

West Rainton Primary School

PSHE incl. RSHE thematic programme of
study
2022-23



Health and Wellbeing

- The importance of and how to maintain personal hygiene
- About growing and changing and responsibilities that increasing independence may bring.
- To recognise they share a responsibility in keeping themselves and others safe, when to say 'yes', 'no', 'I'll ask' or 'I'll tell'.
- The names for main parts of the body including external genitalia.



Relationships

- To identify their special people (family, friends, caregivers) and what makes them special. How special people should care for each other.
- To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).
- To recognise how their behaviour affects other people.
- The difference between secrets and nice surprises and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.

Nursery & Reception



Living in the wider world

- That people and other living things have needs and that they have responsibilities to meet them (taking turns, sharing, understanding the need to return things that are borrowed)
- That they belong to various groups and communities such as family and school.
- To help construct, and agree to follow, group and class rules and to understand how these rules help them.
- How to contribute positively to the life of the classroom.



Health and Wellbeing

- Healthy lifestyles- exercise, eating, rest, dental health.
- About maintain good personal hygiene- responsibility to stop germ spread for themselves and others.
- To learn from experiences, celebrate their strengths and set simple but challenging goals.
- Understand about change and loss and associated feelings- moving house, losing toys, family, friends or pets dying.
- Recognise that some household products, including medicines can be dangerous if not used properly.
- Recognise people who care for them and what good care looks like. Being able to voice their feelings and know where to get help if needed.



Relationships

- Communicate feelings to others, recognise feelings in others and how to respond.
- Learn the difference between secrets and nice surprises. Importance of speaking out about anxieties or discomfort if being asked to keep a secret.
- Identify special people, how special people should care for each other and discuss what makes a family in a range of forms.
- Share opinions on things that matter and explain them to other members of the class.
- Identify and respect differences and similarities between people.

Living in the wider world

- Help construct and agree to follow class and group rules- understand how these rules help them.
- Recognise way in which they are all unique- knowing that there never has been and never will be another 'them'.
- Learn about what improves and harms their local environment and how they can help conserve energy.
- Learn that money comes from a range of sources and that it can be used for different purposes- concepts of spending and saving. Know how to keep money safe and understanding what influences money decisions.



Health and Wellbeing

- Making healthy lifestyle choices both physical and emotional- understand that choices have good and not so good consequences.
- Learn about good and not so good feelings- have vocabulary to describe feelings and strategies to manage them.
- Process of growing from young to old- how people's needs change and how responsibility increases alongside independence.
- Know body part names, including external genitalia. Understand body similarities and differences between boys and girls.
- Responsible ICT use, online safety, road safety, bike safety and safety in the environment- electrical, water, fire safety.
- Challenge stereotypes and talk about how girls and boys can be good at the same tasks.
- Understand what is meant by privacy in a range of contexts. Importance of respecting others' privacy.



Year 2

Relationships

- How behaviour affects others. Knowing what is fair/unfair, kind/unkind. Know when someone is being unkind to them, how to respond, who to tell.
- Learn that people's bodies and feelings can be hurt and that consent plays a huge role in our play and interactions.
- Listen to others, play and work cooperatively. Strategies to resolve simple conflicts. Giving others supportive and constructive feedback.
- Judge what kind of physical contact is appropriate/inappropriate/unacceptable and uncomfortable and how to respond.
- Different types of teasing and bullying and these are wrong and unacceptable.

Living in the wider world

- Help construct and agree to follow class and group rules- understand how these rules help them.
- People and other living things have rights and that we all have responsibilities to protect those rights.
- Learn that they belong to a variety of groups and communities.
- Special people who work in the community and are responsible for looking after them and protecting them.



Health and Wellbeing

- Recognise opportunities and develop skills to make own choices over food- benefits of eating a balanced diet.
- Learn what is meant by the term 'habit' and why habits can be hard to change.
- Reflect on achievements, identify strengths and areas for improvement, set high aspirations/goals.
- Recognise they may experience conflicting emotions and know when to listen to these and overcome these.
- Understand rules about school health and safety and emergency first aid.
- Recognise people who are responsible for helping them stay healthy and safe. How they can help these people keep them healthy and safe.



Relationships

- Recognise and respond to a wider range of feelings in others.
- Recognise what constitutes a healthy, positive relationship. Recognise different types of relationship; acquaintance, friends, relatives, family.
- That actions affect themselves and others.
- Understanding consent in a range of forms- the importance of using 'no' and accepting 'no'.
- Work collaboratively towards shared goals.
- Realise nature and consequences of discrimination, teasing, bullying and aggressive behaviours. How to recognise bullying and abuse in all forms including dares and prejudice online or in person.



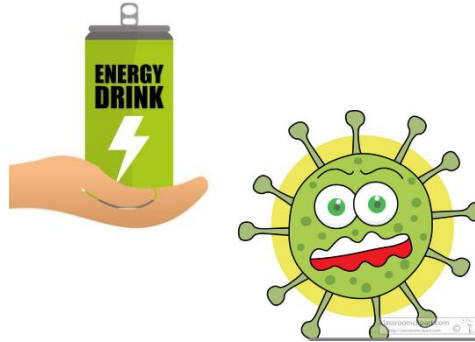
Living in the wider world

- Research, discuss and debate topical issues that matter to them and offer views to appropriate people.
- To learn what being part of a community means- recognise roles of voluntary, community and pressure groups, especially in relation to health and wellbeing.
- Know they have different kinds of responsibilities at home, school, in the community and towards the environment. Develop skills to exercise those responsibilities.
- Begin learning about money management skills- critical consumer.



