

St Anne's

Church of England Primary School



Minds to learn, hearts to care

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All classes cover the following units to varying degrees of complexity building upon prior learning	Family and Relationships	Health and Wellbeing	Safety The Changing Body	Citizenship	Economic Wellbeing	Transition
Year 1	Setting ground rules for PSHE/RSE. Families can be different. Positive friendships. Issues can be overcome.	Impact of sleep and relaxation. Hand washing. Sunscreen. Allergic reactions. People in the community who keep us healthy.	Appropriate and inappropriate physical contact. Calling emergency services. What to do if lost. Hazards in the home. People in the community who keep us safe.	The importance of rules and consequences. Caring for the needs of babies, young children and animals. Exploring differences and similarities. Introduction to democracy.	What is money? Where does money come from? How do we keep cash safe? What is the role of a bank? Spending and saving.	

PSHE / RSE

Year 2	<p>Setting ground rules for PSHE/RSE. Families are composed of different people who care and support. How people can show feelings and how we can respond. Manners. Self-respect.</p>	<p>The benefits of exercise and relaxation. Strategies to manage different emotions. Setting goals. Developing a growth mindset. Dental hygiene.</p>	<p>Road safety. Medicine safety. Introduction to online safety. Distinguishing secrets from surprises. Naming body parts. The concept of privacy.</p>	<p>Learning about rules outside of school. Caring for the school and the local environment. Roles people have in the local community. Learn about the school council. Giving an opinion.</p>	<p>Where does money from? How to look after money? Why we use banks and building societies.</p>	
Year 3	<p>Setting ground rules for PSHE/RSE. How to solve relationship problems. Effective listening skills. Non-verbal communication. The impact of bullying and how to help. Exploring trust. Stereotyping.</p>	<p>A healthy lifestyle includes a balanced diet, rest and relaxation and physical activity. Identity. Using our strengths. Solving problems in achievable steps.</p>	<p>Cyberbullying. Being good digital citizens. First aid – bites and stings. How to be safe near roads. Choice and influence.</p>	<p>Children’s rights. Rules and roles of local community groups. Charities. Recycling. Local democracy.</p>	<p>Creating a budget. Different ways of paying. The emotional impact of money. The ethics of spending. Future jobs and careers.</p>	

Year 4	<p>Setting ground rules for PSHE/RSE. Families are varied and differences must be respected. Physical and emotional boundaries in friendships. Bullies, victims and bystanders. How our behaviour can affect others. Manners in different situations. Bereavement.</p>	<p>Experiencing a range of emotions. Appreciating the emotions of others. Developing a growth mindset. Identifying calming and relaxing activities. Independence in dental hygiene.</p>	<p>Benefits and risks of sharing information online. The difference between private and public. Age restrictions. Physical and emotional changes in puberty. Risks associated with tobacco. Knowing how to help someone with asthma.</p>	<p>Human rights. Caring for the environment. The role of groups in the local community. Appreciating community diversity. The role of local government.</p>	<p>Choices associated with spending. What is good value for money? Career aspirations. What influences career choices.?</p>	
Year 5	<p>Setting ground rules for PSHE/RSE. Marriage. What to do if someone feels unsafe in their family. How to strengthen friendships.</p>	<p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings. Setting goals and embracing failure.</p>	<p>Exploring the emotional and physical changes of puberty, including menstruation. Learning about online safety. Influence. Strategies to overcome</p>	<p>An introduction to the justice system. How parliament works. The role of pressure groups. Learning about rights and responsibilities. The impact of</p>	<p>Developing understanding about income and expenditure. Borrowing, risks with money. Stereotypes in the workplace.</p>	

	<p>The impact of bullying. What influences a bully's behaviour? Appreciating our individual positive attributes.</p>	<p>Understanding the importance of rest and relaxation.</p>	<p>potential dangers. How to administer first aid to someone who is bleeding.</p>	<p>energy on the planet. Contributing to the community.</p>		
Year 6	<p>Setting ground rules for PSHE/RSE. Learning: to resolve conflict through negotiation and compromise. Respect. Understanding that everyone deserves to be respected. Grief.</p>	<p>Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations. Planning for long-term goals.</p>	<p>The reliability of online information. The changes experienced during puberty. How a baby is conceived and develops. The risks associated with alcohol. How to administer first aid to someone who is choking or unresponsive.</p>	<p>Human rights. Food choices. The environment. Caring for others. Recognising discrimination. Valuing diversity. National democracy.</p>	<p>Attitudes to money. How to keep money safe. Career paths and the variety of different jobs available.</p>	<p>Personal identity. Body image.</p>