KST Primaries PSHE and RSE Curriculum

Reception						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Being my Best *Healthy eating* 2. Being my Best *My healthy mind*	1. Being my Best *Move your body* 2. Being my Best *A good night's sleep*	1. Being my Best *Yes I can!* 2. Keeping safe *What's safe to go onto my body*	1. Keeping safe *Keeping myself safe – what's safe to go into my body* 2. Keeping safe *People who help to keep me safe*	1. Keeping safe *Safe indoors & outdoors* 2. Keeping safe *Keeping safe online* 3. Being my Best *Bouncing back when things go wrong*	1. Growing and changing *Life stages -plants, animals, humans (link with ducks)* 2. Growing and changing *Getting bigger*
Relationship Education	3. Me and My Relationships *All about me* 4. Me and My Relationships *What makes me special* 5. Rights and Respect *Being helpful at home and caring for our classroom/World Mental Health Day*	3. Me and My Relationships *Me and my special people* 4. Valuing difference *I'm special, you're special* 5. Valuing difference *I am caring*	3. Me and My Relationships *My feelings* 4. Keeping safe *Listening to my feelings* 5. Valuing difference *I am a friend* 6. Growing and changing *Seasons*	3. Me and My Relationships *My feelings (2)* Me and My Relationships *Who can help me?* 5. Rights and Respect Looking after my special people	4. Valuing difference *Same and different* 5. Rights and Respect Looking after my friends	3. Rights and Respect *Caring for our world* 4. Valuing difference *Same and different families*
Wider		6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		5.Assessment lesson *Multiple choice quiz, classroom discussion and reflection*
Core Text	The Colour Monster *(Expressing feelings/emotions)*		The Feelings Monster by Anna Llenas. *(Expressing feelings/emotions)*			

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Year 1						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Being my best *Eat Well* 2. Being my best *I can eat a rainbow* 3. Being my best *Super Sleep*	1. Being my Best *Harold's wash and brush up* 2. Anti-bullying Week 3. Being my Best *Catch it! Bin it! Kill it!*	1. Rights and Respect *Basic First Aid* 2. Allergies *Allergy Adventures Lesson 1*	1. Growing and changing *Human life cycle – PSHE Association* 2. Keeping safe *Who can help (1)* 3. Being my best *Pass on the praise!*	1. Growing and Changing *Healthy Me* 2. Growing and changing *Everybody's body- PSHE Association* 3. Mental Health Awareness Week	1. Keeping safe *Soltan sun ready lesson* 2. Keeping safe *Sharing pictures* 3. Growing and changing *Then and Now*
Relationship Education	4. Asking for permission *PSHE Association Consent Lesson* 5. Me and My Relationships *Why we have classroom rules* 6. Valuing difference *Harold's School Rules* 7. Me and My Relationships *How are you listening?*	4. Keeping Safe *Good or bad touches?* 5. Talking about your worries *Who can help?* 6. Growing and Changing *Surprises and secrets*	3. Valuing difference *Who are our special people?* 4. Valuing difference *Same or Different* 5. Me and My Relationships *Thinking about feelings*	4. Me and My Relationships *Feelings and bodies* 5. Rights and Respect *Harold has a bad day*	4. Growing and Changing *Keeping privates private/ NSPCC Pants lessons* 5. Valuing difference *Unkind, tease or bully?*	4. Me and My Relationships *Good friends* 5. Me and My Relationships *Our feelings*
Wider		7. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Childrens' Mental Health Week	6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Rights and Respect *How should we look after our money? / Harold's money*	6.Assessment lesson *Multiple choice quiz, classroom discussion and reflection*
Core Text	The Dot by Peter H Reynolds *(Perseverance)*	Princess Hair by Sharee Miller *(Different/diverse hair types)*	Mr Big by Ed Vere *(Being different, its what's inside that counts)*	Don't Call Me Special by Pat Thomas *(disabilities)*	Mommy, Mama and Me by Leslea Newman *(Different types of families, being loved and cared for)*	Perfectly Norman by Tom Percival *(Being unique)*

