



PSHE, including RSE Scheme of work

Foundation Stage

	Me and My School	Happy and Healthy Me	Me in the World	Me and My Safety	Me and My relationships	Me and Other People
Reception	Getting to know my school <ul style="list-style-type: none"> Who is in my class Adults in school My classroom The school building 	<ul style="list-style-type: none"> Hand washing Healthy eating Teeth Medicines Being happy 	Transition <ul style="list-style-type: none"> School Council New experiences in year 1 Summer holidays including safety in the wider world 	<ul style="list-style-type: none"> Safety in the classroom Safety in school Safety in the playground People who help us keep safe 	<ul style="list-style-type: none"> Being a good friend Who is in my family Different types of family 	<ul style="list-style-type: none"> Celebrating special events Same and different
Suggested time to teach	Autumn 1	Spring 2	Summer 2	Spring 1	Autumn 2	Summer 1

Overview

SEN & Inclusion Service August 2016

Key Stage 1

	Me and My School	Happy and Healthy Me	Me in the World	Me and My Safety	Me and My relationships	Me and Other People
Year 1	Class rules School Council <ul style="list-style-type: none"> Making choices Compromise Skills of a representative Own skills in relation to School Council Class meetings 	My body <ul style="list-style-type: none"> Parts of the body Changing needs Influences on health and wellbeing Likes and dislikes Consequences of choices Emotional health 	Pets and animals <ul style="list-style-type: none"> Likes and dislikes Right and wrong Needs of animals Fair and unfair Human needs 	<ul style="list-style-type: none"> Medicines Identifying risks and ways to stop accidents happening People who help us Road safety – keeping safe near the road and in the car 	<ul style="list-style-type: none"> Valuing themselves Family – different types Friendship skills Good and bad friendships Making choices 	<ul style="list-style-type: none"> My identity Groups belong to Bullying
Year 2	Class rules <ul style="list-style-type: none"> why have rules School Council <ul style="list-style-type: none"> How it works Role of a representative Class council meeting Feelings <ul style="list-style-type: none"> Name feelings Dealing with feelings including negative ones 	<ul style="list-style-type: none"> Body parts Personal hygiene Spread of germs and diseases Balanced diet Healthy lunchbox 	Local area <ul style="list-style-type: none"> Positive and negatives of the local area Discussion Role in improving area Money <ul style="list-style-type: none"> Sources of money Uses of money Keeping money safe Making choices 	Safe and unsafe:- <ul style="list-style-type: none"> Things e.g. medicines and household substances Places e.g. roads People i.e. safe and unsafe touches, feeling comfortable/uncomfortable, secrets and surprises 	<ul style="list-style-type: none"> Working together Behaviour and impact on others Resolving conflict Teasing and bullying Changing relationships 	<ul style="list-style-type: none"> Similarities and differences between boys and girls Different types of families Race and religion

Overview

SEN & Inclusion Service August 2016

Key Stage 2

	Me and My School	Happy and Healthy Me	Me in the World	Me and My Safety	Me and My relationships	Me and Other People
Year 3	<ul style="list-style-type: none"> Class rules New challenges Valuing themselves School Council 	<ul style="list-style-type: none"> Balanced diet Impact of healthy diet Making choices 	<ul style="list-style-type: none"> Managing money Good value Resource allocation 	<ul style="list-style-type: none"> What is risk Road Safety Pressure Safe and unsafe touches 	<ul style="list-style-type: none"> What makes a good friend Falling out 	<ul style="list-style-type: none"> My identity My community – school and local Similarities and differences in community
Year 4	<ul style="list-style-type: none"> Class rules Role of School Council rep Jobs on the School Council Class council My strengths and weaknesses 	<ul style="list-style-type: none"> What keeps me healthy? What can make me ill – bacteria and viruses Drugs – medicines and Tobacco Good and bad habits 	<ul style="list-style-type: none"> Rights and responsibilities Rights of the Child Jobs and duties 	<ul style="list-style-type: none"> Safety in school Responsibilities for my safety and the safety of others E safety 	<ul style="list-style-type: none"> Feelings of other people Developing relationships Different types of relationships Puberty 	<ul style="list-style-type: none"> Similarities and differences Communities including Britain Respect and tolerance
Year 5	<ul style="list-style-type: none"> My achievements My goals School Council rep Class rules 	<ul style="list-style-type: none"> Physical health Emotional health What can affect our health including the media How will my body change as I grow up 	<ul style="list-style-type: none"> How are laws made in the UK Parliament Public money Personal money – loans, debt and interest 	<ul style="list-style-type: none"> When do I feel unsafe How can I deal with this Pressure including peer pressure Getting help 	<ul style="list-style-type: none"> Puberty emotions Anti social behaviour Nature and consequence of bullying 	<ul style="list-style-type: none"> Identities in the UK Celebration of diversity Racism
Year 6	<ul style="list-style-type: none"> Class rules Opportunities and challenges of Y6 School Council My contribution to my school 	<ul style="list-style-type: none"> Body changes Periods Feeling during puberty Media 	<ul style="list-style-type: none"> Environment and Sustainability Pressure groups and charities 	<ul style="list-style-type: none"> Drugs – solvents and alcohol Pressure related to drug use Strategies for making decisions and saying no 	<ul style="list-style-type: none"> Changing friendships and relationships 	<ul style="list-style-type: none"> Diverse nature of UK Life in other countries Stereotypes Challenging stereotypes