

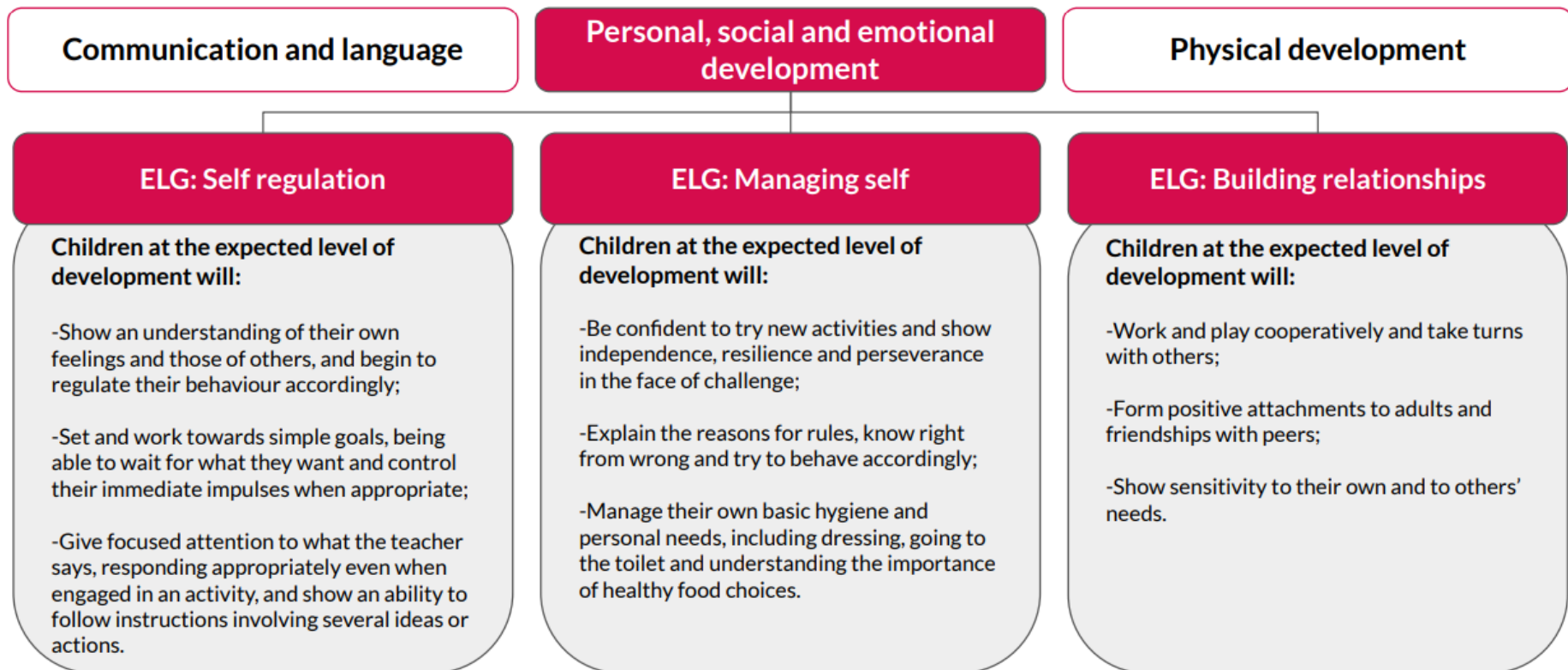


Personal, Social, Health and Economic Education  
and  
Relationships and Sex Education  
Long Term Plan (Spiral Curriculum)

