

## Long Term Plan 2021/22 - PSHE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Topic:</b> All About me People Who Help Us	<b>Topic:</b> Light and Dark Celebrations	<b>Topic:</b> Winter Wonderland	<b>Topic:</b> Living things	<b>Topic:</b> Traditional Tales	<b>Topic:</b> Seaside
	<b>Books:</b> Zog Zog and the Flying Doctors Room on the Broom	<b>Books:</b> Rama And Sita The Gunpowder Plot Owl Babies Kipper's Birthday The First Christmas The Nativity Story	<b>Books:</b> Percy the Park Keeper One Snowy Night Lost and Found	<b>Books:</b> What the Ladybird Heard I Don't Want to be a Frog We're Going on an Egg Hunt The Easter Story	<b>Books:</b> Jack and the Beanstalk Jasper's Beanstalk The Three Little Pigs The Three Little Wolves and the Big Bad Pig The Three Billy Goats Gruff The Troll	<b>Books:</b> The Lighthouse Keeper's Lunch What the Ladybird Heard at the Seaside The Rainbow Fish Commotion in the Ocean
<b>EYFS</b>	<p>Pupils will begin to be able to self-regulate their own emotions and behaviours. Through story, talk and interactions with others they will begin to build an awareness of their own feelings and those of others. They will begin to regulate their own behaviour too.</p> <p>Through engaging in new experiences, pupils will begin to develop confidence to try new activities, forming positive attachments to adults and relationships with their peers.</p> <p>Pupils will be encouraged to begin to develop greater independence with their own basic hygiene and personal needs, including dressing, hand washing and going to the toilet.</p>	<p>Pupils will continue to develop skills from the previous term. As part of their celebration topic, they will learn about other cultures and celebrations around the world.</p>	<p>Pupils will be encouraged to show a greater awareness and sensitivity towards their own and other's needs. They will be encouraged to begin to be able to wait for what they want, working and playing cooperatively and taking turns with others.</p> <p>Pupils will begin to understand the importance of healthy food choices and will be given the opportunity to try a range of new foods.</p> <p>Pupils will be able to explain the reasons for rules, knowing right from wrong and try to behave accordingly.</p>	<p>Pupils will continue to develop skills from the previous term. As part of their topic on living things, pupils will cross-fertilise their knowledge with RE and Science when learning about new life and Easter.</p> <p><b>Pupils will learn the NSPCC PANTS Rule and find out about appropriate and inappropriate touch. They will be taught how to report anything that makes them feel worried or uncomfortable. They will be able to name the external genitalia to support this. (please send a Trust-approved letter out before teaching this).</b></p>	<p>Pupils will begin to show greater independence in their own learning. They will develop a positive sense of self and have confidence in their own abilities, setting themselves simple goals and working with persistence to achieve them.</p> <p>Through supported interaction with other pupils, they will learn to be able to make good friendships, co-operate and resolve conflicts peacefully.</p>	<p>Pupils will continue to develop skills from the previous term. As part of their seaside topic, pupils will learn to look after their environment and compare different communities.</p>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Topic:</b> Respectful Relationships	<b>Topics:</b> Healthy Eating Anti-Bullying Week	<b>Topics:</b> Mental Wellbeing Mental Health Week Safer Internet Day	<b>Topic:</b> Online Relationships	<b>Topics:</b> Being Safe Health and Prevention	<b>Topics:</b> Caring Friendships Living in the Wider World
	<b>Book:</b> But Why Can't I	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
	<p>Pupils will learn that kind behaviours result in positive feelings including happy and excited.</p> <p>They will learn that unkind behaviours result in negative feelings including sad and angry.</p> <p>Pupils will discuss other common emotions that could affect our behaviour including stressed, anxious/worried, tired, scared and surprised.</p> <p>Pupils will understand and use the conventions of good manners such as saying please and thank you.</p> <p>Pupils will show respect by looking after their classroom and friends and by respecting adults in school.</p> <p>They will then apply this in wider society by showing respect to their homes, families, the people they meet and figures of authority.</p> <p>Pupils will understand that they should ask for help if a relationship is making them feel unhappy.</p> <p>Pupils will name ways they can improve or support respectful relationships.