

Long term planning (2 year rolling cycle) – PHSE & RSE

Based on PSHE association programme builder and adapted for our particular circumstances and needs.

Also adapted to fit with objectives covered at middle school as KS2 is shared across first and middle schools.

	Autumn			Spring			Summer		
	Relationships			Living in the wider world			Health and Wellbeing		
	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	Growing and changing	Keeping safe
KS1 year A 2021/2022	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	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
KS2 Year A 2021/2022	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	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
KS1 year B 2022/23	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	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
KS2 year B 2022/23	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	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities; mental wellbeing	Medicines and household products; drugs common to everyday life

Links to Early Years

<p>Personal, Social and Emotional Development</p> <p>Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others.</p> <p>Children should be supported to:</p> <ul style="list-style-type: none">• manage emotions,• develop a positive sense of self,• set themselves simple goals,• have confidence in their own abilities,• to persist and wait for what they want and direct attention as necessary. <p>Through adult modelling and guidance, they will learn:</p> <ul style="list-style-type: none">• how to look after their bodies, including healthy eating, and• manage personal needs independently. <p>Through supported interaction with other children, they will learn:</p> <ul style="list-style-type: none">• how to make good friendships,• co-operate and resolve conflicts peaceably. <p>These attributes will provide a secure platform from which children can achieve at school and in later life.</p>	<p>Early Learning Goals</p> <p>Self-Regulation - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Managing Self - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Building Relationships - Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs.</p>
<p>Children should understand that they belong to a community. Learn about the wider world and have respect for all people of the world.</p> <p>Children should also be aware of the positives of working with technology and develop skills using digital technology. They should also be aware of how to be safe online and have simple strategies for managing any difficulties / e-safety issues.</p> <p>Children will explore different jobs in our community and beyond.</p> <p>Children will learn about keeping safe in a variety of places including water safety (Reception children swim each week), road safety, firework and fire safety for example.</p>	<p>ELG: People, Culture and Communities</p> <p>Children at the expected level of development will: - Describe their immediate environment using knowledge from observation, discussion, stories, non-fiction texts and maps; - Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class;</p>

Next stage – Middle School PSHE for upper KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Being Me in My World - What makes me 'me'?	Celebrating Differences - Why should we celebrate our differences?	Dreams and Goals - What are my aspirations?	Healthy Me - How can I look after myself?	Relationships - What makes a positive relationship?	Changing Me - What changes will I face?
Year 6	Being Me in My World - What makes a good citizen?	Celebrating Differences - Is there such a thing as 'normal'?	Dreams and Goals - How can I make a difference?	Healthy Me - How can I keep myself and others safe?	Relationships - Why are positive relationships so important?	Changing Me - Why is self-esteem so important?

For more detailed breakdown of the middle school PSHE RSE curriculum please see their website here: <https://www.berwickmiddleschool.org.uk/school-information/new-curriculum>