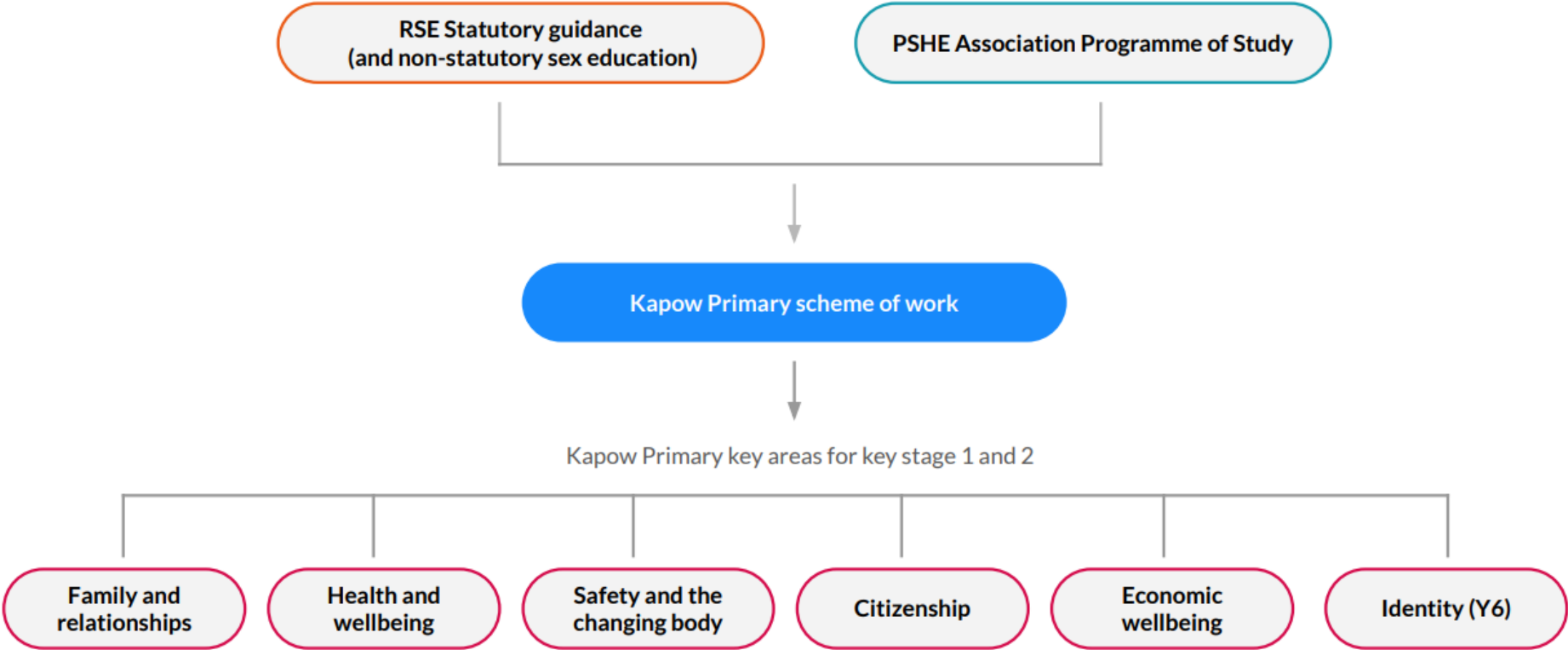


# RSE & PSHE in EYFS: Reception

As seen below, PSHE and RSE themes run throughout the Early Learning Goals (ELG). Children at Dallington begin their RSE and PSHE learning journey through carefully planned play experiences that allow them to begin to develop knowledge, understanding and skill relating to the subject.



# How is the RSE & PSHE scheme of work organised?



## Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

### Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

### Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

### Safety and the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty,

### Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

### Economic wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

### Identity

Considering what makes us who we are whilst learning about body image.



## What about sex education?

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **Year 1:** Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- **Year 2:** Notice that animals, including humans, have offspring which grow into adults
- **Year 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.]

### The RSE statutory guidance states that:

*Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.*

The Kapow Primary scheme of work includes **two** Year 6 lessons which parents have the opportunity to withdraw their children from all/part of the lesson: *Safety and the changing body*: [Lesson 5: Conception](#) and [Lesson 6: Pregnancy and birth](#).



Year 1/2



	Families and relationships		Health and wellbeing	
	<u>Cycle A</u>	<u>Cycle B</u>	<u>Cycle A</u>	<u>Cycle B</u>
<b>1</b>	Introduction: Setting ground rules for RSE & PSHE lessons*	Introduction: Setting ground rules for RSE & PSHE lessons*	Understanding my feelings*	Understanding my feelings*
<b>2</b>	Family*	Family*	Relaxation - laughter and progressive muscle relaxation	Steps to success
<b>3</b>	Friendships*	Friendships*	What am I like?	Developing a growth mindset
<b>4</b>	Families are all different	Other people's feelings	Ready for bed?	Being active
<b>5</b>	Other people's feelings	Getting along with others*	Hand washing and personal hygiene	Relaxation: breathing exercises
<b>6</b>	Getting along with others*	Friendship problems*	Sun safety	Healthy diet
<b>7</b>	Friendship problems*	Gender stereotypes*	Allergies	Looking after our teeth
<b>8</b>	Gender stereotypes*	Change and loss	People who help us stay healthy	

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group

	Safety and the changing body		Citizenship	
	<u>Cycle A</u>	<u>Cycle B</u>	<u>Cycle A</u>	<u>Cycle B</u>
<b>1</b>	Communicating with adults*	Communicating with adults*	Rules*	Rules*
<b>2</b>	People who help to keep us safe in our local community	Road safety*	Similar, yet different *	Similar, yet different *
<b>3</b>	Road safety*	Safety at home	Belonging	Caring for others: Animals
<b>4</b>	Safety with medicines*	Safety with medicines*	Job roles in the community	The needs of others
<b>5</b>	Making a call to the emergency services	What to do if I get lost	Our school environment	Democratic decisions
<b>6</b>	The difference between secrets and surprises	The internet	Our local environment	School council
<b>7</b>	Appropriate contact*	Appropriate contact*		Giving my opinion
<b>8</b>	My private parts are private*	My private parts are private*		
<b>9</b>	Personal boundaries*	Personal boundaries*		