</p>	<p>Pupils will learn about healthy lifestyles and the importance of this.</p> <p>They will learn about what constitutes a healthy diet through looking at the food pyramid and the Eatwell plate.</p> <p>From this, they will learn about the main food groups and then plan and prepare a healthy meal.</p> <p>Pupils will then learn about the characteristics of a poor diet and the risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours.</p> <p>As well as being embedded through PE, pupils will be taught about how physical activity helps us to stay healthy.</p> <p>They will gather a collection of different ways to stay physically active everyday such as active learning, the daily mile and yoga.</p> <p>For anti-bullying week, pupils will participate in various activities linked to their understanding of bullying and the prevention of this occurring.</p>	<p>Pupils will understand that mental wellbeing is a normal part of daily life in the same way as physical health is. They will learn that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that all humans experience in relation to different experience and situations.</p> <p>Pupils will also understand the importance of looking after their mental health and wellbeing. They will be able to name things that help people feel good/simple self-care techniques (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).</p> <p>They will then be able to discuss different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. Finally, they will recognise when they need help with feelings and know that it is important to ask for help as well as how to ask for it.</p> <p>For mental health week pupils will participate in activities linked to the theme for that year.</p> <p>For safer internet day, pupils will participate in activities linked to their understanding of internet safety.</p>	<p>Pupils will learn that people sometimes behave differently online, for example by pretending to be someone they are not.</p> <p>They will be able to recall rules and principles for keeping and staying safe online.</p> <p>Pupils will be able to recognise risks and harmful content and contact when using the internet.</p> <p>From this, they will understand how to report any concerns they have if they feel unsafe or worried for themselves or others.</p> <p>As well as this, they will know who to ask for help and the vocabulary to use when asking for help.</p> <p>They will understand the importance of keeping trying until they are heard.</p>	<p><b>Pupils will learn that each person's body belongs to them. They will be taught the NSPCC PANTS Rule and find out about appropriate and inappropriate touch. They will be taught how to report abuse. They will be able to name the external genitalia to support this. (STATUTORY - please send a Trust-approved letter out before teaching this).</b></p> <p>Pupils will learn about safe and unsafe exposure to the sun and how to reduce the risk of sunburn. Pupils will be able to recall various ways in which they can stay safe in the sun and protect their skin from damage. They will then be taught about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Pupils will be able to recall and sequence simple hygiene routines that can stop germs from spreading such as handwashing or brushing their teeth.</p> <p>They will learn who the people are that help us to stay physically healthy, for example a dentist, a doctor, an optician and the adults that care for them.</p>	<p>Pupils will begin to understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness and generosity, sharing interests and experiences.</p> <p>They will learn simple strategies to support them with problems and difficulties so that they can positively resolve arguments between friends.</p> <p>They will learn about the different roles and responsibilities people have in their community.</p> <p>Pupils will know the things they can do to help look after their environment, such as recycling, upcycling, saving water and electricity and picking up litter.</p>

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	<b>Topic:</b> Respectful Relationships	<b>Topics:</b> Healthy Eating Anti-Bullying Week	<b>Topics:</b> Mental Wellbeing Mental Health Week Safer Internet Day	<b>Topic:</b> Online Relationships	<b>Topics:</b> Being Safe Health and Prevention	<b>Topics:</b> Caring Friendships Living in the Wider World
	<b>Book:</b> But Why Can't I	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