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Year 2						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Being my Best *My day* 2. Being my Best *Harold's bathroom* 3. Being my Best *My body needs…*	1. Keeping safe *Harold's picnic.* 2. Anti-bullying Week 3. Being my Best *Harold's postcard- helping us to keep clean and healthy*	1. Keeping safe *What should Harold say?* 2. Keeping safe *I don't like that*	1. Keeping safe *Fun or not?* 2. Keeping safe *How safe would you feel?*	1. Growing and Changing *My body, your body* 2. Growing and changing *Respecting Privacy* 3. Mental Health Week	1. Being my Best *Basic First Aid* 2. Being my Best *You can do it*
Relationship Education	4. Me and My Relationships *Our ideal classroom* 5. Asking for permission *PSHE Association Consent Lesson* 6. Valuing Difference *When someone is feeling left out*	4. Keeping Safe *Should I tell?* 5. Me and My Relationships *How are you feeling today?* 6. Valuing difference *What makes us who we are*	3. Valuing difference *How do we make others feel?* 4. Rights and Respect *When I feel like erupting* 5. Me and My Relationships *Bullying or teasing? /Types of bullying*	3. NSPCC: Pants *Bodily differences (Boys and Girls)* 4. Me and My Relationships *Being a good friend* 5. Me and My Relationships *Let's all be happy!*	4. Valuing difference *An act of kindness* 5. Valuing difference *What makes us who we are*	3. Rights and Respect *How can we look after our environment?* 4. Rights and Respect *Getting on with others* 5. Valuing difference *Solve the problem/A helping hand*
Wider PSHE	6. Rights and Respect. *Harold saves for something special*	7. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Childrens' Mental Health Week	6. Assessment Lesson: *Multiple choice quiz, classroom discussion and reflection*	6. Rights and Respect *Feeling safe*	6. Assessment Lesson: *Multiple choice quiz, classroom discussion and reflection*
Core Text	Six Dinner Sid by Inga Moore *(staying healthy, being greedy)*	The New Jumper by Oliver Jeffers *(being different/unique, standing out from the crowd)*	The Koala who Could by Rachel Bright *(bravery and perseverance)*	Rabbityness by Jo Empson *(loss, creativity, being different)*	This is Our House by Michael Rosen *(sharing, homes, differences)*	Would You Rather by John Burningham *(Making choices, It's good to be me)*

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Year 3						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Being my Best *Poorly Harold.* *-Link to good mental health and poor mental health. How can/can't medicines help with this?* 2. Rights and Respect *Helping each other to stay safe* 3. Keeping safe *Help or harm?*	1. Keeping safe *Alcohol & Cigarettes: the facts* 2. Anti-bullying Week 3. Being my Best *– Link to mental wellbeing* *Top Talents*	1. Being my Best *For or against?* 2. Being my Best *– Link to mental wellbeing* *I am fantastic!*	1. Rights and Respect *Recount task* 2. Rights and Respect *Our helpful volunteers.*	1. Growing and changing *None of your business* 2. Keeping safe *Safe or unsafe?* 3. Mental Health Week	1. Being my Best *Body teamwork* 2. Keeping safe *Super searcher*
Relationship Education	4. Growing and Changing *Relationship Tree* 5. Me and My Relationships *Looking after our special people – Link to mental wellbeing* 6. Giving and seeking permission *Lesson from PSHE Association*	4. Personal boundaries *Lesson from PSHE Association* 5. Me and My Relationships *As a rule* 6. Growing and Changing *Secret or surprise?*	3. Valuing difference *Our friends and neighbours* 4. Valuing difference *– Link to mental wellbeing* *My community* 5. Appropriate and inappropriate touch *Body Space/lesson from PSHE Association*	3. Me and My Relationships *Dan's dare* 4. Valuing difference *Family and friends* 5. Valuing difference *Let's celebrate our differences*	4. Valuing difference *Respect and challenge* 5. Me and My Relationships *Thunks* 6. Growing and changing *Basic First aid*	3. Valuing difference *Zeb* 4. Me and My Relationships *Friends are special* 5. Me and My Relationships *How can we solve this problem?*
Wider PSHE	7. Rights and Respect *Can Harold afford it?/Earning money*	7.Assessment Lesson: *Multiple choice quiz, classroom discussion and reflection*	6. Children's Mental Health Week	6.Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*
Core Text			Previously by Allan Ahlberg *(challenging conversations)*	The Three Little Wolves and the Big Bad Pig by Eugene Trivizas *(challenging stereotypes)*	Picnic in the Park by Joe Griffiths et al *(different types of families)*	Up in Heaven by Emma Chichester Clark *(death, family pets)*

