



# Manor Drive

## PSHE Curriculum





## Whole-school definition of PSHE

Personal, Social, Health and Economic education is a planned programme to help children and young people develop fully as individuals and as members of families and social and economic communities. Effective PSHE and RSHE education is intended to help equip them with the knowledge, understanding, attitudes and practical skills to live healthily, safely, productively and responsibly.



# Year 1/2 Cycle A Overview

Autumn 1	<b>Myself &amp; My Relationships - My Emotions</b> How do I manage my feelings?
Autumn 2	<b>Citizenship - Diversity and community</b> What does 'community' mean and what does it feel to be part of it?
Spring 1	<b>Citizenship - Working Together</b> How do I work with others?
Spring 2	<b>Healthy &amp; Safer Lifestyles - Healthy Lifestyles</b> How can I stay healthy?
Summer 1	<b>Healthy &amp; Safer Lifestyles - Drug Education</b> What are drugs and how do I keep myself safe from them?
Summer 2	<b>Myself &amp; My Relationships - Managing change</b> How can I deal with changes in my life?

## Year 1/2 Cycle A Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Myself &amp; My Relationships</b> My Emotions How do I manage my feelings?</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Citizenship</b> Diversity and community What does 'community' mean and what does it feel to be part of it?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Citizenship</b> Working Together How do I work with others?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Healthy &amp; Safer Lifestyles</b> Healthy Lifestyles How can I stay healthy?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Healthy &amp; Safer Lifestyles</b> Drug Education What are drugs and how do I keep myself safe from them?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Myself &amp; My Relationships</b> Managing change How can I deal with changes in my life?</p>
<ul style="list-style-type: none"> <li>• What am I good at and what is special about me?</li> <li>• How can I stand up for myself?</li> <li>• Can I name some different feelings?</li> <li>• Can I describe situations in which I might feel happy, sad, cross etc?</li> <li>• How do my feelings and actions affect others?</li> <li>• How do I manage some of my emotions and associated behaviours?</li> <li>• What are the different ways people might relax and what helps me to feel relaxed?</li> <li>• Who do I share my feelings with?</li> </ul>	<ul style="list-style-type: none"> <li>• What makes me 'me', what makes you 'you'?</li> <li>• Do all boys and all girls like the same things?</li> <li>• What is my family like and how are other families different?</li> <li>• What different groups do we belong to?               <ul style="list-style-type: none"> <li>• What is a stereotype, and can I give some examples?</li> </ul> </li> <li>• Who helps people in my locality and what help do they need?</li> <li>• What does 'my community' mean and how does it feel to be part of it?</li> <li>• How do people find out about what is happening in my community?</li> <li>• How do we care for animals and plants?</li> <li>• How can I help look after my school?</li> </ul>	<ul style="list-style-type: none"> <li>• What am I and other people good at?</li> <li>• What new skills would I like to develop?</li> <li>• How can I listen well to other people?</li> <li>• How can I work well in a group?</li> <li>• Why is it important to take turns?</li> <li>• How can I negotiate to sort out disagreements?</li> <li>• How are my skills useful in a group?</li> <li>• What is a useful evaluation?</li> </ul>	<ul style="list-style-type: none"> <li>• How can I stay as healthy as possible?</li> <li>• What does it feel like to be healthy?</li> <li>• What does healthy eating mean and why is it important?</li> <li>• Why is it important to be active &amp; what are the opportunities for physical activity?</li> <li>• What foods do I like and dislike and why?</li> <li>• What can help us eat healthily?</li> <li>• Why do we need food?</li> <li>• What healthy choices can I make?</li> </ul>	<ul style="list-style-type: none"> <li>• Which substances might enter our bodies, how do they get there and what do they do?</li> <li>• What are medicines and why and when do some people use them?</li> <li>• When and why do people have an injection from a doctor or a nurse?</li> <li>• Who is in charge of what medicine I take?</li> <li>• What different things can help me feel better if I feel poorly?</li> <li>• How can I keep safe with medicines and substances at home and at school?</li> <li>• What is persuasion and how does it feel to be persuaded?</li> </ul>	<ul style="list-style-type: none"> <li>• How are my achievements, skills and responsibilities changing and what else might change?</li> <li>• How might people feel during times of loss and change?</li> <li>• How do friendships change?</li> <li>• What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?</li> <li>• How might people feel when they lose a special possession?</li> <li>• When can I make choices about changes?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>assertive, strategy, emotion, feelings, situations</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>unique, difference, community, family, stereotype, care, belong</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>skills, talents, cooperate, teamwork, negotiate, conflict, disagreement</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>healthy, diet, eat, active, physical, choice, food, nutrition, like, dislike</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>substances, medicine, injection, medical, nurse, doctor, home, school, persuasion, substances</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>emotion, change, manage, loss, friendship, experiences, special, choice, responsibility</b></p>



