

PSHE long term plan and progression map including RSE links to Journey in Love and All that I am

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<p><u>Relationships</u> -Families and people who care for me -Caring friendships</p>	<p><u>Relationships</u> -Respectful relationships -Being safe</p>	<p><u>Physical Health and Mental Well being</u> -Internet safety and harm <u>Relationships</u> -Online relationships</p>	<p><u>Physical Health and mental Wellbeing</u> -Mental wellbeing -Basic first aid -Changing dolente</p>	<p><u>Physical Health and Mental Well being</u> -Health and Prevention -drug alcohol and tobacco -Money/enterprise</p>	<p><u>Physical Health and Mental Well being</u> -Physical health and fitness -Healthy eating</p>
Year 1	<p>-Rules and routines -Who is in your family -How do your family care for you? -Identify their friends -Recognise what is kind and unkind</p> <p>(link to Come and See -Families) Link to R Time getting on and falling out</p>	<p>-groups and communities I belong to - respect how people are similar and different to me in my community -boundaries are appropriate in friendships</p> <p>(Link to Come and See- Belonging)</p> <p>Link to Family time-safe touch Link to Anti</p>	<p>-Internet can be used to play and learn -online friendships -Keeping safe online</p> <p>(Link to ICT and Safety week-See Jen and Kelly)</p>	<p>-What makes me special -different feelings and emotions -when to call 999 or 111? --making a call to 999</p> <p>Link to St John ambulance visitor Link to family time-mental well being and R time good to be me</p>	<p>-Keeping my body clean -explain where money comes from and why we need it -How we keep money safe</p> <p>Link to family time personal hygiene (Link to money week and family time)</p>	<p>-Making healthy choices about sleep and exercise -Making healthy choices about food and drink</p> <p>(Link to DT creative week healthy eating)</p>

		bullying week				
Year 1 RSE OBJECTIVES (Journey in Love)and links to Come and See						
Journey in Love topic Journey In Love: We meet God's love in our family		Objectives Know that as we grow we are loved by our family. Know that as we grow we are also loved by God's family.		Come and See links Topic 1- Learning Focus 1 Topic 2 - Learning Focus 3 Topic 3 - Learning Focus 4 Topic 4 - Learning Focus 4 Topic 5 - Learning Focus 4 Topic 6 - Learning Focus 1 Topic 7 - Learning Focus 2 Topic 8 - Learning Focus 1 Topic 9- Learning Focus 3		Cross Curricular links <ul style="list-style-type: none"> • Science linked with plants and growing topic • Circle times and transiiton • School Core Values and mission statement • Other faith topic- Judaism. • Whole school trips to church • PSHE linked with Kindness week • PSHE linked with Anti Bullying week • Circle times on friendship Collective worships
Year 2	-Rules and routines -my family and why they are special -How some families are different to our own -What makes a good friend -unkind behaviour, teasing and bullying Link to R Time getting on and	-I can show respect for the different groups and communities my friends belong to -importance of being fair -I know my body belongs to me and	-Keeping myself safe when I use the internet, stranger danger, including respect for others Link to ICT and Safety week-See Jen and Kelly)	-positive and negative feelings -making choices -Setting and achieving goals - basic first aid for bleeding and shock Link to R time Going for goals,	-Medicine what is safe to eat and drink -I know how to stay safe at home Link to science humans	- planning regular exercise into daily routine -effects of exercise looking at the heart - planning a healthy meal (Link to science

falling out, say no to bullying	how to keep it safe	Link to R time relationships	say no to bullying Link to science humans	humans)
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Year 2 RSE OBJECTIVES (Journey in Love)and links to Come and See