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Year 4						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Keeping safe *Danger, risk or hazard?* 2. Keeping safe *Medicines: check the label* 3. Being my Best *Making choices*	1. Keeping safe *Keeping ourselves safe* 2. Anti-bullying Week 3. Growing and changing *My feelings are all over the place*	1. Keeping safe *Raisin challenge (2)* 2. Being my Best *Making choices* 3. Being my Best *Basic first aid*	1. Being my Best *What makes me ME!* 2. Rights and Respect *Who helps us stay healthy and safe?*	1. Rights and Respect *In the news!* 2. Valuing differences *The people we share our world with.* 3. Mental Health Week 4. Being my Best *My school community*	1. Keeping safe *Picture wise* 2. Being my Best *Harold's Seven R's.*
Relationship Education	4. Giving and seeking permission *Lesson from PSHE Association* 5. Personal boundaries *Lesson from PSHE Association* 6. Valuing difference *The people we share our world with*	4. Growing and changing *Together* 5. Growing and changing *Moving house.* 6. Appropriate and inappropriate touch Lesson from PSHE Association	4. Valuing difference *Can you sort it?* 5. Me and My Relationships *OK or not OK? (1)*	3. Valuing difference *What would I do?* 4. Valuing difference *Friend or acquaintance?* 5. Me and My Relationships *Under pressure*	5. Rights and Respect *Safety in numbers* 6. Valuing difference *That is such a stereotype!*	3. Me and My Relationships *Different feelings* 4. Me and My Relationships *OK or not OK? (2)* 5. Rights and Respect *How dare you!*
Wider PSHE	7. Rights and Respect *How do we make a difference?*	7.Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Children's Mental Health Week	6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*
Core Text		Sad Book by Michael Rosen *(Managing feelings)*	The Three Robbers by Tomi Ungerer *(good over evil, stereotypes)*	My Princess Boy by Cheryl Kilodavis *(Acceptance/being unique, bullying)*	10,000 Dresses by Marcus Ewert *(being unique, comfortable in your own skin, friendship)*	William's Doll by Charlotte Zolotow *(gender stereotypes)*

