

Development of PSHE at George Spicer

Year Group	Relationships Education				
	Families and people who care for me	Caring friendships	Respectful relationships	Online relationships	Being safe
6		Appreciate people for who they are Power struggles	Perceptions of normality Understanding disabilities Understanding bullying Inclusion/exclusion Differences as conflict/difference as celebration Showing Empathy	Technology safety Take responsibility with technology use Sexting	Respect and consent, including online Where to find support to bullying, including cyberbullying
5			Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying: direct/indirect Enjoying and respecting other cultures – showing empathy	Safer online communities Rights and responsibilities online Dangers of online grooming SMARRT internet safety rules	External forms of support to bullying, including cyberbullying or if feeling unsafe , including online g E.g. Child line
4	Love and loss Memories of loved ones	Healthier friendships – make others feel welcome, valued and included Group dynamics Peer pressure Changing friendships Jealousy	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-Solving First impressions are they right or wrong Hidden difference – Understanding Autism	Cyber bullying	Where to go for help if being bullied or feeling unsafe, including cyber bullying Ending friendship – if causing negative feelings or feeling unsafe
3	Families and their differences Family conflict and how to manage it (child-centred) Family roles and responsibilities Families are grounded on love, respect, appreciation, trust and cooperation Why stereotypes can be unfair	Friendship and negotiation	Witnessing bullying and how to solve it Recognising how words can be hurtful Develop compassion and empathy for people less fortunate (other countries)	Gaming and Apps - some rules for staying safe online	Know there are things, places and people that can be dangerous Strategies for keeping safe, including online
2	Different types of families	Making new friends Friendship and conflict Celebrating difference and remaining friends	Assumptions and Stereotypes about gender Gender diversity Understanding bullying Standing up for self and others Hidden difference – Understanding Autism		Where to get help if being bullied Physical contact boundaries Secrets Recognise own feelings and know where to get help Inappropriate touch and assertiveness
1	Belonging to a family Different types of families Celebrating special relationships	Making new friends	Similarities and differences Celebrating the difference in everyone Identify what is bullying and what isn't		Feeling safe in class Who to tell if they or someone else is being bullied or feeling unhappy Touch can be kind and unkind Who helps us stay safe Road Safety – Crossing the road
R	Family life – similarities and differences My home	Making friendships - Breaking friendships Falling out Being a good friend Being gently	Similarities and differences Dealing with bullying Standing up for yourself		Seeking help if lost Stranger danger

Science/SRE Links

ICT Links

Additional Lessons to ensure full coverage of statutory guidance

Year Group	Physical health and mental well-being education							
	Mental wellbeing	Internet safety and harms	Health & Prevention	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Basic first aid	Changing adolescent body including Human Reproduction
6	Fears and worries Identifying mental health worries and sources of support Managing feelings Identifying and managing stress Types of loss - Stages of grief	Influence of online and media on body image				How substances effect the body Exploitation, including 'county lines' and gang culture		Puberty and feelings Conception to birth
5	Building self esteem Self-recognition , self-worth & Body image Motivation and behaviour Negative body image Material wealth and happiness Regulating emotions	Online gaming and gambling Reducing screen time Body image pressure – linked to social media	Healthy teeth and prevention	What make a healthy lifestyle	Relationship with food – including eating problem/disorders Healthy choices	Risks associated with Alcohol and Smoking misuse, including vaping Alcohol and anti-social behaviour	Emergency Aid – including recovery position	Puberty for girls Puberty for boys Conception (including IVF)
4	Overcoming disappointment Resilience Feelings of being excluded or included Motivation Regulating my emotions Anxiety & Fear					Smoking- effects on health Alcohol – effects on health		Having a baby Girls and puberty
3	Setting personal goals Self-identity and worth Positivity in challenge Recognise happiness, sadness, worry and fear in themselves and others Accepting and giving compliments			Exercise Fitness Challenges Healthy and safe choices	Food labelling and healthy swaps	Attitude towards drugs		How babies grow Understand a baby's needs Outside body changes Inside body changes
2	Setting personal goals Identifying hopes and fears Worry & stress Motivation Relaxation Coping with change	Learning about the internet – additional lesson	Sun safety		Healthier choices Healthy eating and nutrition Healthier snacks and sharing food.	Medicines/medicine safety		Life cycles in nature Growing from young to old Differences in female and male bodies(correct terminology)
1	Linking health and happiness. Coping with change Success and Failure Understanding choices Self-worth	Behaving differently online – additional lesson	Keeping clean - that germs can make you unwell.	Keeping myself healthy Healthier lifestyle choices		Medicines safety/safety with household items		Life cycle – animals and human Changes since being a baby Difference between female and male bodies (correct terminology)
R	Understanding & recognising feelings Fears Resilience Feel proud Challenge and perseverance		Sleep Keeping clean – hand washing	Exercising bodies Physical activity	Healthy food			Bodies Respecting my body Growing up Growth and change

Living in the Wider World			
Year Group	Careers and enterprise education – Citizenship	Rights and Responsibilities	Economic Wellbeing
6	Global citizenship How to contribute toward the democratic process Role-modelling Making a difference in the world Effective group work Setting realistic and challenging goals	Know about children’s universal rights (UNCRC) – compare own lives to those less fortunate	
5	Being a citizen Democracy, having a voice, participating Jobs and careers Dream job and how to get there Supporting others (charity)	Rights and responsibilities associated with being a citizen in the wider Rights, responsibilities and respect – angle on technology use community and their country How behaviour affects groups	The importance of money
4	Being part of a class team – working together to reach a consensus Roles in a school community Having a voice and democracy benefits the whole school community How to achieve a goal	Why the school community benefits from a learning charter Rights of the child (UNCRC)	Attitudes towards money
3	Work cooperatively to achieve an end goal Respecting others views Global trade Wants and needs – how these are different around the world	Rules, rights and responsibilities Rewards and consequences Responsible choices Know that all children have rights (UNCRC) Similarities in children’s rights around the world	Keeping track of money
2	Valuing contributions Dreams and ambitions Strengths How obstacles hinder achievement – steps	Rights and responsibilities to create a safe and fair classroom Rewards and consequences stem from choices Safe and fair learning environments	Money, needs and wants and making choices
1	Being part of a class Work effectively with others	Rights and responsibilities of being a member of a class Rewards and feeling proud Consequences Owning the learning charter	How we get Money and how we keep it safe
R	Jobs Setting goals Overcoming obstacles Being in a classroom	Right to play and learn, safely and happily	

Science/SRE Links

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