

Ashdon Primary School RSHE & PSHE Curriculum Overview

Class 1 - YEAR A		
Family and relationships		
Week 1	Y1 Lesson 1	Introduction to RSE and setting ground rules
Week 2	Y1 Lesson 2	What is family?
Week 3	Y2 Lesson 2	Families offer stability and love
Week 4	Y2 Lesson 3	Families are all different
Week 5	Y1 Lesson 3	What are friendships?
Week 6	Y1 Lesson 4	Recognising other peoples' emotions
Week 7	Y2 Lesson 4	Other peoples' feelings
Week 8	Y1 Lesson 5	Working with others
Week 9	Y1 Lesson 6	Friendship problems and how to overcome them
Week 10	Y1 Lesson 7	Healthy friendships
Week 11	Y2 Lesson 5	How to deal with unhappy friendships
Week 12	Y2 Lesson 6	Introduction to manners and courtesy
Week 13	Y2 Lesson 7	Introduction to change and Loss
Week 14	Y1 Lesson 8 & Y2 Lesson 8	Stereotyping - gender

Safety and the changing body		
Week 15	Y1 Lesson 1	Communicating safely and effectively with adults at school
Week 16	Y1 Lesson 2	Communicating safely and effectively with adults outside of school
Week 17	Y1 Lesson 3	What to do if I get lost
Week 18	Y1 Lesson 4	Making a call to emergency services
Week 19	Y2 Lesson 1	Introduction to the internet
Week 20	Y2 Lesson 2	Communicating online - not sharing personal information
Week 21	Y1 Lesson 5	Appropriate contact - acceptable and unacceptable physical contact
Week 22	Y2 Lesson 3	The difference between secrets and surprises
Week 23	Y2 Lesson 4	My Private Parts - the concept of privacy and the correct vocabulary for these <i>(vocabulary: penis and vulva)</i>
Week 24	Y2 Lesson 5	My private parts are private - safe and unsafe touches <i>(vocabulary: penis, vulva, testicles)</i>
Week 25	Y1 Lesson 6	Safety with substances - what should and shouldn't go on or in the body
Week 26	Y2 Lesson 8	Safety with medicines
Week 27	Y1 Lesson 7	Safety at home - potential hazards in the home
Week 28	Y1 Lesson 8	People who help to keep us safe in our local community
Week 29	Y2 Lesson 6	Road Safety 1
Week 30	Y2 Lesson 7	Road Safety 2

Economic wellbeing		
Week 31	Y1 Lesson 1	Introduction to money
Week 32	Y1 Lesson 2	Looking after money
Week 33	Y1 Lesson 3	Banks and building societies
Week 34	Y1 Lesson 4	Saving and spending
Week 35	Y1 Lesson 5	Jobs in school

Transition		
Week 36	Y1 Lesson 1	Transition lesson

Class 1 - YEAR B		
Health and wellbeing		
Week 1	Y2 Lesson 1	Introduction to RSE and setting ground rules (see Family unit)
Week 2	Y1 Lesson 1	Understanding my feelings
Week 3	Y1 Lesson 2	What am I like? - identifying strengths and qualities
Week 4	Y1 Lesson 3	Ready for bed - effects of good quality sleep
Week 5	Y1 Lesson 4	Relaxation - laughter and progressive muscle relaxation
Week 6	Y1 Lesson 5	Hand washing & personal hygiene
Week 7	Y1 Lesson 6	Sun safety
Week 8	Y1 Lesson 7	Allergies
Week 9	Y1 Lesson 8	People who help us stay healthy
Week 10	Y2 Lesson 1	Experiencing different feelings
Week 11	Y2 Lesson 2	Being active
Week 12	Y2 Lesson 3	Relaxation - breathing exercises
Week 13	Y2 Lesson 4	Steps to success - setting achievable goals
Week 14	Y2 Lesson 5	Growth mindset - overcoming difficulties
Week 15	Y2 Lesson 6	Healthy diet
Week 16	Y2 Lesson 7	Looking after our teeth

Citizenship		
Week 17	Y1 Lesson 1	Rules
Week 18	Y2 Lesson 1	Rules beyond school
Week 19	Y1 Lesson 2	Caring for others: Animals
Week 20	Y1 Lesson 3	The needs of others
Week 21	Y2 Lesson 2	Our school environment
Week 22	Y2 Lesson 3	Our local environment
Week 23	Y1 Lesson 4	Similar, yet different
Week 24	Y1 Lesson 5	Belonging
Week 25	Y2 Lesson 4	Job roles in the community
Week 26	Y2 Lesson 5	Similar yet different – my local community
Week 27	Y1 Lesson 6	Democratic decisions
Week 28	Y2 Lesson 6	School council
Week 29	Y2 Lesson 7	Giving my opinion

Economic wellbeing		
Week 30	Y2 Lesson 1	Where money comes from
Week 31	Y2 Lesson 2	Needs and wants
Week 32	Y2 Lesson 3	Wants and needs
Week 33	Y2 Lesson 4	Looking after money
Week 34	Y2 Lesson 5	Jobs

