

## Appendix D

PSHE/RSHE Curriculum Overview showing Units relating to Relationships and Sex Education; Health Education and other PSHE units. Please note that units may be taught in different terms than indicated here.

**CWP Units: Relationships, Sex and Health new units; see below for further detail:**

**Social and Emotional Learning; Links to Other Curriculum Areas; Other PSHE Units**

Year Group	Autumn	Spring	Summer
<b>Nursery</b> <b>Family and Friendship</b>	<b>Caring Friendships/Families (CWP)</b> Topic: Friends and Family (Meet my Family, Why I love my family)	<b>Being Kind (CWP)</b> Personal Social and Emotional Development (sharing, considering needs of others, class rules)	<b>Families (CWP)</b>
<b>Reception</b> <b>Family and Friendship</b>	<b>Caring Friendships/Families (CWP)</b> Making Friends, Giving Compliments, Sharing and Caring Topic: Friends and Family	<b>Being Kind/Caring Friendships (CWP)</b> Circle Time Rules, Compliments, Having More than One Friend	<b>Caring Friendships (CWP)</b> Emotional Health (via Mental Health Week) Gaining a sense of Community (including contributing to life in the classroom, cooperation)
<b>Year 1</b> <b>Growing and Caring for Ourselves</b>	<b>Growing and Changing (CWP)</b> (Science Link: Animals Including Humans) Circle Rules, We All Have Feelings; Happy/Sad/Mad/Angry Keeping well and clean The Environment	<b>Different Friends (CWP)</b> Sharing and Caring; Advanced Compliments; Making Choices; Solving Problems Money – through Maths	<b>Families and Care (CWP)</b> Comfortable & Uncomfortable; Different Types of Feelings; Keeping Safe
<b>Year 2</b> <b>Differences</b>	<b>Differences (CWP) (Science Link)</b> Worries and Emotional Development; Fairness in Peer Relations Healthy people Money, shopping and saving; through Maths	<b>Male and Female Animals (CWP) (Science Link)</b> The Concept of Friendship; Positive Social Interaction Skills; Importance of Sharing and Negotiation in dealing with peer conflict Keeping safe; Coping with conflict	<b>Naming Body Parts (CWP) (Science Link)</b> Growing Up (KS1 Science) Importance of Communication in solving conflict About my body Exploring our families

<p><b>Year 3</b></p> <p><b>Valuing Difference and Keeping Safe</b></p>	<p><b>Body Differences (CWP)</b>  Skills to operate and develop self-control;  How to stay calm and in control; How to make effective choices  Emotions and feelings  Peer influence/pressure  Me and my community</p>	<p><b>Personal Space (CWP)</b>  Ways to solve problems;  How to play by fair rules; How to be a good winner and loser</p> <p>Healthy Lifestyles  Where do things come from?</p>	<p><b>Help and Support (CWP)</b>  <b>Amazing Bodies (Exercise and Nutrition) (Science)</b>  Tolerance of different views; How to overcome obstacles; How to include, avoid rejection and problem-solve  Drug Education - Smoking &amp; Basic First Aid  Keeping safe  Managing money – <a href="#">Link to Maths</a></p>
<p><b>Year 4</b></p> <p><b>Growing Up</b></p>	<p><b>Healthy Relationships (CWP)</b>  Strategies to resist Peer Pressure; Peer pressure and social interactions  <b>Computing: Online Peer Pressure</b>  Rights and Responsibilities  Media and Me: <a href="#">link to Computing</a></p>	<p><b>Changes (CWP)</b>  Cooperation; Gossip and Rumours – How it Affects Friendships; Conflict Resolution  <b>Healthy Lifestyles: link to Science &amp; Digestive System</b>  Local Community – shared responsibilities: <a href="#">link to Science</a>; <a href="#">habitats and the changing world</a></p>	<p><b>What is Puberty (CWP)</b>  Increase the Understanding of Emotional Concepts; Increase Skills to communicate emotional states.  Drug Education - Alcohol and Decision making Aspirations  Managing Money – through Maths/Money topics</p>
<p><b>Year 5</b></p> <p><b>Puberty</b></p>	<p><b>Talking About Puberty (CWP)</b>  What is a stereotype and how they can lead to unfair treatment; Introduce the concept of discrimination  Personal Safety  Self-Respect and Personal Goals</p>	<p><b>The Reproductive System (CWP)</b>  <b>Animals including Humans (Science link)</b>  PATHs Lessons include: Communicating emotional states; Promote and Reinforce skills in friendship formation;  Healthy lifestyles  Media literacy and digital resilience: <a href="#">link to Computing</a></p>	<p><b>Help and Support (CWP)</b>  Feelings can be comfortable or uncomfortable</p> <p>Drug Education – Legal and Illegal Drugs  Money <a href="#">Link to Maths/Moneysense workshops</a></p>
<p><b>Year 6</b></p> <p><b>Puberty, Relationships And Reproduction</b></p>	<p><b>Science – Evolution &amp; Inheritance (differences &amp; similarities)</b>  Other PHSE – Rules &amp; responsibilities (inc Magna Carta)  Mental Health and Online Safety  Media literacy and digital resilience  <b>Computing: online safety (ongoing)</b></p>	<p><b>Communications in Relationships (CWP)</b>  Drug Education – Drugs, risks and the Media;  Protected Characteristics and Bullying <b>Animals including Humans (Science Link)</b> keeping healthy/ effect of drugs on the body  <b>Computing: online safety (ongoing); blogs (respecting others’ opinions)</b>  Family Dynamics</p>	<p><b>Puberty &amp; Reproduction (CWP)</b>  <b>Families, Conception and Pregnancy (CWP)</b>  <b>Online Relationships (CWP)</b>  Transition to secondary school activities:  <b>Residential/Leavers’ Service/Summer production: team-building, collaboration and bonding</b>  <b>Money and Me (Moneysense Workshops)</b>  Aspirations, work and career</p>