# Year 1/2 Cycle B Overview

Autumn 1	<p><b>Citizenship - Working together</b> Why do we have rules? How do I work with others?</p>
Autumn 2	<p><b>Myself &amp; My Relationships - Family and Friends</b> Who are my special people and how can we support each other?</p>
Spring 1	<p><b>Healthy &amp; Safer Lifestyles - Managing safety and risk</b> How can I keep myself safe?</p>
Spring 2	<p><b>Economic Wellbeing - Financial Capacity</b> Where does money come from and how can I use it sensibly?</p>
Summer 1	<p><b>Healthy &amp; Safer Lifestyles - Personal Safety</b> Who can I trust if I have a problem?</p>
Summer 2	<p><b>Healthy &amp; Safer Lifestyles - RSE</b> How do I keep my body clean and protected? What are the different parts of my body?</p>

## Year 1/2 Cycle B Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Citizenship</b> <i>Working together</i> Why do we have rules? How do I work with others?</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Myself &amp; My Relationships</b> <i>Family and Friends</i> Who are my special people and how can we support each other?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Healthy &amp; Safer Lifestyles</b> <i>Managing safety and risk</i> How can I keep myself safe?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Economic Wellbeing</b> <i>Financial Capacity</i> Where does money come from and how can I use it sensibly?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Healthy &amp; Safer Lifestyles -</b> <i>Personal Safety</i> Who can I trust if I have a problem?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Healthy &amp; Safer Lifestyles</b> <i>RSE</i> How do I keep my body clean and protected? What are the different parts of my body?</p>
<ul style="list-style-type: none"> <li>• How do rules and conventions help me to feel happy &amp; safe?</li> <li>• How do I take part in making rules?</li> <li>• Who looks after me and what are their responsibilities?</li> <li>• What jobs and responsibilities do I have in school and at home?</li> <li>• Can I listen to other people, share my views and take turns?</li> <li>• Can I take part in discussions and decisions in class?</li> </ul>	<ul style="list-style-type: none"> <li>• Can I describe what a good friend is and does and how it feels to be friends?</li> <li>• Why is telling the truth important?</li> <li>• What skills do I need to choose, make and develop friendships?</li> <li>• How might friendships go wrong, and how does it feel?</li> <li>• How can I try to mend friendships if they have become difficult?</li> <li>• What is my personal space and how do I talk to people about it?</li> <li>• Who is in my family and how do we care for each other?</li> <li>• Who are my special people, why are they special and how do they support me?</li> </ul>	<ul style="list-style-type: none"> <li>• What are risky situations and how might I feel?</li> <li>• What is my name, address and phone number and when might I need to give them?</li> <li>• What is an emergency and who can help?</li> <li>• What makes a place or activity safe for me?</li> <li>• What are the benefits and risks for me when walking near the road, and how can I stay safer?</li> <li>• What are the benefits and risks for me in the sun and how can I stay safer?</li> <li>• What do I enjoy when I'm near water and how can I stay safer?</li> <li>• What are the risks for me if I am lost and how can I get help?</li> <li>• How can I help to stop simple accidents from happening and how can I help if there is an accident?</li> </ul>	<ul style="list-style-type: none"> <li>• Where does money come from and where does it go when we 'use' it?</li> <li>• How might I get money and what can I do with it?</li> <li>• How do we pay for things?</li> <li>• What does it mean to have more or less money than you need?</li> <li>• How do I feel about money?</li> <li>• How do my choices affect me, my family, others?</li> <li>• What is a charity?</li> </ul>	<ul style="list-style-type: none"> <li>• Can I identify different feelings and tell others how I feel?</li> <li>• Which school/classroom rules are about helping people to feel safe?</li> <li>• Can I name my own Early Warning Signs?</li> <li>• How do I know which adults and friends I can trust?</li> <li>• Who could I talk with if I have a worry or need to ask for help?</li> <li>• What could I do if a friend or someone in my family isn't kind to me?</li> <li>• Can I identify private body parts and say 'no' to unwanted touch?</li> <li>• What could I do if I feel worried about a secret?</li> </ul> <p><b>E Safety:</b></p> <ul style="list-style-type: none"> <li>• What could I do if something worries or upsets me when I am online?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the names of the main parts of the body?</li> <li>• What can my amazing body do?</li> <li>• When am I in charge of my actions and my body?</li> <li>• How can I keep my body clean?</li> <li>• How can I avoid spreading common illnesses and diseases?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>rule, convention, safety, responsibility, decision, fair, unfair</i></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>friendship, friend, truth, conflict, emotion, personal space, support, network</i></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>danger, risk, safety, emergency, accident, address, situation</i></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>money, finance, pay, choice, charity, manage</i></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>feelings, emotions, problem, trust, safety, worry, private, body, touch, unwanted, worry, upset, warning</i></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><i>body, body parts, hygiene, illness, disease, protect</i></p>



