Going for goals</li> <li>• Taking responsibility for my feelings</li> <li>• Healthy meals</li> <li>• Sun safety</li> </ul>	<ul style="list-style-type: none"> <li>• What can I be?</li> <li>• Mindfulness</li> <li>• Taking responsibility for my health</li> <li>• Resilience toolkit</li> <li>• Immunisation</li> <li>• Physical health concerns</li> <li>• Habits – positive and negative</li> </ul>
<b>Statutory RSE Curriculum Linked to Science</b>	Body parts Life cycles Balanced diet Exercise Sleep Managing basic needs Changes in the body Seasons	<b>Science Topic: Animals, including humans</b>  Identify, name and label parts of the human body  Plants and growth.  Life cycles.  Balanced diet and personal hygiene.	<b>Science Topic: Animals, including humans</b>  Notice that animals, including humans, have offspring which grow into adults  Exercising and healthy eating.  Dental hygiene – dentist visit.	<b>Science Topic: Animals, including humans</b>  Identify the different types of teeth in humans and their simple functions	<b>Science Topic: Animals, including humans</b>  Identify that animals, including humans, need the right types and amount of nutrition.	<b>Science Topic: Animals, including humans</b>  Describe the changes as humans develop from birth to old age  <b>Science Topic: Living things and habitats</b>  Describe the life process of reproduction in some plants and animals	<b>Science Topic: Evolution and Inheritance</b>  Recognise that living things produce offspring of the same kind.

		Science Topic - Seasonal changes.					
<b>Eastnor RSE Curriculum</b>	<b>NSPCC PANTS lesson</b>	<b>NSPCC Pants lesson.</b>	<b>NSCCP Pants lesson</b>	<b>Lessons and Videos (Kapow):</b>	<b>Lessons and Videos (Kapow):</b>  Puberty	<b>Safety and Changing Body Topic:</b>  <b>Lessons and Videos (Kapow):</b>  • Introducing Puberty  • Puberty  • Menstruation	<b>Human Reproduction Lessons and Videos (Kapow):</b>  • Conception  • Pregnancy
<b>Eastnor PSHE Curriculum Links</b>	<b>Thrive</b>  <b>Caring for the school dog</b>  <b>Welly Walks</b>  <b>Allotment</b>  <b>Raising ducks/chicks</b>  <b>Celebrating family members – Grandparents visits</b>  <b>Sharing personal achievements</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Forest School</b>  <b>Allotment</b>  <b>Enterprise Week – TBC</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Forest School</b>  <b>Allotment</b>  <b>Bank Visit</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Enterprise Week</b>  <b>Allotment</b>  <b>Bank Visit</b>  <b>Life Education</b>  <b>NSPCC Visit</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Enterprise Week</b>  <b>Allotment</b>  <b>Bank Visit</b>  <b>Life Education</b>  <b>NSPCC Visit</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Enterprise Week</b>  <b>Enterprise Week</b>  <b>Allotment</b>  <b>Bank Visit</b>  <b>Life Education</b>  <b>NSPCC Visit</b>	<b>Thrive</b>  <b>Caring for School Dog</b>  <b>Enterprise Week</b>  <b>Allotment</b>  <b>Bank Visit</b>  <b>Life Education</b>  <b>NSPCC Visit</b>