Journey in Love topic Journey In Love: We meet God's love in the community	Objectives Know that the church is God's family. Know that I am part of that family too.	Come and See links Topic 1- Learning Focus 6 Topic 2 - Explore Topic 3 - Learning Focus 6 Topic 4 - Explore Topic 5 - Explore Topic 6 - Learning Focus 2 Topic 7 - Learning Focus 5 Topic 8 - Learning Focus 2 Topic 9- Learning Focus 3	Cross Curricular links <ul style="list-style-type: none"> • Science links with plants and growth, animals and living things. • Links to History- Nelson Mandela, Remembrance • PSHE - social skills, internet safety, acceptable behaviour • School core values and mission statement. • Geography linked to different countries, faiths and cultures • Christmas performance, art and Christmas market. • PE linked to turn taking and team work. • Other faith visitor.
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Year 3	-Rules and routines -Similarities and differences between different families -how do they show love and care to each other in a family <u>Links to Domestic Church - Families</u>	-self respect - similarities and differences between the groups I belong to and that of others <u>Links to Baptism- Belonging</u>	-Cyber bullying and how to address it -rationing time spent online -How to recognise harmful content <u>Links to E-safety week and general</u>	-identify feelings that lead to positive mental wellbeing and a negative well being - different ways to cope with uncomfortable	-hygiene and how it stops the spread of diseases <u>Dental health</u> -Skills needed for different jobs - different ways people pay for	-How to keep my body healthy -Risks of inactive lifestyle Nutrition and food -effects of exercise looking at the heart
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		-I can choose what happens to my body and how to say no -keeping secrets	<u>computing lessons.</u>	<u>feelings</u> - causes of Asthma, what to do if someone is having an asthma attack Link to St John ambulance visitor	<u>things</u> Link to family time personal hygiene (Link to money week and family time	<u>Covered in healthy Lifestyles Science Topic.</u>
Year 3 RSE OBJECTIVES (Journey in Love)and links to Come and See						
Journey in Love topic Journey In Love: How we live in love	Objectives Understand what makes a good friend. Know that God is our best friend.	Come and See links Topic 1- Learning Focus 1 Topic 2 - Learning Focus 3 Topic 3 - Learning Focus 4 Topic 4 - Learning Focus 5 Topic 5 - Learning Focus 4 Topic 6 - Learning Focus 3 Topic 7 - Learning Focus 5 Topic 8 - Learning Focus 4 Topic 9- Learning Focus 6		Cross Curricular links <ul style="list-style-type: none"> • PE linked to friendship and teamwork. • RE visitor linked to community and wider family. • Core values linked to forgiveness. • Stone Age topic linked to origins of family life. • Swimming linked to being brave and supportive of others. • Forest school linked to sharing, building, teamwork and helping each other on our journeys. Geography linked to what's life like for children in Spain.		
Year 4	Rules and routines -Respecting different types of families -What is a happy family? -How to be a good friend	-respecting different beliefs <u>Hurt Feelings</u> - strategies to support respectful	-identify how messages online can hurt people's feelings -responding to	-simple self care techniques to support how they are feeling <u>Also RTIME Good</u>	-Importance of sleep -Drug or not a drug -what is a habit -borrowing money	-what a balanced lifestyle is <u>Nutrition and food</u> <u>Also RTIME Take good care of</u>

<p>Link to Domestic Church - People</p> <p>-disputes and strategies to solve them</p>	<p>relationships</p> <p>Saying sorry/ Bullying</p> <p>- concept of privacy</p> <p>- recognise and report feelings of being unsafe</p> <p>Links to e-safety</p>	<p>hurtful messages</p> <p>-How to report risks</p> <p>Links to e- safety</p>	<p>to Me</p> <p>recognise when someone is choking and administer first aid</p>	<p>and consequences</p> <p>-priorities, things we want and things we need</p> <p>Dental health</p>	<p>yourself</p> <p>Teeth and Digestion</p> <p>-I know how to keep my heart, body and mind healthy</p>
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Year 4 RSE OBJECTIVES (Journey in Love)and links to Come and See

