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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?
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| 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?
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| 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?
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|  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?
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| Summer 2**Transition** | **Transition** | **Transition** | **Transition** |