Health and Wellbeing

- Understand what positively and negatively affects their physical, mental and emotional health. Understand how to make informed choices for a balanced lifestyle.
- Learn which, why and how commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage their immediate and future health and safety. That some are restricted and some are illegal to own, use and give to others.
- Bacteria and viruses can affect health and that following simple routines can reduce their spread.
- Online safety- protecting personal information.



Relationships

- Understand the concept of keeping something confidential or secret and when it is safe and appropriate to do so.
- Explore further, consent in a range of forms and understand that consent is a continual process and can be withdrawn.
- Learn to recognise and manage 'dares'.
- Judge what kind of physical contact is acceptable and unacceptable and how to respond.
- Develop strategies to resolve conflicts and disputes through negotiation and appropriate compromise.
- Listen and respond appropriately to a wide range of people, developing confidence to give own views, recognise and care about others' feelings and respect, and if necessary, constructively challenge views of others.



Living in the wider world

- Appreciate the range of national, regional, religious and ethnic identities in the UK.
- Consider the lives of people living in other places and people with different values and customs.
- Economic choices affect individuals. That resources can be allocated in different ways that can affect individuals, communities or the environment.
- Learn about the role of money- being a critical consumer.
- Develop an understanding of the terms 'loan', 'debt', 'interest' and 'tax'.



Health and Wellbeing

- Know which, why and how commonly available substances and drugs (including alcohol, tobacco and energy drinks) could damage immediate and future health and safety. Know that some are legal, some restricted and some illegal to buy, own or supply to others.
- Learn what has positive and negative effects on physical, mental and emotional health (including the media)
- How their body will, and their emotions may change as they approach and move through puberty.
- Recognise when they need help and develop skills to ask for it. Develop techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or that they think is wrong.
- Differentiate between the terms 'risk', 'danger' and 'hazard'.



Relationships

- Listen and respond respectfully to a wide range of people, feel confident to raise concerns.
- Know that actions have consequences and practice collaborative working through negotiation, compromise and giving feedback.
- Explore further, consent in a range of forms and understand that consent is a continual process and can be withdrawn.
- Develop understanding of child on child abuse, the impact it can have and how to report it.
- Develop strategies to resolve conflicts and disputes through negotiation and appropriate compromise.
- Listen and respond appropriately to a wide range of people, developing confidence to give own views, recognise and care about others' feelings and respect, and if necessary, constructively challenge views of others.



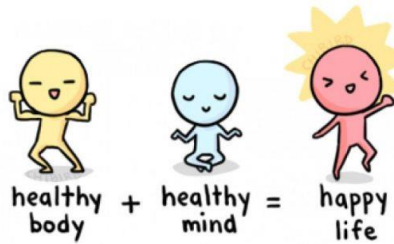
Living in the wider world

- Appreciate the range of national, regional, religious and ethnic identities in the UK.
- Consider the lives of people living in other places and people with different values and customs.
- Economic choices affect individuals. That resources can be allocated in different ways that can affect individuals, communities or the environment.
- Learn about the role of money- being a critical consumer.
- Develop an understanding of the terms 'loan', 'debt', 'interest' and 'tax'.
- Discuss and debate health and wellbeing issues such as; changing rules or laws, antisocial behaviour, respecting and resolving differences.



Health and Wellbeing

- Recognise how their increased independence brings increased responsibility to keep themselves and others safe.
- Recognise how images seen in the media and online do not always reflect reality and can affect how people feel about themselves.
- Understand how their body will, and emotions may change as they move through puberty.
- Learn about human reproduction and the roles and responsibilities of parents.
- Understanding their rights to protect their own body.
- Understand the importance of menstrual wellbeing and feel comfortable in use of resources in school.
- Understand how to make informed choices (including recognising that choices have positive, neutral or negative consequences) and begin to understand the concept of a balanced lifestyle.
- How pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources including people they know, the media and online.



Relationships

- Realise the nature and consequences of discrimination, teasing, bullying, and aggressive behaviours (including cyber-bullying, trolling, prejudice-related language) and how to respond and ask for help. Know that this is also known as child on child abuse.
- Recognise different types of relationships including those between relatives, friends, acquaintances and families.
- Recognise that differences and similarities between people arise from a number of factors including; family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability.
- Recognise when a relationship is unhealthy (including forced marriage); committed; loving relationships; marriage.
- Recognise acceptable and unacceptable physical touch, personal boundaries and the right to privacy.
- Understand the power of giving and seeking consent in a range of forms. Understand consent changes and can be withdrawn.

Living in the wider world

- Research, discuss and debate topical issues that concern their health and wellbeing or that of the environment and offer their views to relevant people.
- Explore and critique how the media present information.
- Understand The Equality Act 2010 and its role in creating an equitable society for all. Know the 9 protected characteristics and understand their rights and responsibilities in challenging prejudice and discrimination.
- Understand enterprise and set up an enterprise.
- Revisit the UN charter of children's rights.