<p>Journey in Love topic</p> <p>Journey In Love: God loves us in our differences</p>	<p>Objectives</p> <p>Know that God has made us different from one another</p> <p>Know that God loves us in our differences.</p>	<p>Come and See links</p> <p>Topic 1- Learning Focus</p> <p>Topic 2 - Learning Focus</p> <p>Topic 3 - Learning Focus</p> <p>Topic 4 - Learning Focus</p> <p>Topic 5 - Learning Focus</p> <p>Topic 6 - Learning Focus</p> <p>Topic 7 - Learning Focus</p> <p>Topic 8 - Learning Focus</p> <p>Topic 9- Learning Focus</p>	<p>Cross Curricular links</p> <ul style="list-style-type: none"> • Science linked with habitats and belonging/homes. • History - Egyptians/Vikings - How families have changed over time. • School Core values and mission statement. • PSHE - links to relationships. • PE - OAA links. <p>Other faith visitor.</p>
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<p>Year 5</p>	<p>Rules and routines</p> <p>Come and See topic 8 - freedom and responsibility.</p> <p>-Marriage</p> <p>Come and See - Topic 2 - life choices</p> <p>-family conflicts and strategies to resolve them</p>	<p>-What is a stereotype</p> <p>-Recognising stereotypes</p> <p>-- boundaries are appropriate in friendships online</p>	<p>-Why social media and games have age restrictions</p> <p>-responsible digital citizen</p> <p>-create strong passwords</p>	<p>-Recognising triggers of mental wellbeing in themselves and their peers</p> <p>- What to do in an emergency situation and how to call the</p>	<p>-immunisation , allergies and vaccinations what are they</p> <p>Smoking and associated risks</p> <p>-keeping track of what I spend</p> <p>Develop an</p>	<p>-obesity, planning a healthy lifestyle</p> <p>Discussed within RSE</p> <p>-How and when to seek support if they are worried about their health</p>
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	<p><u>R time- Getting on and falling out</u></p> <p>-importance of friendships</p> <p><u>R time- Relationships</u></p> <p>Come and See - Topic 1 - ourselves and Topic 2 - life choices</p> <p>-express opinions respectfully</p> <p><u>R time</u></p> <p>Throughout the whole of the Come and See programme - it is a theme which is embedded particularly through discussion.</p>			<p>emergency services</p> <p>- key facts about puberty and the changing adolescent body</p> <p>This is also covered in RSE</p>	<p>understanding of debt, interest, loan and tax</p>	<p>Discuss elements of this within RSE - particularly in relation to periods.</p>
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Year 5 RSE OBJECTIVES Journey in Love and 'All that I am'

Journey in Love Topic	Objectives	Come and See Links	All that I am objectives	Cross Curricular links
<p>Journey In Love: God loves me in my changing and development</p>	<p>Know that as we grow we will become different in our bodies, feeling and love of God</p>	<p>Topic 1 - Learning Focus 6 Topic 2 - Explore Topic 3 - Learning Focus 3 Topic 4 - Learning Focus 5 Topic 5 - Learning Focus 6 Topic 6 - Learning Focus 4 Topic 7 - Learning Focus 5 Topic 8 - Learning Focus Topic 9- Learning Focus 2</p>	<ul style="list-style-type: none"> • The unique person (also male and female reproductive organs). • The physical and emotional changes as we grow and become older. • To have respect for themselves and each other. • Physical changes boys and girls go through. • Puberty and menstruation (periods) • Personal responsibility and 	<ul style="list-style-type: none"> • School Core Values and mission statement. • Easter reflection. • Christmas carols and reflection (reflective and compassion) • PE links to hygiene, taking care of self, dignity, friendships and teamwork. • Other faith visitor. • Science links with living things and their habitat and animals including humans. • History links with World War Two and why people want to help others, sacrifices, responsibility and care for others.