# Year 3/4 Cycle A Overview

Autumn 1

**Myself & My Relationships - Beginning and Belonging**

How do I deal with new experiences?

Autumn 2

**Myself & My Relationships - Anti bullying**

What are different ways people can be bullied?

Spring 1

**Citizenship - Working Together**

How can I work well in a group?

Spring 2

**Healthy & Safer Lifestyles - Healthy Lifestyles**

How do I make healthy choices?

Summer 1

**Healthy & Safer Lifestyles - RSE 3&4**

What can my body do and how is it special?

Summer 2

**Myself & My Relationships - Managing Change**

What helps me when I am experiencing strong emotions due to loss or change?

## Year 3/4 Cycle B Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Myself &amp; My Relationships</b> Beginning and Belonging How do I deal with new experiences?</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Myself &amp; My Relationships</b> Anti bullying What are different ways people can be bullied?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Citizenship</b> Working Together How can I work well in a group?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Healthy &amp; Safer Lifestyles</b> Healthy Lifestyles How do I make healthy choices?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Healthy &amp; Safer Lifestyles</b> RSE 3 &amp; 4 What can my body do and how is it special?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Myself &amp; My Relationships -</b> Managing Change What helps me when I am experiencing strong emotions due to loss or change?</p>
<ul style="list-style-type: none"> <li>• What is my role in helping my school be a place where we can learn happily and safely?</li> <li>• How can we build relationships in our class and how does this benefit me?</li> <li>• What does it feel like to be new or to start something new?</li> <li>• How can I help children and adults feel welcome in school?</li> <li>• What helps me manage a new situation or learn something new?</li> <li>• Who are the different people in my network who I can ask for help?</li> </ul>	<ul style="list-style-type: none"> <li>• How are falling out and bullying different?</li> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel? • Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul>	<ul style="list-style-type: none"> <li>• What am I good at and what are others good at?</li> <li>• What new skills would I like or need to develop?</li> <li>• How well can I listen to other people?</li> <li>• How do I ask open questions?</li> <li>• How can I share my views and opinions effectively?</li> <li>• How can different people contribute to a group task?</li> <li>• How can I persevere and overcome obstacles to my learning?</li> <li>• How can I work well in a group?</li> <li>• What is useful evaluation?</li> <li>• How do I give constructive feedback and receive it from others?</li> </ul>	<ul style="list-style-type: none"> <li>• What does healthy eating and a balanced diet mean?</li> <li>• What is an active lifestyle and how does it help me to be healthier?</li> <li>• What is mental wellbeing and how is it affected by my physical health?</li> <li>• How much sleep do I need &amp; what happens if I don't have enough?</li> <li>• How do nutrition and physical activity work together?</li> <li>• How can I plan and prepare simple, healthy meals safely?</li> <li>• How can I look after my teeth and why is it important?</li> <li>• Who is responsible for my lifestyle choices and how are these choices influenced?</li> </ul>	<p style="color: green;"><b>Relationships and Sex Education (RS 3)</b></p> <ul style="list-style-type: none"> <li>• How are male and female bodies different and what are the different parts called?</li> <li>• When do we talk about our bodies, how they change, and who do we talk to?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> </ul> <p style="color: green;"><b>Relationships and Sex Education (RS 4)</b></p> <ul style="list-style-type: none"> <li>• What are the main stages of the human life cycle?</li> <li>• How did I begin?</li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do different caring, stable, adult relationships create a secure environment for children to grow up?</li> </ul>	<ul style="list-style-type: none"> <li>• What changes have I and my peers already experienced and what might happen in the future?</li> <li>• What helps me when I'm experiencing strong emotions due to loss or change?</li> <li>• What strategies help me to thrive when my friendships change?</li> <li>• How might I behave when I feel strong emotions linked to loss and change?</li> <li>• How might people feel when loved ones or pets die, or they are separated from them for other reasons?</li> <li>• What changes might people welcome and how can they plan for these?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">experience, welcome, relationships, situation, manage, network, emotions, strategies</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">bullying, respect, empathy, emotions, bystanders, support, strategies</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">teamwork, cooperation, listen, persevere, obstacle, feedback, views, obstacles</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">healthy, balanced diet, physical, health, sleep, lifestyle, influence, choices</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">female, male, body parts, hygiene, illness, disease, prevent, adult, change, relationship, secure</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center; color: blue;">changes, peers, emotions, strategies, loss, feelings, thrive, friendship, separation</p>





# Year 3/4 Cycle B Overview

Autumn 1

## **Myself & My Relationships** - My Emotions

How do I manage my own emotions

Autumn 2

## **Citizenship** - Rights, Rules & Responsibilities

What do we mean by rights and responsibilities?

Spring 1

## **Healthy & Safer Lifestyles** - Managing safety and risk

What should I do in a risky situation and how might my friends affect my decisions?

Spring 2

## **Economic Wellbeing** - Financial Capacity

What do saving, spending and budgeting mean to me?

Summer 1

## **Healthy & Safer Lifestyles** - Personal Safety

How do I decide if a secret is safe or unsafe?

Summer 2

## **Healthy & Safer Lifestyles**

### **E Safety**

What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?