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Year 5						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Being my Best *Independence and responsibility* 2. Being my Best *Star qualities* 3. Keeping safe *Would you risk it?*	1. Keeping safe *Decision dilemmas* 2. Anti-bullying Week	1. Growing and changing *How are they feeling?* *– Link to mental wellbeing* 2. Keeping safe *Vaping: healthy or unhealthy?* 3.Being my Best *Basic first aid including Sepsis awareness*	1. Keeping safe *Ella's diary dilemma* 2. Being my Best *My school community (2)*	1. Rights and respect *What's the story?* 2. Being my Best *Different skills* 3. Mental Health Week	1. Growing and changing *Help! I'm a teenager - get me out of here!* *– Link to mental wellbeing* 2. Growing and changing *Changing bodies and feelings*
Relationship Education	4. Valuing difference *Happy to be me* 5. Me and My Relationships *Being assertive* 6. Giving and seeking permission *Lesson from PSHE Association*	3 Growing and changing *Dear Ash* 4. Personal Boundaries *Lesson from PSHE association* 5. Puberty & bodily changes (boys & girls separate) Growing up and changing bodies/*Led by the school nurse* 6. Valuing difference *Kind conversations*	4. Me and My Relationships *Collaboration challenge!* 5. Appropriate and inappropriate touch *Lesson from PSHE Association*	3. Valuing difference *The land of the red people* 4. Me and My Relationships *Relationship cake recipe* 5. Me and My Relationships *How good a friend are you?*	4. Me and My Relationships *Our emotional needs* 5. Valuing difference *Qualities of friendship* 6. Rights and respect *Rights, responsibilities and duties*	3. Growing and changing *Taking notice of our feelings* 4. Valuing difference *Stop, start, stereotypes* 5. Valuing difference *Is it true?*
Wider PSHE	7. Rights and respect *Spending wisely*	7. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Children's Mental Health Week	6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*
Core Text		Manneken Pis: A Simple Story of a Boy Who Peed on a War by Vladimir Radunsky *(war, peace)*				Hair in Funny Places by Babette Cole *(puberty)*

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Year 6						
	Michaelmas A	**Michaelmas B**	**Lent A**	**Lent B**	**Trinity A**	**Trinity B**
	World Mental Health Day (9/10)	**Anti-bullying Week (13-17/11)**	**Childrens' Mental Health Week (5-9/02)**		**Mental Health Awareness Week (13-17/05)**	
Health Education	1. Growing and changing *I look great!* 2. Valuing difference *We have more in common than not/ OK to be different*	1. Being my Best *Five ways to wellbeing project.* 2. Anti-bullying Week 3. Growing and changing *Media Manipulation* 4. Keeping safe *What sort of drug is…?*	1. Being my Best *This will be my life* 2. Being my Best *Basic first aid including Sepsis awareness* 3. Puberty & bodily changes *Hormones/changing feelings through puberty* *Led by the school nurse*	1. Keeping safe *To share or not to share?* 2. Exam stress *Preparing for known stressful times* 3. Growing and changing *Pressure online*	1. Being my Best *What's the risk (1)/ (2)* 2. Growing and changing *Is this normal?* 3. Mental Health Week 4. Growing and changing *Making babies*	1. Growing and changing *Helpful or unhelpful?* *Managing change.* 2. Keeping safe *Think before you click.* 3.Transition to secondary school *PSHE Association Moving to secondary school*
Relationship Education	3. Giving and seeking permission *Lesson from PSHE Association* 4. Me and My Relationships *Working together* 5. Valuing difference *Tolerance and respect for others* 6. Me and My Relationships *Behave yourself*	5. Personal boundaries *Lesson from PSHE Association* 6. Valuing difference *Advertising friendships*	4. Me and My Relationships *Assertiveness skills* 5. Appropriate and inappropriate touch *Lesson from PSHE Association*	4. Valuing difference *Respecting differences* 5. Valuing difference *Boys will be boys – challenging gender stereotypes*	5. Rights and respect *Fakebook friends* 6. Me and My Relationships *Solve the friendship problem*	
Wider PSHE	7. Rights and respect *Democracy in Britain (1) and (2)*	7. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*	6. Children's Mental Health Week	6. Assessment Lesson *Multiple choice quiz, classroom discussion and reflection*		4. Assessment Lesson: *Multiple choice quiz, classroom discussion and reflection*
Core Text	How To Live Forever by Colin Thompson *(growing up, getting old, imagination, possibilities, immortality)*	It's Ok to be Different by Todd Parr *(exploring differences)*	The Whisper by Pamela Zagerenski *(diversity, prejudice)*	We Are All Born Free: The Universal Declaration of Human Rights in Pictures *(human rights)*		

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