**CWP Scheme of Work:** we have indicated which area of statutory guidance the unit of work relates, i.e. Relationships, Health or Science

Class	Learning Intentions and Outcomes
<b>Reception: Family and Friendship Relationships Education</b>	Recognise the importance of friendship; know that friendships can make us happy; know some ways that we can make new friends feel welcome. Recognise the importance of saying sorry and forgiveness; know that arguing with friends and make up can make friendships stronger; know that resorting to violence is never right. Recognise that all families are different.
<b>Year 1: Growing and Caring for Ourselves Relationships Education KS1 Science</b>	Discuss how children grow and change; understand that babies need care and support; know that older children can do more by themselves. Understand that we are all different but can still be friends; know that we can be friends with people who are different to us. Know that there are, and explore different types of families and who to ask for help; identify who can help when families make us feel unhappy or unsafe.
<b>Year 2: Differences Relationships Education KS1 Science</b>	Introduce the concept of gender stereotypes; identify differences between males and females; understand that some people have ideas about what boys and girls can do; describe the difference between male and female babies; (KS1 Science & Respect Explore some of the differences between male and female animals and understand how this is part of the life cycle; understand that making a new life needs a male or a female (KS1 Science) Name body parts and describe the physical difference between boys and girls (KS1 Science)
<b>Year 3: Valuing Difference and Keeping Safe Relationships Education</b>	Identify that people are unique and to respect those differences; explore the differences between male and female bodies; name male and female body parts using agreed words. Consider appropriate and inappropriate physical contact and consent; Understand that each person's body belongs to them; Understand personal space and unwanted touch. Explore different types of family; Understand that all families are different and have different family members; know who to go to for help and support.
<b>Year 4: Growing Up Health Education KS2 Science Relationships Education</b>	Explore the human life cycle; identify some basic facts about puberty; understand that puberty is an important stage in the human lifecycle; know some of the emotional and physical changes that happen in puberty; explore that puberty is linked to reproduction and that children change into adults to be able to reproduce if they choose to Explore respect in relationships; discuss the characteristics of healthy relationships; know that respect is important in all relationships, including online; explain how friendships can make people feel unhappy or uncomfortable
<b>Year 5: Puberty Health Education</b>	Explore and explain the main emotional and physical changes occurring in puberty; ask questions about puberty with confidence; understand male and female puberty changes in more detail; understand how puberty affects the reproductive organs; describe what happens during menstruation and sperm production; explore the impact of puberty on the body and importance of physical hygiene; know how to get help and support during puberty
<b>Year 6: Puberty, Relationships &amp; Reproduction Health Education Relationships Education KS2 Science</b>	To consider puberty and reproduction; describe how and why the body changes during puberty in preparation for reproduction; talk about puberty and reproduction with confidence; Explore the importance of communication and respect in relationships; explain differences between healthy and unhealthy relationships; know that communication and permission seeking are important; explore positive and negative ways of communicating in a relationship (including online); consider when it is appropriate to share personal/private information in a relationship. Know how and where to get support if an online relationship goes wrong. Consider different ways people might start a family; describe the decisions that have to be made before having children; know some basic facts about conception and pregnancy