## Year 3/4 Cycle B Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Myself &amp; My Relationships</b> <i>My Emotions</i> How do I manage my own emotions</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Citizenship</b> <i>Rights, Rules &amp; Responsibilities</i> What do we mean by rights and responsibilities?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Healthy &amp; Safer Lifestyles</b> <i>Managing safety and risk</i> What should I do in a risky situation and how might my friends affect my decisions?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Economic Wellbeing -</b> <i>Financial Capacity</i> What do saving, spending and budgeting mean to me?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Healthy &amp; Safer Lifestyles</b> <i>Personal Safety</i> How do I decide if a secret is safe or unsafe?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Healthy &amp; Safer Lifestyles</b> <i>E Safety</i> What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?</p>
<ul style="list-style-type: none"> <li>• Why is it important to accept and feel proud of who we are?</li> <li>• What does the word 'unique' mean and what do I feel proud of about myself?</li> <li>• Why is mental wellbeing as important as physical wellbeing?</li> <li>• How can I communicate my emotions?</li> <li>• Can I recognise some simple ways to manage difficult emotions?</li> <li>• What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?</li> <li>• How do my actions and feelings affect the way I and others feel?</li> <li>• How do I care for other people's feelings?</li> <li>• Who can I talk to about the way I feel?</li> <li>• How can I disagree without being disagreeable?</li> </ul>	<ul style="list-style-type: none"> <li>• What does it mean to be treated and to treat others with respect?</li> <li>• Who are those in positions of authority within our school and communities and how can we show respect?</li> <li>• Why do we need rules and conventions at home and at school?</li> <li>• What part can I play in making and changing rules?</li> <li>• What do we mean by rights and responsibilities?</li> <li>• What are my responsibilities at home and at school?</li> <li>• How do we make democratic decisions in school?</li> <li>• What is a representative and how do we elect them?</li> </ul>	<ul style="list-style-type: none"> <li>• How do I feel in risky situations and how might my body react?</li> <li>• Can I make decisions in risky situations, and might my friends affect these decisions?</li> <li>• When might I meet adults I don't know &amp; how can I respond safely?</li> <li>• What actions could I take in an emergency or accident and how can I call the emergency services?</li> <li>• What are the benefits of using the roads and being near water and how can I reduce the risks?</li> <li>• How is fire risky and how can I reduce the risks?</li> <li>• How do I keep myself safe during activities and visits?</li> <li>• How can I stop accidents happening at home and when I'm out?</li> </ul>	<ul style="list-style-type: none"> <li>• What different ways are there to earn and spend money?</li> <li>• What do saving, spending and budgeting mean to me?</li> <li>• How can I decide what to spend my money on and choose the best way to pay?</li> <li>• What might my family have to spend money on?</li> <li>• What is 'value for money'?</li> <li>• How do my feelings about money change?</li> <li>• How do my choices affect my family, the community, the world and me?</li> </ul>	<ul style="list-style-type: none"> <li>• How do I recognise my own feelings and communicate them to others?</li> <li>• Which school/classroom rules are about helping people to feel safe?</li> <li>• Can I recognise when my Early Warning Signs are telling me I don't feel safe?</li> <li>• What qualities do trusted adults and trusted friends have?</li> <li>• Who is on my network of support and how can I ask them for help?</li> <li>• What could I do if I feel worried about a friendship or family relationship?</li> <li>• What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?</li> <li>• How can I decide if a secret is safe or unsafe?</li> </ul> <p><b>E Safety:</b></p> <ul style="list-style-type: none"> <li>• How can I keep safe online?</li> </ul>	<p><b>E Safety:</b></p> <ul style="list-style-type: none"> <li>• How might my use of technology change as I get older, and how can I make healthier and safer decisions?</li> <li>• How does my own and others' online identity affect my decisions about communicating online?</li> <li>• How might people with similar likes &amp; interests get together online?</li> <li>• Can I explain the difference between "liking" and "trusting" someone online?</li> <li>• What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?</li> <li>• When looking at online content, what is the difference between opinions, beliefs and facts?</li> <li>• Why is it important to ration the time we spend using technology and/or online?</li> <li>• How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it?</li> <li>• Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>proud, unique, manage, emotions, feelings, wellbeing, overreacting, actions, care, disagreeable, communicate</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>respect, authority, community, rules, conventions, rights, responsibilities, democratic, decision, representative</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>risky, situation, safe, emergency, accident, risk, decision, actions, decisions</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>money, earn, spend, save, pay, value, choices, actions, community, family</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>feelings, communicate, rules, safe, unsafe, qualities, friendship, trust, family, comfortable, physical, contact, online</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>technology, online, identity, decision, interests, trust, respect, safety, opinion, fact, healthy, social media, influence</b></p>



# Year 5/6 Cycle A Overview

Autumn 1

## **Myself & My Relationships** - Beginning and Belonging

What helps me to be resilient in new situations?

Autumn 2

## **Citizenship** - Diversity & Communities

How and why should I show respect for those with different lifestyles, beliefs and traditions?

Spring 1

## **Myself & My Relationships** - Anti-Bullying

How might different groups experience different types of bullying.  
What can I do to help victims?