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group



Economic Wellbeing		
	<u>Cycle A</u>	<u>Cycle B</u>
<b>1</b>	Money*	Money*
<b>2</b>	Needs and wants*	Needs and wants*
<b>3</b>	Looking after money	Saving and spending
<b>4</b>	Banks and building societies*	Banks and building societies*
<b>5</b>	Jobs*	Jobs*
Transition		
	<u>Cycle A</u>	<u>Cycle B</u>
<b>1</b>	Transition lesson*	Transition lesson*

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group



Year 3 / 4



	Families and relationships		Health and wellbeing	
	<u>Cycle A</u>	<u>Cycle B</u>	<u>Cycle A</u>	<u>Cycle B</u>
<b>1</b>	Introductory lesson: Setting ground rules and signposting*	Introductory lesson: Setting ground rules and signposting*	My healthy diary	My healthy diary
<b>2</b>	Friendship issues and bullying*	Friendship issues and bullying*	Diet and dental health	Looking after our teeth
<b>3</b>	The effects of bullying and the responsibility of the bystander	Healthy families	Relaxation - stretches	Relaxation - visualisation
<b>4</b>	Stereotyping - Gender*	Stereotyping - Gender*	Wonderful me	Meaning and purpose - my role
<b>5</b>	Stereotyping - Age/disability*	Stereotyping - Age/disability*	My superpowers	Resilience: breaking down problems
<b>6</b>	Healthy friendships - boundaries	How my behaviour affects others	Celebrating mistakes	Emotions
<b>7</b>	Learning who to trust	Effective communication to support relationships	Communicating my feelings*	Communicating my feelings*
<b>8</b>	Respecting differences*	Respect and manners	My happiness	Mental health
<b>9</b>	Change and loss - bereavement*	Respecting differences		

\*Appears in both cycles of the two year spiral curriculum  
Lessons in red are taught to named year group

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Be kind online	Fake emails	Recycling / reusing*	Recycling? reusing*
2	Cyberbullying	Internet safety: age restrictions	Local community buildings and groups*	Local community buildings and groups*
3	Share aware	Consuming information online	Local council and democracy*	Local council and democracy*
4	Privacy and secrecy	Tobacco	Rules	Diverse communities
5	First Aid: Bites and stings	First Aid: asthma	Rights of the child*	Rights of the child
6	Choices and influences*	Choices and influences*	Human rights	Charity
7	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty		
8	Year 3: Road safety Year 4: Growing up	Year 3: Road safety Year 4: Growing up		

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group

Economic Wellbeing		
	Cycle A	Cycle B
1	Spending choices*	Spending choices*
2	Budgeting*	Budgeting*
3	Money and emotions *	Money and emotions *
4	Jobs and careers*	Jobs and careers*
5	Gender and careers	Jobs for me
Transition		
	Cycle A	Cycle B
1	Coping strategies*	Coping strategies*

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group



Year 5 / 6



	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Introduction lesson: Setting rules and signposting*	Introduction lesson: Setting rules and signposting*	Relaxation - yoga	Relaxation - mindfulness
2	Build a friend - what makes a good friend	Friendship skills	The importance of rest	What can I be?
3	Respect*	Respect*	Embracing failure	Taking responsibility for my health
4	Respecting myself	Resolving conflict	Going for goals	The impact of technology on health
5	Marriage	Family life	Taking responsibility for my feelings	Resilience toolbox
6	Bullying	Stereotyping	Healthy meals	Immunisation
7	Stereotyping	Challenging stereotypes	Sun safety	Physical health concerns
8	Challenging stereotypes	Change and loss		Good and bad habits

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Online friendships	Critical digital consumers	Breaking the law	Pressure groups
2	Staying safe online	Social media	Prejudice and discrimination	Valuing diversity
3	First Aid: Choking	First Aid: Bleeding	Protecting the planet	Food choices and the environment
4	Alcohol	First Aid: Basic life support	Contributing to the community	Caring for others
5	Drugs, alcohol and tobacco: Influences	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Rights and responsibilities*	Rights and responsibilities*
6	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Year 5: Menstruation <u>Year 6: Conception</u>	Parliament and national democracy*	Parliament and national democracy*
7	Year 5: Menstruation <u>Year 6: Conception</u>	Year 5: Emotional changes in puberty <u>Year 6: Pregnancy and birth</u>		
8	Year 5: Emotional changes in puberty <u>Year 6: Pregnancy and birth</u>			

\*Appears in both cycles of the two year spiral curriculum  
Lessons in red are taught to named year group



Economic wellbeing		
	<u>Cycle A</u>	<u>Cycle B</u>
1	Borrowing	Attitudes to money
2	Income and expenditure	Keeping money safe
3	Prioritising spending	Stereotypes in the workplace
4	Risks with money	Gambling
5	Careers*	Careers*
Identity		
	<u>Cycle A</u>	<u>Cycle B</u>
1	Year 6: What is identity?	Year 6: What is identity?
2	Year 6: Identity and body image	Year 6: Identity and body image
Transition lesson		
	<u>Cycle A</u>	<u>Cycle B</u>
1	Roles and responsibilities*	Roles and responsibilities*

\*Appears in both cycles of the two year spiral curriculum

Lessons in red are taught to named year group