Transition		
Week 35	Y2 Lesson 1	Transition lesson

Class 2 - YEAR A		
Family and relationships		
Week 1	Y3 Lesson 1	Introduction to RSE and setting ground rules
Week 2	Y3 Lesson 2	Healthy families
Week 3	Y3 Lesson 3	Friendship - conflict and resolution
Week 4	Y3 Lesson 4	Friendship - conflict v bullying
Week 5	Y3 Lesson 5	Effective communication to support relationships
Week 6	Y3 Lesson 6	Learning who to trust
Week 7	Y3 Lesson 7	Stereotyping - in everyday life
Week 8	Y3 Lesson 8	Where do stereotypes come from?
Week 9	Y4 Lesson 2	Respect and manners
Week 10	Y4 Lesson 3	Healthy friendships - physical and emotional boundaries
Week 11	Y4 Lesson 4	How my behaviour affects others
Week 12	Y4 Lesson 5	Bullying - the effects of bullying and the responsibility of the bystander
Week 13	Y4 Lesson 6	Stereotypes - in fictional characters
Week 14	Y4 Lesson 7	Stereotypes - negative effects of
Week 15	Y4 Lesson 8	Families in the wider world - respecting differences
Week 16	Y4 Lesson 9	Change and loss - bereavement

Safety and the changing body		
Week 17	Y3 Lesson 1	Emergencies and calling for help
Week 18	Y3 Lesson 2	Basic first aid - bites & stings
Week 19	Y4 Lesson 3	Basic first aid - asthma
Week 20	Y3 Lesson 3	Communicating safely online
Week 21	Y3 Lesson 4	Cyberbullying
Week 22	Y3 Lesson 5	Fake emails
Week 23	Y4 Lesson 1	Internet safety - age restrictions
Week 24	Y4 Lesson 2	Internet safety - share aware
Week 25	Y4 Lesson 4	Privacy and secrecy - the difference between the two
Week 26	Y4 Lesson 5	Consuming information online - being a discerning consumer of online information
Week 27	Y3 Lesson 6	Making choices for myself
Week 28	Y3 Lesson 7	Who and what can influence my decisions and how to make the right choices for me <i>(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)</i>
Week 29	Y4 Lesson 8	Tobacco - the risks of smoking
Week 30	Y4 Lesson 6	Growing up - that the changes from being a child to an adult is called puberty
Week 31	Y4 Lesson 7	Introduction to puberty <i>(vocabulary: breasts, genitals, penis, testicles)</i>
Week 32	Y3 Lesson 8	Road safety

Economic wellbeing		
Week 33	Y3 Lesson 1	Ways of paying
Week 34	Y3 Lesson 2	Budgeting
Week 35	Y3 Lesson 3	How spending affects others
Week 36	Y3 Lesson 4	Impact of spending

Transition		
Week 37	Y3 Lesson 1	Transition lesson

Class 2 - YEAR B		
Health and wellbeing		
Week 1	Y4 Lesson 1	Introduction to RSE and setting ground rules (see Family unit)
Week 2	Y3 Lesson 1	My Healthy diary - physical activity, rest and diet
Week 3	Y3 Lesson 2	Relaxation - stretches
Week 4	Y4 Lesson 2	Relaxation - visualisation
Week 5	Y3 Lesson 3	Wonderful me!
Week 6	Y3 Lesson 4	My superpowers
Week 7	Y3 Lesson 5	Breaking down problems
Week 8	Y4 Lesson 3	Celebrating mistakes
Week 9	Y4 Lesson 4	My role - my strengths and helping others
Week 10	Y4 Lesson 5	My happiness
Week 11	Y4 Lesson 6	Emotions
Week 12	Y4 Lesson 7	Mental health
Week 13	Y3 Lesson 6	Diet and dental health
Week 14	Y4 Lesson 1	Looking after our teeth

Citizenship		
Week 15	Y3 Lesson 1	Rights of the child
Week 16	Y3 Lesson 2	Rights and responsibility
Week 17	Y4 Lesson 1	What are human rights?
Week 18	Y3 Lesson 3	Recycling
Week 19	Y4 Lesson 2	Caring for the environment
Week 20	Y3 Lesson 4	Local community groups
Week 21	Y4 Lesson 3	Community
Week 22	Y3 Lesson 5	Charity
Week 23	Y4 Lesson 4	Contributing
Week 24	Y4 Lesson 5	Diverse communities
Week 25	Y3 Lesson 6	Local democracy
Week 26	Y4 Lesson 6	Local councillors
Week 27	Y3 Lesson 7	Rules

Economic wellbeing		
Week 28	Y4 Lesson 1	Spending choices
Week 29	Y4 Lesson 2	Keeping track of money
Week 30	Y4 Lesson 3	Looking after money
Week 31	Y3 Lesson 5	Jobs and careers
Week 32	Y3 Lesson 6	Gender and careers
Week 33	Y4 Lesson 4	Influences on career choices
Week 34	Y4 Lesson 5	Jobs for me