Spring 2

## **Healthy & Safer Lifestyles** - Healthy Lifestyles

What are the different aspects of a healthy lifestyle and how could I become healthier?

Summer 1

## **Healthy & Safer Lifestyles** - Drug Education

What is drug misuse?

Summer 2

## **Healthy & Safer Lifestyles** - RSE 5 & 6

What happens to our bodies during puberty?  
How are babies formed?

## Year 5/6 Cycle A Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Myself &amp; My Relationships</b> Beginning and Belonging What helps me to be resilient in new situations?</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Citizenship</b> Diversity &amp; Communities How and why should I show respect for to those with different lifestyles, beliefs and traditions?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Myself &amp; My Relationships</b> Anti-Bullying How might different groups experience different types of bullying. What can I do to help victims?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Healthy &amp; Safer Lifestyles</b> Healthy Lifestyles What are the different aspects of a healthy lifestyle and how could I become healthier?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Healthy &amp; Safer Lifestyles</b> Drug Education What is drug misuse?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Healthy &amp; Safer Lifestyles</b> RSE 5 &amp; 6 What happens to our bodies during puberty? How are babies formed?</p>
<ul style="list-style-type: none"> <li>• What are my responsibilities for helping others in school feel happy and safe?</li> <li>• How can I take responsibility for building relationships in my school and how does this benefit us all?</li> <li>• How might different people feel when starting something new and how can I help?</li> <li>• How do we help people feel welcome and valued in and out of school?</li> <li>• What helps me to be resilient in a range of new situations?</li> <li>• Are there more ways I can get help now and how do I seek support?</li> </ul>	<ul style="list-style-type: none"> <li>• How do other people's perceptions, views and stereotypes influence my sense of identity?               <ul style="list-style-type: none"> <li>• How do views of gender affect my identity, friendships, behaviour &amp; choices?</li> </ul> </li> <li>• What are people's different identities, locally and in the UK?</li> <li>• How can I show respect to those with different lifestyles, beliefs &amp; traditions?</li> <li>• What are the negative effects of stereotyping?</li> <li>• Which wider communities &amp; groups am I part of &amp; how does this benefit me?</li> <li>• What are voluntary organisations and how do they make a difference?</li> <li>• What is the role of the media and how does it influence me and my community?</li> <li>• Who cares for the wider environment and what is my contribution?</li> </ul>	<ul style="list-style-type: none"> <li>• Can I explain the differences between friendship difficulties and bullying?</li> <li>• Can I define the characteristics and different forms of bullying?</li> <li>• What do all types of bullying have in common?</li> <li>• Might different groups experience bullying in different ways?</li> <li>• How can people's personal circumstances affect their experiences?</li> <li>• How does prejudice sometimes lead people to bully others?</li> <li>• Can I respond assertively to bullying, online and offline?</li> <li>• How might bullying affect people's mental wellbeing and behaviour?</li> <li>• How and why might peers become colluders or supporters in bullying situations?