

Health and Relationships Education - Whole School Overview



JUNIOR SCHOOL
Together we make a difference

We aim to deliver a PSHE curriculum which provides pupils with the knowledge, skills and attributes they need to keep themselves healthy, safe, and prepared for life and work. We explore key topics that are relevant and appropriate for the age and stage of our children. We systematically revisit and build upon KS1 coverage and include additional coverage, if needed.

By the end of year 6 the children will have covered a range of units about themselves, their families and the wider community. They should have the confidence to ask questions, express their emotions respectfully and to feel safe to move into the challenge of KS3.

Year 3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Puzzle topic	Being Me in My World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Physical, Social, Health Education	<ul style="list-style-type: none"> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	<ul style="list-style-type: none"> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments 	<ul style="list-style-type: none"> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Importance of Exercise and the impact it has physically and mentally Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices 	<ul style="list-style-type: none"> Family roles and responsibilities (providing love, security and stability) Friendship and negotiation – how to choose and make friends Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends 	<ul style="list-style-type: none"> Family stereotypes Challenging my ideas Preparing for transition <p>NB – take out physical body changes of Y3 Jigsaw</p>

Relationships Education Y3 – all included within Jigsaw PSHE	<ul style="list-style-type: none"> Where do you feel like you belong? Are all families like mine? The importance of respecting those differences but recognising they are also filled with love and care. Courtesy and manners Making calls to the emergency services 	<ul style="list-style-type: none"> How should we treat people who are different? What makes a good friend? (Focus – characteristics e.g. mutual respect, kindness, trustworthiness etc.) 	<ul style="list-style-type: none"> What is self-care? 	<ul style="list-style-type: none"> What is a 'normal' range of emotions? Dangers of sun exposure Personal hygiene 	<ul style="list-style-type: none"> What makes a good friend and how should they make us feel? Boundaries in friendships 	<ul style="list-style-type: none"> Do families always stay the same?
Online Safeguarding	Commercial Risks <ul style="list-style-type: none"> Improving passwords 	Protecting Ourselves <ul style="list-style-type: none"> Cyberbullying Inappropriate content and reporting it Safe searching 		Lifestyle & Health <ul style="list-style-type: none"> Sleep Healthy balance of online/offline - 5 a day more detail 	The Social Web <ul style="list-style-type: none"> Online Friendships and how the same principles apply as in real life friendships 	



Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Puzzle topic	Being Me in My World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Physical, Social, Health Education	<ul style="list-style-type: none"> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour 	<ul style="list-style-type: none"> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes 	<ul style="list-style-type: none"> Healthier friendships and mutual respect Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength 	<ul style="list-style-type: none"> Jealousy Love and loss Memories of loved ones Getting on and Falling Out including managing conflict Girlfriends and boyfriends Showing appreciation to people and animals 	<ul style="list-style-type: none"> Being unique Confidence in change Accepting change Preparing for transition Environmental change
Relationships Education	<ul style="list-style-type: none"> Are all friends the same? Are friendships always fun? Managing the ups and downs of friendships Stable, caring relationships are at the heart of happy families and are important for children's security as they grow up. Right to privacy Is it always right to keep secrets? 	<ul style="list-style-type: none"> Are all friends the same? Are friendships always fun? How do we make the world fair? 	<ul style="list-style-type: none"> How do I save a life? Are we happy all of the time? 	<ul style="list-style-type: none"> Are friendships always fun? How to judge if a friendship is making me unhappy or uncomfortable Who can I seek advice from? Dental health 	<ul style="list-style-type: none"> Characteristics of a healthy family life, commitment to each other, protection of each other and spending time together How can we help the people around us? How to improve respectful relationships 	<ul style="list-style-type: none"> Having a baby To know how an embryo grows, first into a foetus and then a baby, inside the uterus Describe the life process of reproduction in some plants and animals.

Online Safeguarding	Protecting Ourselves <ul style="list-style-type: none">· Meeting new people / strangers and are they always who they say they are?· Sharing images	News & Information <ul style="list-style-type: none">· Who writes the news?· Structure of networks and the internet· 'Reading' the internet (digital literacy)· Scary information		Lifestyle & Health <ul style="list-style-type: none">· Age appropriate activity	The Social Web <ul style="list-style-type: none">· Swearing and rage in gaming	Commercial Risks <ul style="list-style-type: none">· In app purchases Who pays for the internet? (advertising etc.)
----------------------------	--	---	--	--	---	--



Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Puzzle topic	<i>Being Me in My World</i>	<i>Celebrating Differences</i>	<i>Dreams & Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
Physical, Social, Health Education	<ul style="list-style-type: none"> · Planning the forthcoming year · Being a citizen · Rights and responsibilities · Rewards and consequences · How behaviour affects groups · Democracy, having a voice, participating 	<ul style="list-style-type: none"> · Cultural differences and how they can cause conflict · Racism · Rumours and name-calling · Types of bullying · Material wealth and happiness · Enjoying and respecting other cultures 	<ul style="list-style-type: none"> · Future dreams · The importance of money · Jobs and careers · Dream job and how to get there · Goals in different cultures · Supporting others (charity) · Motivation 	<ul style="list-style-type: none"> · Smoking, including vaping · Alcohol · Alcohol and anti-social behaviour · Emergency aid · Body image · Relationships with food · Healthy choices · Motivation and behaviour 	<ul style="list-style-type: none"> · Self-recognition and self-worth · Building self-esteem · Safer online communities · Rights and responsibilities online · Online gaming and gambling · Reducing screen time · SMARRT internet safety rules 	<ul style="list-style-type: none"> · Self- and body image · Influence of online and media on body image · Growing responsibility · Coping with change · Preparing for transition
Relationships Education	<ul style="list-style-type: none"> · Should friends tell me what to do? · Friendships are inclusive and don't make others feel lonely · Recognising who to trust · Communities- How can I be a great citizen? 	<ul style="list-style-type: none"> · Should friends tell me what to do? · What is prejudice? This includes the history of prejudice and what an individual should do if 	<ul style="list-style-type: none"> · Why is money important? 	<ul style="list-style-type: none"> · Seeking support · Recognising early signs of physical illness 	<ul style="list-style-type: none"> · Marriage – what is it and why do some people get married? · Are families ever perfect? · Is there such a thing as a 'normal' family? · Why do we argue? 	<ul style="list-style-type: none"> · Puberty for boys and girls. · How will my body change as I get older? · How will my feelings change as I get older? · How will I stay clean during puberty? · What is menstruation and what are the key facts relating to it? · What is an erection / wet dream? · How do plants and animals reproduce (taught through Science)

	<ul style="list-style-type: none"> Do we all have the same feelings? 	<ul style="list-style-type: none"> they encounter it Stereotypes 				<ul style="list-style-type: none"> Know how an embryo grows, first into a foetus and then a baby inside the uterus
Online Safeguarding	<p>Protecting Ourselves</p> <ul style="list-style-type: none"> Balancing benefits and risks of meeting new people online including others pretending to be someone they are not 	<p>The Social Web</p> <ul style="list-style-type: none"> Manipulation tactics Peer pressure Online reputation - posting, liking and sharing and what these say about you and bystanding 	<p>News & Information</p> <ul style="list-style-type: none"> The Media (motivations/bias) Fake News Stereotypes 	<p>Lifestyle & Health</p> <ul style="list-style-type: none"> Online and Offline Identity, including how people's behaviours can be different online. Positive health messages Online jealousy 	<p>Commercial Risks</p> <ul style="list-style-type: none"> Complex Passwords Websites saving credit card numbers and spending real money (gambling and in-app purchases) 	



Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Puzzle topic	Being Me in My World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Physical, Social, Health Education	<ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Dangers of online grooming 	<ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
Relationships Education	<ul style="list-style-type: none"> Should I try and fit in with my friends? Recognising if my family relationships are making them feel unhappy or unsafe and how to seek help and advice from others Responding safely to adults they may encounter in all contexts 	<ul style="list-style-type: none"> Why are some people unkind? Who belongs in our country? What does it mean to be British? 		<ul style="list-style-type: none"> Asking for advice and reporting concerns or abuse Vaccines and immunisations 	<ul style="list-style-type: none"> How do I accept my friends for who they are? Consent in relationships – giving and receiving. Appropriate and inappropriate contact 	<ul style="list-style-type: none"> What are stereotypes? Know the internal sex organs To know the basic facts about what happens during sex (how the penis goes inside the vagina) To know how the internal sex organs are used to create a baby (how sperm and ova combine to form an embryo) Conception (including IVF)

						<ul style="list-style-type: none"> · To know that the law states that people should not have sex until they are over 16 · To know consent must be given by those involved
Online Safeguarding	The Social Web <ul style="list-style-type: none"> · Privacy settings in social media 	News & Information <ul style="list-style-type: none"> · Analysing web pages (digital literacy) · Validating information 	Commercial Risks <ul style="list-style-type: none"> · Personal information jigsaw · Internet funding (data) · Advertising (data) · Terms and conditions · Copyright (advanced - money) 	Lifestyle & Health <ul style="list-style-type: none"> · Gender issues and stereotypes · Image editing · Social media anxiety · The ideal vs. the real 	Protecting Ourselves <ul style="list-style-type: none"> · Naked pictures · Control over images · Consent (our bodies belong to us and when is it ok to share a picture) · Adult advertising (age targeted) 	