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| **Bridgelea Primary School Curriculum Overview**bridgelea letterhead logo  **PHSE** |

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| **Strand** | **End of**  **Mile Post 1** | **End of**  **Mile Post 2** | **End of**  **Mile Post 3** |
| Autumn 1 **Living in the wider world** | Year 1 objectives   * **Class rules.** What are our class rules? * **Recognising money.** Where does money come from? * **Environment.** What is the environment?   Year 2 objectives   * **Groups and communities.** What groups and communities am I a part of? * **Spending money.** How do we make choices about spending money? * **Environment.** How can we look after the environment? | Year 3 objectives   * **Rules and laws.** How do rules and laws protect me? * **Community.** What is the difference between my local British community and global communities? * **Work and money.** What are the links between work and money?   Year 4 objectives   * **Rights of the child.** What are the rights of a child? * **Looking after money.** How do we look after our money? * **Sustainability.** What is sustainability? | Year 5 objectives   * **Rules and laws.** How are rules and law made and changed? * **Fair trade.** What is Fair Trade? * **Enterprise.** How can I combine sustainability with fair trade using my enterprise skills?   Year 6 objectives   * **Media.** Why is it important to be critical of the media online and offline? * **Managing money.** How do people manage money? * **Aspirations –** What do I want to be? |
| Autumn 2 **Relationships and RSE** | Year 1 objectives   * **Families.** Who are the people in my life that love and care for me? * **Differences.** What are the differences and similarities between people? * **Body Parts.** What are the similarities between girls and boys?   Year 2 objectives   * **Privacy.** What is private? (body parts) * **Growing up.** What happens when the body grows young to old? * **Fair/Unfair.** What is fair, unfair, kind and unkind? | Year 3 objectives   * **Personal Space.** What is personal space? * **Healthy relationships.** What does a healthy relationship look like? * **Equal relationships.** Why is being equal important in relationships?   Year 4 objectives   * **Diversity.** What is diversity? * **Gender roles.** Do boys and girls have different roles? **Changes to my body.** What changes happen to my body? | Year 5 objectives   * **Puberty.** What is puberty? * **Different relationships.** What are the different relationships in my life? * **Unwanted touch.** What is unwanted touch?   Year 6 objectives   * **Changes in life.** What changes happen in my life? * **Loving relationships.** What happens in a loving relationship (incl. marriage) and what is forced marriage? * **How babies are made –** How is a baby made?   **Additional lesson – FGM** (Optional) |
| Spring 1  **Keeping Safe** | Year 1 objectives   * **Safety school and outside.** What are the rules for keeping me safe at school and outside? * **Safety at home.** What are rules about household substances? * **Emergency.** What is an emergency and what do I do?   Year 2 objectives   * **Feeling unwell.** How do medicines help us when we are unwell? * **Safe at home.** How do I keep safe at home? * **My responsibilities.** What is my responsibility for keeping myself and others safe? | Year 3 objectives   * **Smoke.** What happens when I breathe smoke in the air? * **Recognizing risk.** How do I recognise risks in my life? * **Responding to an emergency.** What do I do in an emergency?   Year 4 objectives   * **Managing risk.** How do I manage risks in my life? * **Self-control.** What is self-control? * **Types of drugs.** What is the difference between legal and illegal drugs? Are all drugs harmful? | Year 5 objectives   * **Dealing with dares.** How do I respond dares? * **Habits.** What are ‘Habits’? * **Influences.** Who or what influences me?   Year 6 objectives   * **Different drugs.** How do drugs affect the mind and body? * **Peer pressure.** How do I manage peer pressure? * **First aid.** What are basic emergency first aid skills? |
| Spring 2  **Mental and Emotional Health**  (Including Online safety) | Year 1 objectives   * **Feelings.** What makes me happy? What are feelings? * **Secrets.** What is the difference between good secrets and bad secrets? * **Behavior.** How does my behavior affect others?   Year 2 objectives   * **Big and small feelings.** What is the difference between small feelings and big feelings? * **Online safety.** How can I keep safe online? * **Bullying.** What makes others happy? What is the different between joking, teasing and bullying? | Year 3 objectives   * **Emotions.** How do my feelings affect my behavior? How can I manage my feelings? * **Online Safety.** What are the ways we are communicating online? * **Strengths and differences.** What am I good at?   Year 4 objectives   * **Resilience.** What is resilience? * **Actions and responsibilities.** What does it mean to have responsibility over my choices and actions? * **Discrimination.** What is discrimination? | Year 5 objectives   * **Mental Health.** What is mental health? * **Negotiation.** How do I negotiate and compromise? * **Online Safety.** How do I stay safe on a mobile or tablet? * **Personal qualities.** How can I be happy being me?   Year 6 objectives   * **Challenging negative feelings.** How can I challenge negative thoughts and feelings? * **Challenging stereotypes.** What are stereotypes? * **Online safety.** How can the internet positively and negatively affect our mental health? |
| Summer 1  **Healthy Lifestyles** | Year 1 objectives   * **Healthy foods.** What foods should I eat to help me stay healthy? * **Healthy teeth.** How can I look after my teeth? * **Hand washing.** Why is important to wash my hands?   Year 2 objectives   * **Keeping healthy.** How do I keep myself healthy? * **Keeping active.** Why is it important to keep active? * **Infection prevention.** What makes others happy? What is the different between joking, teasing and bullying? | Year 3 objectives   * **Healthy diet.** What is a healthy diet? What is an unhealthy diet? * **Sun safety.** How do I keep safe in the sun?   **Personal hygiene.** Why is personal hygiene important?  Year 4 objectives   * **Sleeping Well.** How do I make sure I sleep well? * **Healthy diet.** What is fuel for the body? * **Feeling ill.** How do I know if I am ill? | Year 5 objectives   * **Vaccines.** How can we stop the spread of infection?   **Balanced diet.** Why is it important to know about nutritional content of food?  Year 6 objectives   * **Mental and physical wellbeing.** How is my mental and physical wellbeing connected? * **Keeping physically healthy.** How do I keep physically healthy? * **Healthy meals.** Can I plan and prepare a healthy meal? |
| Summer 2  **Transition** | **Transition** | **Transition** | **Transition** |