

Year 1 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: Fun times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety 	<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others 	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel <p>Pol-Ed Keeping safe</p> <p>How can I speak up? This lesson involves pupils identifying what makes them sad etc. and what to do if they are worried. The writing tasks may be challenging for some year 1's so may need to be discussion based.</p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home <p>Lesson 2 recommends using the PANTS resource. If you use this within the RSE unit you may prefer to use a Pol-Ed lesson instead. There is some overlap so you may decide to use the lesson below for this unit.</p>	<p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel 	<p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do

Pol-Ed

Keeping safe

Who are my trusted adults? This includes adults that you don't know e.g. police.

Understanding the law







What do the police do?


Why does age matter?

What have different rules in different places?







Whilst the lessons are about the law there is a focus on laws keeping people safe.

Year 2 - PSHE

Autumn 1	Spring 1 and 2	Summer 1
<p>Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routine 	<p>Relationships education: Boys and girls, families </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • about growing from young to old and that they are growing and changing add science section?? • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special 	<p>Keeping safe and managing risk: Indoors and outdoors </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety <p>Pol-Ed  Keeping safe How can I keep safe online? How can I keep safe in new places? What is 999?</p>
Autumn 2	Health Education	Summer 2
<p>Mental health and emotional wellbeing: Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships <p>Relationships KS1 What if my friends are making me feel sad? Anti-bullying week – What is bullying?</p> 	<p>Health Education</p> <ul style="list-style-type: none"> • about the biological differences between male and female animals and their role in the life cycle <p>Relationships  Why are safe hands important? This lesson explores what safe and unsafe hands are so links to consent. How do I share family worries? This lessons first looks at how families can be different then goes on to look at who to go to if your family is making you feel worried.</p>	<p>Drug, alcohol and tobacco education: Medicines and me </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why medicines are taken • where medicines come from • about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use









Year 3 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and secondhand smoke • about the help available for people to remain smoke free or stop smoking 	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with set-backs 	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Bullying – see it, say it, stop it </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to recognise bullying and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying <p>KS2 What is bullying? What is consent? (friendships) This lesson is NOT about bullying but could be used at the start of this topic and then could be tied into subsequent lessons understanding that bullying does not involve consent</p>	<p>Identity, society and equality: Celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups 	<p>Physical health and wellbeing: What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this

Year 4 - PSHE

Autumn 1	Spring 1	Summer 1 and 2
<p>Identity, society and equality: Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council <p>Pol-Ed Understanding the law What is the law and why do we have it?</p> 	<p>Physical health and wellbeing: What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep 	<p>Health education: Growing up and changing</p>  <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • to answer each other's questions about puberty with confidence, to seek support and advice when they need it
Autumn 2	Spring 2	
<p>Drug, alcohol and tobacco education: Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Keeping safe and managing risk: Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures <p>Pol-Ed Keeping safe What do we mean by risk? What are the emergency services? How can we keep safe on the road?</p>  	<p>Relationships education: Growing up and changing</p>  <ul style="list-style-type: none"> • strategies to deal with feelings in the context of relationships

Year 5 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: In the media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality 	<p>Keeping safe and managing risk: When things go wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home <p>Pol-Ed Keeping safe How can we use our phones safely? How can I share my worries?</p>	<p>Drug, alcohol and tobacco education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p>Pol-Ed Keeping safe What is the issue with addition? (smoking/vaping)</p>
Autumn 2	Spring 2	Summer 2
<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • about prejudice and discrimination and how this can make people feel <p>Pol-Ed Relationships What is discrimination?</p>	<p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers

Year 6 - PSHE		
Autumn 1 and 2	Spring 1	Summer 1
<p>Health education: Puberty </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the changes that occur during puberty <p>Relationships education: Healthy relationships</p> <ul style="list-style-type: none"> to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships about roles and responsibilities of carers and parents <p>Sex education: how a baby is made</p> <ul style="list-style-type: none"> about human reproduction in the context of the human lifecycle how a baby is made and grows (conception and pregnancy) to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it. <p>Pol-Ed  </p> <p>What is grooming? This could be delivered after the RSE unit.</p>	<p>Drug, alcohol and tobacco education: Weighing up risk </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs about assessing the level of risk in different situations involving drug use about ways to manage risk in situations involving drug use 	<p>Mental health and emotional wellbeing: Healthy minds </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> what mental health is about what can affect mental health and some ways of dealing with this about some everyday ways to look after mental health about the stigma and discrimination that can surround mental health
	Spring 2	Summer 2
	<p>Identity, society and equality: Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about people who have moved to Leeds from other places, (including the experience of refugees) about human rights and the UN Convention on the Rights of the Child about homelessness <p>This could replace the Human Rights unit and instead call it Understanding the law </p> <p>Understanding the law</p> <p>What different types of crime are there?</p> <p>How do we enforce the law?</p> <p>How can we be a responsible citizen?</p> <p>What is shop theft?</p>	<p>Keeping safe and managing risk: Keeping safe - out and about </p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>KS2 </p> <p><u>Keeping safe</u></p> <p>How can we keep our things safe? This lesson starts with keeping things safe in the home and then moves on to keeping belonging safe when out and about.</p> <p><u>Relationships</u></p> <p>What is peer pressure? This lesson explains that peer pressure can be positive and negative and explore how to respond to it</p> <p><u>Understanding the law</u></p>

	<p>If it is felt that the Understanding the law unit is beneficial for your KS2 pupils the following objectives could be addressed in a different way through the wider curriculum such as focus days, assemblies or linked to text.</p> <p>Primary-School-Assemblies-200619.pdf (unicef.org.uk)</p> <p>Enable the whole school to explore children’s rights together with our pack of Primary Assemblies. With links to special days such as World Health Day or World Refugee Day, these assemblies are a great way to foster the rights respecting ethos in your school.</p> <p>Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none">• about people who have moved to Leeds from other places, (including the experience of refugees) Refugee Week Best children's books - Refugees & Immigration KS2 (booksfortopics.com)• about human rights and the UN Convention on the Rights of the Child About the Rights Respecting Schools Award - UNICEF UK• about homelessness World Homeless Day 10th Oct Schools - Shelter England	<p>What is anti-social behaviour?</p>
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