<b>Wellbeing</b>	<b>Wellbeing – School life</b>	<b>Wellbeing – My World</b>	<b>Wellbeing – Looking Out</b>	<b>Wellbeing – Getting to Know Me</b>	<b>Wellbeing – My Place in the world</b>	<b>Wellbeing – Being Responsible</b>	<b>Wellbeing – Looking Forward</b>
	<b>Thrive</b>	<b>(6 lessons)</b>  Developing good mental health habits; learning about ourselves and exploring what different emotions are and how we can respond to these feelings.  Links to Thrive, Big Questions and P4C	<b>(6 lessons)</b>  Developing awareness and understanding of other people’s feelings and emotions, investigating strategies for dealing with difficult situations and emotions and learning about Growth Mindset.  Links to Thrive, Big Questions and P4C	<b>(6 lessons)</b>  Developing a sense of identity; understanding strengths and different groups and communities we belong to. Reflecting on what makes us special, exploring how we can help those around us and factors which affect our mental and physical health and wellbeing: diet, dental health, rest, relaxation and hydration.  Links to Thrive, Big Questions and P4C	<b>(6 lessons)</b>  Exploring the concept of purpose, looking at the importance of different emotions we experience, considering what we are good at and enjoy and understanding the importance of a balanced diet.  Links to Thrive, Big Questions and P4C	<b>(6 lessons)</b>  Focusing on developing independence and the increased responsibility that accompanies this, including safety and taking ownership of their happiness; setting goals, maintaining successful relationships with others and managing their emotions.  Links to Thrive, Big Questions and P4C	<b>(6 lessons)</b>  Exploring: conflict resolution, resilience and growth mindset, relaxation strategies and taking increased responsibility for physical and emotional wellbeing.  Links to Thrive, Big Questions and P4C
<b>Citizenship</b>	Looking after my special people. Looking after my friends. Being helpful at home and caring	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• Rules</li> <li>• Caring for others: Animals</li> <li>• The needs of others</li> </ul> <b>Community</b>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• Rules beyond school</li> <li>• Our school environment</li> <li>• Our local environment</li> </ul> <b>Community</b>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• Rights of the child</li> <li>• Rights and responsibilities</li> <li>• Recycling</li> </ul> <b>Community</b>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• What are human rights?</li> <li>• Caring for the environment</li> </ul> <b>Community</b> <ul style="list-style-type: none"> <li>• Community groups</li> </ul>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• Breaking the law</li> <li>• Rights and responsibilities</li> <li>• Protecting the planet</li> </ul> <b>Community</b>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• Human rights</li> <li>• Food choices and the environment</li> <li>• Caring for others</li> </ul>

	for our classroom. Caring for our world. Looking after my money.	<ul style="list-style-type: none"> <li>• Similar, yet different</li> <li>• Belonging</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• Democratic</li> <li>• decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Job roles in our local community</li> <li>• Similar yet different: My local community</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• School Council</li> <li>• Giving my opinion</li> </ul>	<ul style="list-style-type: none"> <li>• Local community groups</li> <li>• Charity</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• Local democracy</li> <li>• Rules</li> </ul>	<ul style="list-style-type: none"> <li>• Contributing</li> <li>• Diverse communities</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• Local councillors</li> </ul>	<ul style="list-style-type: none"> <li>• Contributing to the community</li> <li>• Pressure groups</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• Parliament</li> </ul>	<ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Valuing diversity</li> </ul> <b>Democracy</b> <ul style="list-style-type: none"> <li>• National democracy</li> </ul>
<b>Economic Wellbeing</b>	<b>Money</b>  Looking after my money.	<b>Money</b> <ul style="list-style-type: none"> <li>• Introduction to money</li> <li>• Looking after money</li> <li>• Banks and building societies</li> <li>• Saving and spending</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• Jobs in school</li> </ul>	<b>Money</b> <p>Where money comes from</p> <ul style="list-style-type: none"> <li>• Needs and wants</li> <li>• Wants and needs</li> <li>• Looking after money</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• Jobs</li> </ul>	<b>Money</b> <ul style="list-style-type: none"> <li>• Ways of paying</li> <li>• Budgeting</li> <li>• How spending affects others</li> <li>• Impact of spending</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• Jobs and careers</li> <li>• Gender and careers</li> </ul>	<b>Money</b> <ul style="list-style-type: none"> <li>• Spending choices/ value for money</li> <li>• Keeping track of money</li> <li>• Looking after money</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• Influences on career choices</li> <li>• Jobs for me</li> </ul>	<b>Money</b> <ul style="list-style-type: none"> <li>• Borrowing</li> <li>• Income and expenditure</li> <li>• Risks with money</li> <li>• Prioritising spending</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• Stereotypes in the workplace</li> </ul>	<b>Money</b> <ul style="list-style-type: none"> <li>• Attitudes to money</li> <li>• Keeping money safe</li> <li>• Gambling</li> </ul> <b>Career and aspirations</b> <ul style="list-style-type: none"> <li>• What jobs are available</li> <li>• Career routes</li> </ul>
<b>Identity</b>							<ul style="list-style-type: none"> <li>• What is identity</li> <li>• Gender identity</li> <li>• Identity and body image</li> </ul>