	<p>Pupils will learn the different types of kind behaviours that result in positive feelings including happy, satisfied, relaxed and excited and discuss times when they have felt these feelings themselves.</p> <p>They will learn the different types of unkind behaviours that result in negative feelings including sad, disgusted and angry and give examples of times when they have overcome these emotions.</p> <p>Pupils will discuss other common emotions that could affect our behaviour including stressed, anxious/worried, tired, scared and surprised.</p> <p>Pupils will understand and use the conventions of good manners such as saying please and thank you and can suggest other ways in which they can show good manners to others.</p> <p>Pupils will show respect by looking after the school environment and respecting adults and peers in school. They will say why showing respect is important.</p>	<p>Pupils will learn about healthy lifestyles and the importance of this.</p> <p>They will develop their understanding of what constitutes a healthy diet through discussing the food pyramid and the Eatwell plate.</p> <p>From this, they will learn about the main food groups, sorting different food types into these, and then plan and prepare a range of healthy meals.</p> <p>Pupils will then learn about the characteristics of a poor diet and the risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours. They will promote ways to prevent these risks occurring.</p> <p>As well as being embedded through PE, pupils will be taught about how physical activity helps us to stay healthy and the impact this will have on their bodies.</p> <p>They will gather a collection of different ways to stay physically active everyday such as active learning, the daily mile and yoga. They will understand the importance of different exercise types e.g.</p>	<p>Pupils will understand that mental wellbeing is a normal part of daily life in the same way as physical health is.</p> <p>They will learn that there is a normal range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that all humans experience in relation to different experience and situations. They will understand that sometimes, humans can experience a mix of emotions.</p> <p>Pupils will also understand the importance of looking after their mental health and wellbeing. They will be able to name things that help people feel good/simple self-care techniques (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).</p> <p>They will then be able to further their understanding of the things they can do to manage big feelings and help calm themselves down and/or change their mood when they don't feel good.</p> <p>Finally, they will recognise when they need help with feelings and know that it is important to ask for help as</p>	<p>Pupils will learn that people sometimes behave differently online, for example by pretending to be someone they are not.</p> <p>They will be able to recall rules and principles for keeping and staying safe online and recognise the importance of these.</p> <p>Pupils will be able to recognise risks and harmful content and contact when using the internet.</p> <p>From this, they will understand how to report any concerns they have if they feel unsafe or worried for themselves or others.</p> <p>As well as this, they will know who to ask for help and the vocabulary to use when asking for help.</p> <p>They will understand the importance of keeping trying until they are heard.</p>	<p><b>Pupils will learn that each person's body belongs to them. They will be taught the NSPPC PANTS Rule and find out about appropriate and inappropriate touch. They will be taught how to report abuse. They will be able to name the external genitalia to support this. (STATUTORY - please send a Trust-approved letter out before teaching this).</b></p> <p>Pupils will learn about safe and unsafe exposure to the sun and how to reduce the risk of sun damage, including skin cancer.</p> <p>Pupils will be able to recall various ways in which they can stay safe in the sun and protect their skin from damage.</p> <p>They will then be taught about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Pupils will be able to describe and explain simple hygiene routines that can stop germs from spreading such as handwashing or brushing their teeth. They can say why good hygiene</p>	<p>Pupils will begin to understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness and generosity, sharing interests and experiences.</p> <p>They will understand the strategies to support them with problems and difficulties so that they can positively resolve arguments between friends. They will develop independency in applying this both in and out of school.</p> <p>They will learn about the different roles and responsibilities people have in their community and how these are important.</p> <p>Pupils will know the things they can do to help look after their environment, such as recycling, upcycling, saving water and electricity and picking up litter. They will begin to show an awareness of how this impacts the wider world.</p>