</li> </ul> <p><b>E Safety:</b></p> <ul style="list-style-type: none"> <li>• How do people use technology &amp; social media to bully others and how can I help others to prevent and manage this?</li> </ul>	<ul style="list-style-type: none"> <li>• How does physical activity help me &amp; what might be the risks of not engaging in it?</li> <li>• What could characterise a balanced or unbalanced diet and what are the associated benefits and risks?</li> <li>• What are the different aspects of a healthy lifestyle and how could I become healthier?</li> <li>• What are the factors influencing me when I'm making lifestyle choices and how might these change over time?</li> <li>• What might be the signs of physical illness and how might I respond?</li> </ul> <p><b>E Safety:</b></p> <ul style="list-style-type: none"> <li>• What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?</li> <li>• Why are online apps and games age restricted?</li> </ul>	<ul style="list-style-type: none"> <li>• What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</li> <li>• How does drug use affect the way a body or brain works?</li> <li>• How do medicines help people with different illnesses?</li> <li>• What immunisations have I had or may I have in future and how do they keep me healthy?</li> <li>• What is drug misuse?</li> <li>• What are some of the laws about drugs?</li> <li>• How can I assess risk, recognise peer influence &amp; respond assertively?</li> <li>• When and how should I check information about drugs?</li> </ul>	<p><b>Relationships and Sex Education (RS 5)</b></p> <ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what are their functions?</li> <li>• How can I talk about bodies confidently and appropriately?</li> <li>• What happens to different bodies at puberty?</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can I reduce the spread of viruses and bacteria?</li> </ul> <p><b>Relationships and Sex Education (RS 6)</b></p> <ul style="list-style-type: none"> <li>• What are different ways babies are conceived and born?</li> <li>• What effect might puberty have on people's feelings and emotions?</li> <li>• How can my words or actions affect how others feel, and what are my responsibilities?</li> <li>• What should adults think about before they have children?</li> <li>• Why might people get married or become civil partners?</li> <li>• What are different families like?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">responsibilities, safe, relationships, situation, resilient, support, valued</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">perception, view, stereotype, gender, identity, behaviour, friendship, different, lifestyle, belief, traditions, community, voluntary, media, environment, influence</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">characteristics, bullying, prevent, personal circumstances, assertive, peers, colluders, supporters, wellbeing</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">balanced, unbalanced, diet, lifestyle, factors, risks, benefits, change, physical, mental, online</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">drugs, influence, risk, affect, medicine, alcohol, smoking, solvents, illegal, misuse, immunisations</p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;">male, female, sexual body parts, function, influence, changing, viruses, bacteria, babies, conceived, responsibilities, children, civil partners, marriage, relationship, family</p>



