

Key:

Statutory Lesson

 Key for safeguarding children

Year 1 - PSHE

Keeping safe and managing risk:

Feeling safe

Lesson 1:

Pupils learn about safety in familiar situations

Pupils

- recognise the difference between 'real' and 'imaginary' dangers
- understand that there are situations when secrets should not be kept
- know to tell a trusted adult if they feel unsafe



Lesson 2:

Pupils learn about personal safety

Pupils

- recognise the difference between good and bad touches
- understand there are parts of the body which are private
- know who they can go to, what to say or do if they feel unsafe or worried



Lesson 3:

Pupils learn about people who help keep them safe outside the home

Pupils

- can identify situations where they might need help
- can identify people in the community who can help to keep them safe
- know how to ask for help if they need it



Relationship education:

Boys and girls, families

Lesson 1:

Pupils learn to understand and respect the differences and similarities between people

Pupils

- are able to define difference and similarity
- understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that



Lesson 2:

Pupils learn that everybody needs to be cared for and ways in which they care for others

Pupils

- understand that we all have different needs and require different types of care
- identify ways we show care towards each other
- understand the links between needs, caring and changes throughout the life cycle



Lesson 3:

Pupils learn about different types of family and how their home-life is special

Pupils

- can describe different types of family
- identify what is special and different about their home life
- understand families care for each other in a variety of ways

Year 2 - PSHE

Mental health and emotional wellbeing:

Friendship

Lesson 1:

Pupils learn about the importance of special people in their lives

Pupils

- can identify people who are special to them and explain why
- understand what makes a good friend
- can demonstrate how they show someone they care



Lesson 2:

Pupils learn about making friends and who can help with friendships

Pupils

- understand how people might feel if they are left out or excluded from friendships
 - recognise when someone needs a friend and know some ways to approach making friends
- know who they can talk to if they are worried about friendships



Lesson 3:

Pupils learn about solving problems that might arise with friendships

Pupils

- can identify some ways that friendships can go wrong
- can describe some ways to sort out friendship problems
- recognise that difficulties within friendships can usually be resolved



Relationship education:

Boys and girls, families

Lesson 1:

Pupils learn about the biological differences between male and female animals and their role in the life cycle

Pupils

- know that female mammals give birth and nurse their young
- can describe the biological differences between male and female

understand that the creation of life requires a male and female

Lesson 2:

Pupils learn the biological differences between male and female children

Pupils

- identify and name biological terms for male and female sex parts
 - can label the male and female sex parts with confidence
- understand that the male and female sex parts are related to reproduction



Lesson 3:

Pupils learn about growing from young to old and that they are growing and changing

Pupils

- can identify key stages in the human life cycle
 - understand some ways they have changed since they were babies
- understand that all living things including humans start life as babies



Year 3 - PSHE

Keeping safe and managing risk:

Bullying – see it, say it, stop it

Lesson 1:



Pupils learn to recognise bullying and how it can make people feel

Pupils

- are able to define what is meant by 'bullying'
- can identify the difference between falling out with someone and bullying
- understand how bullying can make people feel and why this is unacceptable

Lesson 2:



Pupils learn about different types of bullying and how to respond to incidents of bullying

Pupils

- can name different types of bullying (including racism)
 - can identify the different ways bullying can happen (including online)
- can describe how they would respond in a range of situations relating to falling out and bullying, including how to get help



Lesson 3:



Pupils learn about what to do if they witness bullying

Pupils

- can explain how to react if they witness bullying
- understand the role of bystanders and the important part they play in reducing bullying
- know how and to whom to report incidents of bullying, where to get help and support



Identity, society and equality:

Celebrating difference

Lesson 1:



Pupils learn about valuing the similarities and differences between themselves and others

Pupils

- know that differences and similarities between people arise from a number of factors including family, culture, age, gender, personal interests, belief
- recognise they have shared interests and experiences with others in their class as well as with people in the wider world

understand that peers might be similar or different to each other but can play or work together

Lesson 2:



Pupils learn about what is meant by community

Pupils

- can explain what being part of a community means
- can recognise some of the different groups or communities they belong to and their role within them
- value and appreciate the diverse communities that exist and how they connect

Lesson 3:



Pupils learn about belonging to groups

Pupils

- can identify positive and negative aspects of being a member of a group
- can acknowledge that there may be times when they don't agree with others in the group

can stand up for their own point of view against opposition

Lesson 1:



Pupils learn about the way we grow and change throughout the human lifecycle

Pupils

- can identify changes throughout the human life cycle
 - understand change is on-going
- understand change is individual

Lesson 2:



Pupils learn about the physical changes associated with puberty

Pupils

- are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
- identify physical changes associated with puberty
- understand that everyone's experience of puberty is different and that it begins and ends at different times

Lesson 3:



Pupils learn about the impact of puberty on physical hygiene and strategies for managing this

Pupils

- can explain how changes at puberty affect body hygiene
 - can describe how to care for their bodies during puberty
- can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

Lesson 4:



Pupils learn strategies to deal with feelings in the context of relationships

Pupils

- are able to identify feelings and understand how they affect behaviour
 - can practise strategies for managing relationships and changes during puberty
- can empathise with other people's feelings in relationships, including parents and carers

Year 4 - PSHE

Keeping safe and managing risk:

Playing safe

Lesson 1:

Pupils learn how to be safe in their computer gaming habits

Pupils

- know about the age classification system and understand why some games are not appropriate for children to play
- can evaluate whether a computer game is suitable for them to play and explain why
- are able to share opinions about computer games



Lesson 2:

Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks

Pupils

- can identify and assess the level of risk of different activities in the local environment
- recognise that in some situations there may be pressure to behave in a way that doesn't feel safe
- can identify some ways to respond to unhelpful pressure



Lesson 3:

Pupils learn about what to do in an emergency and basic emergency first aid procedures

Pupils

- are able to assess what to do in an emergency
- can carry out some simple first aid procedures for different needs
- can demonstrate how to ask for help from a range of emergency services

Relationship education:

Growing up and changing

Lesson 1:

Pupils learn about the physical changes associated with puberty

Pupils

- are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
- identify physical changes associated with puberty
- understand that everyone's experience of puberty is different and that it begins and ends at different times



Lesson 2:

Over two lessons

Pupils learn about menstruation and wet dreams

Pupils

- can describe menstruation and wet dreams
 - can explain effective methods for managing menstruation and wet dreams
 - understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams
- labelling male and female genitalia



Lesson 3:

Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty

Pupils

- are able to describe how feelings and behaviour change during puberty
 - can devise strategies for managing these changes
- understand how changes during puberty can affect relationships with other people



Year 5 - PSHE

Keeping safe and managing risk:

When things go wrong

Lesson 1:



Pupils learn about keeping safe online

Pupils

- understand that people can be influenced by things online
- can explain why what they see online might not be trustworthy

know when and how to report something that makes them feel unsafe or uncomfortable

Lesson 2:



Pupils learn that violence within relationships is not acceptable

Pupils

- know what is meant by domestic violence and abuse
- understand that nobody should experience violence within a relationship
- know what to do if they experience violence/ where to go for help, advice and support

Lesson 3:



Pupils learn about problems that can occur when someone goes missing from home

Pupils

- understand some of the reasons that might cause a young person to run away or be absent from home
- can identify the potential risks and dangers of running away or going missing
- know who to talk to if they feel like running away

Identity, society and equality:

Stereotypes, discrimination and prejudice (including tackling homophobia)

Lesson 1:



Pupils learn about stereotyping, including gender stereotyping

Pupils

- can explain what is meant by the word 'stereotype'
- identify stereotypes as presented in the media and wider world
- feel able to challenge gender stereotypes

Lesson 2:



Pupils learn about prejudice and discrimination and how this can make people feel

Pupils

- identify some discriminatory language (homophobic, sexist, disablist, racist and transphobic)
- know what to do if they experience discriminatory language at school
- understand how discriminatory language can make people feel and that this is unacceptable

Lesson 1:

(As part of science)

Pupils learn about the changes that occur during puberty

Pupils

- can identify the physical, emotional and behavioural changes that occur during puberty for both males and females
- understand that puberty is individual and can occur any time between 8-17
- understand that body changes at puberty are a preparation for sexual maturity

Lesson 2:

Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

Pupils

- understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture
- can recognise and challenge gender stereotypes
- understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

Lesson 3:

Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

Pupils

- can identify positive qualities and expectations from a variety of relationships
- can explain the similarities and differences between friendships and intimate relationships
- can describe that there are different types of intimate relationships, including marriage
- understand that sex or making love may be one part of an intimate relationship between adults



Lesson 4:

(As part of science)

Pupils learn how a baby is made and grows (conception and pregnancy)

Pupils

- know the male and female body parts associated with conception and pregnancy
- can define conception and understand the importance of implantation in the womb
- know what pregnancy is, where it occurs and how long it takes



Year 6 - PSHE

Keeping safe and managing risk:

Keeping safe - out and about

Lesson 1:

Pupils learn about feelings of being out and about in the local area with increasing independence

Pupils

- are aware of potential risks when out and about in the local area
- describe a range of feelings associated with being out and about
- understand that people can make assumptions about others that might not reflect reality

Lesson 2:

Pupils learn about recognising and responding to peer pressure

Pupils

- can identify risky behaviour in peer groups
- recognise and respond to peer pressure and who they can ask for help
- understand how people feel if they are asked to do something they are unsure about



Lesson 3:

Pupils learn about the consequences of anti-social behaviour (including gangs and gang related behaviour)

Pupils

- know some of the consequences of anti-social behaviour, including the law
- describe ways to resist peer pressure
- recognise they have responsibility for their behaviour and actions

Lesson 4:

Pupils learn about the importance for girls to be protected against FGM



Pupils

- know that FGM is a form of abuse
- understand that everyone has the right to be protected against harm to their bodies

know where and how someone can get help and support



Lesson 1:

Pupils learn about human reproduction in the context of the human lifecycle

Pupils

- understand that sexuality is expressed in a variety of ways between consenting adults
- know that sexual intercourse may be one part of a sexual relationship
- can describe how babies are made and explain how sexual intercourse is related to conception
- can name the male and female sex cells and reproductive organs



Lesson 2:

Pupils learn about roles and responsibilities of carers and parents

Pupils

- can identify some of skills and qualities needed to be parent and carer
- understand the variety of ways in which parents and carers meet the needs of babies and children
- can recognise that both men and women can take on these roles and responsibilities



Lesson 3:

Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

Pupils

- can answer each other's questions about sex and relationships
- can use appropriate language to discuss sex and relationships and growing up with confidence
- can identify sources of information, support and advice for children and young people