	<p>They will then apply this in wider society by showing respect to their homes, families, the people they meet and figures of authority.</p> <p>Pupils will understand that they should ask for help if a relationship is making them feel unhappy.</p> <p>Pupils will understand the practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>	<p>core, strength and cardio.</p> <p>For anti-bullying week, pupils will participate in various activities linked to their understanding of bullying and the prevention of this occurring.</p>	<p>well as how to ask for it.</p> <p>For mental health week pupils will participate in activities linked to the theme for that year.</p> <p>For safer internet day, pupils will participate in activities linked to their understanding of internet safety.</p>		<p>is important.</p> <p>They will learn who the people are that help us to stay physically healthy, for example a dentist, a doctor, an optician and the adults that care for them and how these are all equally important.</p>	
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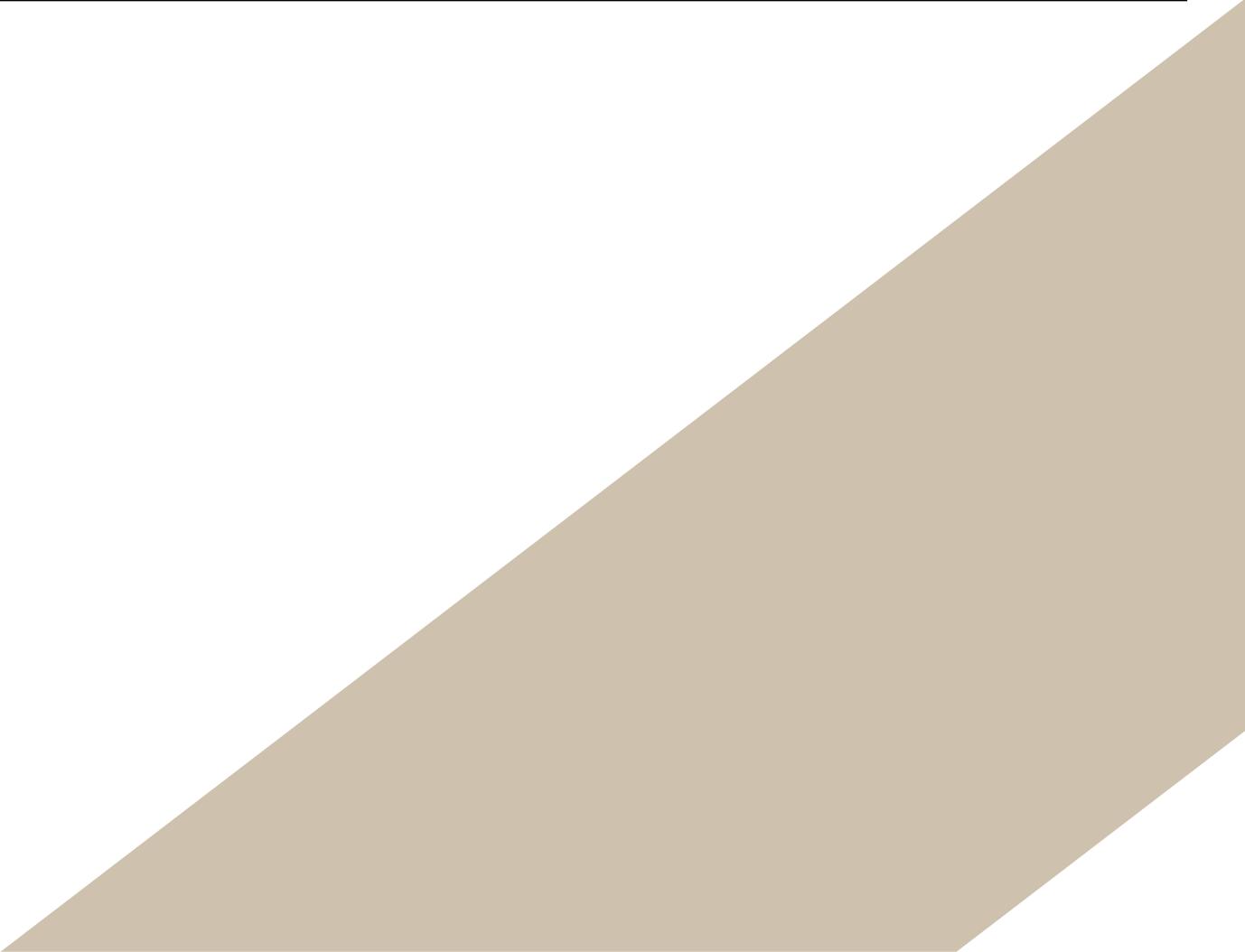
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Topic:</b> Respectful Relationships	<b>Topics:</b> Healthy Eating Anti-Bullying Week	<b>Topics:</b> Mental Wellbeing Mental Health Week Safer Internet Day	<b>Topic:</b> Online Relationships	<b>Topics:</b> Being Safe Health and Prevention	<b>Topics:</b> Caring Friendships Living in the Wider World
	<b>Book:</b> George's Marvellous Medicine	<b>Book:</b> Operation Gadget Man	<b>Book:</b> Homework on Pluto	<b>Book:</b> The Chocolate Tree	<b>Book:</b> The Accidental Prime Minister	<b>Book:</b> The Explorer
	<p>Pupils will understand that people have different appearances, beliefs, families and personalities and this is what makes us unique.</p> <p>They will learn to respect other people's beliefs and lifestyles even when they are different from our own.</p> <p>They will understand that they can disagree with other people's views and opinions and still get along.</p> <p>Pupils will understand that a healthy friendship should include mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.</p> <p>We should respect our self, others and adults. This applies online too. When talking to someone online pupils will learn they may or may not be who they say they are. Pupils will understand that online relationships can also be dangerous and if we are unsure of anything, we can talk to the safeguarding team in school or parents/carer at home.</p>	<p>Pupils will understand that we have '5 a day' to ensure we have a healthy diet.</p> <p>Pupils will learn the benefits of eating a range of food from different food groups so people live healthy lives (including mental health, physical health, emotional health).</p> <p>It will be explained that an unhealthy diet can lead to obesity, tooth decay, poor mental health, heart problems and risk of diabetes. When looking at a healthy diet there are different types of food groups and we should allow unhealthy food on occasionally because this is a balanced diet. (use food pyramid and healthy plate to model different food groups).</p> <p>Pupils will look at the nutritional value of foods and how some foods have specific nutrients that promote healthy moods, or support muscle growth etc.</p> <p>They will learn what a healthy meal consists of e.g. protein, fats, carbohydrates, dairy etc. when planning a meal these different elements need to be considered.</p> <p>For anti-bullying week pupils will participate in</p>	<p>Pupils will understand we have a range of emotions that we experience. We recognise these and then use a range of words to help us explain our emotions. These feelings are shared by others and we can use the same experiences to describe our own, and others' emotions.</p> <p>They will share the benefits of physical exercise, community participation and joining clubs can all benefit individual's mental health and make them have a sense of belonging.</p> <p>It will be explained physical activity can have a positive impact on their well-being.</p> <p>Pupils will know that we can have positive and negative feelings. We should know who we can talk to if we (or someone we know) feel unhappy, worried, anxious or unsure of something. If they feel like this in school they know they can talk to their teacher or an adult on the safe guarding team (show the posters that are in school with the adults' photos).