# Year 5/6 Cycle B Overview

Autumn 1	<p><b>Myself &amp; My Relationships</b> - My Emotions How and from whom do I get support when things are difficult?</p>
Autumn 2	<p><b>Citizenship</b> - Rights rules and responsibilities How does democracy work in our community and in our country?</p>
Spring 1	<p><b>Myself &amp; My Relationships</b> - Family &amp; Friends Who are in my 'networks' on and offline, how have these changed over time and how do we support each other?</p>
Spring 2	<p><b>Healthy &amp; Safer Lifestyles</b> - Managing safety and risk What are the possible benefits and consequences of taking physical, emotional and social risks?</p>
Summer 1	<p><b>Economic Wellbeing</b> - Financial Capacity What is financial planning and why is it important for me?</p>
Summer 2	<p><b>Healthy &amp; Safer Lifestyles</b> - Personal Safety How can I assess risk and help me to feel safe in different situations?</p>

## Year 5/6 Cycle B Key Concepts

<p style="text-align: center;"><b>Autumn 1</b> <b>Myself &amp; My Relationships</b> <i>My Emotions</i> How and from whom do I get support when things are difficult?</p>	<p style="text-align: center;"><b>Autumn 2</b> <b>Citizenship</b> <i>Rights rules and responsibilities</i> How does democracy work in our community and in our country?</p>	<p style="text-align: center;"><b>Spring 1</b> <b>Myself &amp; My Relationships</b> <i>Family &amp; Friends</i> Who are in my 'networks' on and offline, how have these changed over time and how do we support each other?</p>	<p style="text-align: center;"><b>Spring 2</b> <b>Healthy &amp; Safer Lifestyles</b> <i>Managing safety and risk</i> What are the possible benefits and consequences of taking physical, emotional and social risks?</p>	<p style="text-align: center;"><b>Summer 1</b> <b>Economic Wellbeing</b> <i>Financial Capacity</i> What is financial planning and why is it important for me?</p>	<p style="text-align: center;"><b>Summer 2</b> <b>Healthy &amp; Safer Lifestyles -</b> <i>Personal Safety</i> How can I assess risk and help me to feel safe in different situations?</p>
<ul style="list-style-type: none"> <li>• How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</li> <li>• What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?</li> <li>• What can I do to boost my self-respect?</li> <li>• How do I manage strong emotions?</li> <li>• How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?</li> <li>• How do I recognise how other people feel and respond to them?</li> <li>• What is loneliness and how can we manage feelings of isolation?</li> <li>• How common is mental ill health and what self-care techniques can I use?</li> <li>• How and from whom do I get support when things are difficult?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the conventions of courtesy &amp; manners and how do these vary?</li> <li>• How can I contribute to making and changing rules in school?</li> <li>• How else can I make a difference in school?</li> <li>• What are the basic rights of children and adults?</li> <li>• Why do we have laws in our country?</li> <li>• How does democracy work in our community and in our country?</li> <li>• What do councils, councilors, parliament and MPs do?</li> <li>• How do I take part in debate, respectfully listening to other people's views?</li> <li><b>E Safety:</b></li> <li>• How does my behaviour online affect others and how can I show respect?</li> <li>• Why is it important to keep my personal information private, especially online?</li> </ul>	<ul style="list-style-type: none"> <li>• Can I always balance the needs of family &amp; friends &amp; how do I manage this?</li> <li>• Can I communicate, empathise &amp; compromise when resolving friendship issues?