Transition		
Week 35	Y4 Lesson 1	Transition lesson

Class 3 - YEAR A		
Family and relationships		
Week 1	Y5 Lesson 1	Introduction to RSE and setting ground rules
Week 2	Y5 Lesson 2	Build a friend - what makes a good friend
Week 3	Y5 Lesson 3	Friendship skills
Week 4	Y5 Lesson 4	Marriage - different types of marriage and the history of marriage
Week 5	Y5 Lesson 5	Respecting myself
Week 6	Y6 Lesson 2	Respect - how this can we gained and lost
Week 7	Y6 Lesson 3	Developing respectful relationships
Week 8	Y5 Lesson 6	Family life
Week 9	Y5 Lesson 7	Bullying - the effects of bullying and what might motivate a bully
Week 10	Y5 Lesson 8	Stereotyping - how attitudes to gender have changed over time
Week 11	Y5 Lesson 9	Stereotyping and discrimination
Week 12	Y6 Lesson 4	Challenging stereotypes
Week 13	Y6 Lesson 5	Different types of stereotyping
Week 14	Y6 Lesson 6	Resolving conflict - negotiation and compromise
Week 15	Y6 Lesson 7	Change and loss - the emotions relating to grief

Safety and the changing body		
Week 16	Y5 Lesson 1	Online friendships
Week 17	Y5 Lesson 2	Staying safe online
Week 18	Y6 Lesson 2	Critical digital consumers
Week 19	Y6 Lesson 3	Social media
Week 20	Y5 Lesson 3	Puberty <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation)</i>
Week 21	Y5 Lesson 4	Menstruation <i>(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)</i>
Week 22	Y5 Lesson 5	Emotional changes in puberty
Week 23	Y6 Lesson 4	Physical and emotional changes of puberty <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)</i>
Week 24	Y6 Lesson 5	Conception <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse)</i>
Week 25	Y6 Lesson 6	Pregnancy and birth <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)</i>
Week 26	Y5 Lesson 7	Drugs, alcohol and tobacco - understanding the influence others can have on us <i>(includes cigarettes and alcohol)</i>
Week 27	Y6 Lesson 1	The risks associated with alcohol
Week 28	Y5 Lesson 6	First Aid - bleeding
Week 29	Y6 Lesson 7	First Aid - choking
Week 30	Y6 Lesson 8	Basic life support

Economic wellbeing		
Week 31	Y5 Lesson 1	Borrowing
Week 32	Y5 Lesson 2	Income and expenditure
Week 33	Y5 Lesson 3	Risks with money
Week 34	Y5 Lesson 4	Prioritising spending
Week 35	Y5 Lesson 5	Stereotypes in the workplace

Transition		
Week 36	Y5 Lesson 1	Transition lesson

Class 3 - YEAR B		
Health and wellbeing		
Week 1	Y6 Lesson 1	Introduction to RSE and setting ground rules (see Family unit)
Week 2	Y5 Lesson 1	Relaxation - yoga
Week 3	Y6 Lesson 2	Relaxation - mindfulness
Week 4	Y5 Lesson 2	The importance of rest
Week 5	Y5 Lesson 6	Healthy meals
Week 6	Y5 Lesson 7	Sun safety
Week 7	Y6 Lesson 3	Taking responsibility for my health
Week 8	Y6 Lesson 4	Resilience toolbox
Week 9	Y6 Lesson 5	The facts about immunisation
Week 10	Y6 Lesson 6	Physical health concerns - where to get help
Week 11	Y5 Lesson 3	Embracing failure
Week 12	Y5 Lesson 4	Going for goals
Week 13	Y6 Lesson 1	What can I be? - setting long term goals
Week 14	Y5 Lesson 5	Taking responsibility for my feelings
Week 15	Y6 Lesson 7	Habits - positive and negative

Citizenship		
Week 16	Y5 Lesson 1	Breaking the law
Week 17	Y5 Lesson 2	Rights and responsibilities
Week 18	Y6 Lesson 1	Human rights
Week 19	Y5 Lesson 3	Protecting the planet
Week 20	Y6 Lesson 2	Food choices and the environment
Week 21	Y5 Lesson 4	Contributing to the community
Week 22	Y6 Lesson 3	Caring for others
Week 23	Y5 Lesson 5	Pressure groups
Week 24	Y6 Lesson 4	Prejudice and discrimination
Week 25	Y6 Lesson 5	Valuing diversity
Week 26	Y5 Lesson 6	Parliament
Week 27	Y6 Lesson 6	National democracy

Economic wellbeing		
Week 28	Y6 Lesson 1	Attitudes to money
Week 29	Y6 Lesson 2	Keeping money safe
Week 30	Y6 Lesson 3	Gambling
Week 31	Y6 Lesson 4	What jobs are available?
Week 32	Y6 Lesson 5	Career routes

Identity		
Week 33	Y6 Lesson 1	What is identity?
Week 34	Y6 Lesson 2	Gender identity?
Week 35	Y6 Lesson 3	Identity and body image

Transition		
Week 36	Y6 Lesson 1	Transition lesson