</p> <p>Pupils will learn that hobbies can help us make new friendships and have</p>	<p><b><i>Pupils will be able to identify the external genitalia and name reproductive organs in males and females. (CAN BE WITHDRAWN FROM)</i></b></p> <p><b><i>They will then learn key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. They will also learn about menstrual wellbeing including the key facts about the menstrual cycle. (STATUTORY - please send a Trust-approved letter out before teaching this).</i></b></p> <p>It will be explained that human bodies have different organs that make us female and male. They will know that external genitalia and internal reproductive organs in males and females start to change when the process of puberty begins. They will know these organs allows humans to reproduce.</p> <p>They will learn that there a range of emotions and body changes that happen during puberty, including menstruation.</p> <p>Pupils will learn the physical changes people will go through during puberty, including menstruation, erections, wet dreams and a</p>	<p>Pupils will learn that they need to make their dental health routine a priority to ensure our teeth remain cavity free. Oral hygiene needs to include, brushing teeth, dental flossing, and regular trips to the dentist.</p> <p>They will learn that a healthy diet will ensure our teeth will remain healthy. They will understand that they need to choose less sugary drinks and sweets. The impact of smoking on teeth and how to prevent tooth decay will be discussed.</p> <p>Pupils will be taught to take care of their dental and personal hygiene as it can limit the spread of germs and viruses. They need to know if they wash their hands they can prevent the spread of germs and viruses. They will learn to use their elbows to catch coughs, tissues to catch sneezes.</p>	<p>They will understand that friendships in their lives may have ups and downs. This is normal and we need to work through these so friendships can come out stronger. It will be taught that that violence is never the answer to solving a dispute.</p> <p>It will be explained that having friends makes us happy and make us feel secure. Pupils will understand making friends can happen throughout our lives at different points. These friendships can change over time and it is important to have friends from different points in our lives.</p> <p>Pupils will understand that each person has human rights and have the right to be safe. They will be taught that everyone has rights and responsibilities. One of these rights being that we have a responsibility to be respectful to our friends and others. We also have a responsibility to look after our environment, both locally and in the wider community. It will be discussed that we need to look after the planet and start with our own smaller community (school) by recycling, re-using items and thinking of local food produce.</p>

		<p>various activities linked to their understanding of bullying and the prevention of this occurring.</p>	<p>a sense of belonging. They can feel part of a group, a community and belong to something bigger.</p> <p>For mental health week pupils will participate in activities linked to the theme for that year.</p> <p>For safer internet day pupils will participate in activities linked to their understanding of internet safety.</p>	<p>range of body changes when a girl starts her period.</p> <p>Pupils will understand they need to ensure hygiene is a priority when puberty begins. When we start to change into adults, hormones begin to change causing us to need to wash more frequently.</p>		
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	<b>Topic:</b> Respectful Relationships	<b>Topics:</b> Healthy Eating Anti-Bullying Week	<b>Topics:</b> Mental Wellbeing Mental Health Week Safer Internet Day	<b>Topic:</b> Online Relationships	<b>Topics:</b> Being Safe Health and Prevention	<b>Topics:</b> Caring Friendships Living in the Wider World
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	<p>Pupils will understand that people have different appearances, beliefs, families and personalities and this is what makes us unique.</p> <p>They will learn to respect other people's beliefs and lifestyles even when they are different from our own.</p> <p>They will learn that they can disagree with other people's views and opinions and still get along. They need to know how to articulate their view point whilst respecting their peers' views.</p> <p>Pupils will learn that a healthy friendship should include mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.</p> <p>We should respect our self, others and adults. This applies online too. When talking to someone online pupils will learn they may or may not be who they say they are. Pupils should know that online relationships can also be dangerous and if we are unsure of anything, we can talk to the safeguarding team in school or parents/carer at home. Pupils will be aware of the</p>	<p>It will be understood that we have '5 a day' to ensure we have a healthy diet.