			<ul style="list-style-type: none"> dignity. Personal hygiene. How to cope in different social settings. How are emotions can affect our behaviour. Recognise their feelings and the behaviour of others. How to manage feelings. Know tKnowing when keeping secrets is safe and not. 	<ul style="list-style-type: none"> History visitor links to family life during World War Two. Zoo visitor/visit links to Geography links with Rainforest and why people want to help others, responsibility and care for others, Earth's resources. Spanish links to my school/your school, where I live/where you live, celebrations. PSHE links to relationships, health and well-being, living in the wider world. Swimming linked to being brave and supportive of others. 		
Year 6	<p>Rules and routines</p> <ul style="list-style-type: none"> -how to seek help if family relationships are making them unhappy -Marriage -Healthy friendships -strategies to solve dispute <p><u>Links to R Time - Getting on a Falling Out</u></p>	<p>Challenging stereotypes and discrimination</p> <p><u>Slight link to R time - Say no to Bullying</u></p> <p><u>Would link best with visitor we used to have in Y6</u></p> <p>Responding safely and appropriately to adults they may encounter including online</p>	<p>-Benefits and pitfalls of online relationships</p> <p>-Discerning consumer of information online</p> <p>-how information is shared and used online</p> <p><u>Links to E-safety and also covered in English Spring term - balanced argument writing</u></p>	<p>-Where and how to seek support if they are worried about their mental health or someone else's</p> <p><u>Covered in circle time</u></p> <p>-first aid for minor and severe head injuries</p> <p>-physical and emotional changes of puberty</p> <p>-menstrual cycle</p> <p><u>Links to SRE</u></p>	<p>-Drugs and alcohol and associated risks</p> <p><u>Young Addiction Workshop Autumn Term</u></p> <p>-Science relating to immunisation, allergies and vaccination</p> <p>-Enterprise and begin to develop enterprise skills</p>	<p>Mental and physical benefits of an active lifestyle</p> <p>Characteristics of a poor diet e.g. tooth decay, poor mental health and impact of drugs and alcohol</p> <p>Nutrition and food</p> <p>-effects of exercise looking at the heart</p> <p><u>Science - The heart and circulation system</u></p>

Year 6 RSE OBJECTIVES Journey in Love and 'All that I am'

Journey in Love Topic	Objectives	Come and See links	All that I am objectives	Cross curricular
<p>Journey In Love: The wonder of God's love in creating new life</p>	<p>Know that we are made to love and to be loved. Learn the proper ways in which we show our love for one another and for God</p>	<p>Topic 1- Explore Topic 2 - Learning Focus 5 Topic 3 - Learning Focus 2 Topic 4 - Learning Focus 1 Topic 5 - Learning Focus 1 Topic 6 - Learning Focus 4 Topic 7 - Learning Focus 2 Topic 8 - Learning Focus 6 Topic 9- Learning Focus 2</p>	<ul style="list-style-type: none"> • The unique person (also male and female reproductive organs). • The physical and emotional changes as we grow and become older. • To have respect for themselves and each other. • Physical changes boys and girls go through. • Puberty and menstruation (periods) • Personal responsibility and dignity. • Personal hygiene. • How to cope in different social settings. • How are emotions can affect our behaviour? • Recognise their feelings and the behaviour of others. • How to manage feelings. • Knowing when keeping secrets is safe and not. • Looking at developing self-confidence and social skills. 	<ul style="list-style-type: none"> • Science links to bodies, digestion, health and well-being. • PSHE links to hygiene, social situations. • School Core Values and mission statement. • Easter reflection. • Christmas carols and reflection (reflective and compassion) • PE links to hygiene, taking care of self, dignity, friendships and teamwork. • CPR training links to caring for the ill, compassion. • Other faith visitor. • Prefect work links to what it means to be committed, role models and living like God

			Making informed and healthy, safe choices	
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Pink if covered in come and see

Turquoise if covered through R time

Yellow if covered through ICT/esaftey

Green if needs be taught as a stand alone

Grey if covered in science

Blue if taught as a themed week/visitor

Red if taught in family time