</li> <li>• How do people in my family continue to support each other as things change?</li> <li><b>E Safety:</b></li> <li>• Who are in my networks, on &amp; offline, and how have these, changed and how do we support each other?</li> <li>• What are the characteristics of healthy friendships on and offline and how do they benefit me?</li> <li>• How do trust and loyalty feature in my relationships on and offline?</li> <li>• What are the benefits and risks of making new friends, including those I only know online?</li> <li>• How can I check that my friends give consent on and offline?</li> </ul>	<ul style="list-style-type: none"> <li>• When might it be good for my mental health for me to take a risk?</li> <li>• What are the possible benefits and consequences of taking physical, emotional and social risks?</li> <li>• When am I responsible for my own safety as I get older and how can I keep others safer?</li> <li>• How can I safely get the attention of a known or unknown adult in an emergency?</li> <li>• Can I carry out basic first aid in common situations, including head injuries?</li> <li>• What are the benefits of cycling and walking on my own and how can I stay safer?</li> <li>• How can being outside support my wellbeing &amp; how do I keep myself safe in the sun?</li> <li>• What are the benefits of using public transport and how can I stay safe near railways?</li> <li>• How can I prevent accidents at school and at home, now that I can take more responsibility?</li> </ul>	<ul style="list-style-type: none"> <li>• What different ways are there to gain money?</li> <li>• What sort of things do adults need to pay for?</li> <li>• How can I afford the things I want or need?</li> <li>• How can I make sure I get 'value for money'?</li> <li>• Why don't people get all the money they earn?</li> <li>• How is money used to benefit the community or the wider world?</li> <li>• What is poverty?</li> </ul>	<ul style="list-style-type: none"> <li>• How do I recognise my own feelings and consider how my actions may affect the feelings of others?</li> <li>• Can I use my Early Warning Signs to judge how safe I am feeling?</li> <li>• How do I judge who is a trusted adult or trusted friend?</li> <li>• How can I seek help or advice from someone on my network of support and when should I review my network?</li> <li>• How could I report concerns of abuse or neglect?</li> <li>• Can I identify appropriate &amp; inappropriate or unsafe physical contact?</li> <li>• How do I judge when it is not right to keep a secret and what action could I take?</li> <li>• What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</li> <li><b>E Safety:</b></li> <li>• How can I recognise risks online and report concerns?</li> </ul>
<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>mental wellbeing, self respect, identity, emotion, behaviour, isolation, feelings, loneliness, self care, techniques</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>courtesy, manners, conventions, rules behaviour, democracy, councils, councilors, parliament, views,</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>healthy, friendships, loyalty, family, online, networks, resolve, issue, support, empathy</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>mental health, risk, consequence, physical, emotional, social, responsibility, safe, attention, emergency, situation, wellbeing, prevent,</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>money, gain, pay, afford, need, value, earn, community, poverty</b></p>	<p style="text-align: center;"><b>Technical Vocabulary</b></p> <p style="text-align: center;"><b>feelings, recognize, warning, trust, advice, network, report, concern, abuse, neglect, secret, judge, online, strategies</b></p>