</p> <p>Pupils will learn the importance of eating a range of food from different food groups so people live healthy lives (including mental health, physical health, emotional health).</p> <p>It will be explained that an unhealthy diet can lead to obesity, tooth decay, poor mental health, heart problems and risk of diabetes. When looking at a healthy diet there are different types of food groups and we should allow unhealthy food on occasionally because this is a balanced diet. (use food pyramid and healthy plate to model different food groups).</p> <p>Pupils will look at the nutritional value of foods and how some foods have specific nutrients that promote healthy moods, or support muscle growth etc. This could include specific foods such omega 3/6 and the various positive effects on the brain.</p> <p>They will know what a healthy meal can have e.g. protein, fats, carbohydrates, dairy etc. when planning a meal</p>	<p>Pupils will understand we have a range of emotions that we experience. We recognise these and then use a range of words to help us explain our emotions. These feelings are shared by others and we can use the same experiences to describe and regulate our own, and others' emotions.</p> <p>They will share the benefits of physical exercise, community participation and joining clubs can all benefit individual's mental health and make them have a sense of belonging. Pupils will discuss the various facilities in their own community to support them.</p> <p>Pupils will know that we can have positive and negative feelings. We should know who we can talk to if we (or someone we know) feel unhappy, worried, anxious or unsure of something. If they feel like this in school they know they can talk to their teacher or an adult on the safe guarding team (show the posters that are in school with the adults' photos).</p> <p>Pupils will learn that hobbies can help us make new friendships and have a sense of belonging.</p>	<p><b><i>Pupils will be able to identify the external genitalia and name reproductive organs in males and females. (CAN BE WITHDRAWN FROM)</i></b></p> <p><b><i>They will then learn key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. They will also learn about menstrual wellbeing including the key facts about the menstrual cycle. (STATUTORY - please send a Trust-approved letter out before teaching this).</i></b></p> <p>It will be explained that human bodies have different organs that make us female and male. They will know that external genitalia and internal reproductive organs in males and females start to change when the process of puberty begins. They will know these organs allows humans to reproduce.</p> <p>They will learn that there a range of emotions and body changes that happen during puberty, including menstruation (including hair growth).</p>	<p>Pupils will learn that they need to make their dental health routine a priority to ensure our teeth remain cavity free. Oral hygiene needs to include, brushing teeth, dental flossing, and regular trips to the dentist.</p> <p>They will understand that a healthy diet will ensure our teeth will remain healthy. They will understand that they need to choose less sugary drinks and sweets. The impact of smoking on teeth and how to prevent tooth decay will be discussed.</p> <p>Pupils will be taught to take care of their dental and personal hygiene as it can limit the spread of germs and viruses. They need to know if they wash their hands they can prevent the spread of germs and viruses. They will learn to use their elbows to catch coughs, tissues to catch sneezes. Pupils will know that there are different types of virus and germ that are spread differently.</p>	<p>They will understand that friendships in their lives may have ups and downs. This is normal and we need to work through these so friendships can come out stronger. It will be taught that that violence is never the answer to solving a dispute. Pupils will understand that there are consequences to their actions.</p> <p>It will be explained that having friends makes us happy and make us feel secure. Pupils will understand making friends can happen throughout our lives at different points. These friendships can change over time and it is important to have friends from different points in our lives.</p> <p>Pupils will understand that each person has human rights and have the right to be safe. They will be taught that everyone has rights and responsibilities. One of these rights being that we have a responsibility to be respectful to our friends and others. We also have a responsibility to look after our environment, both locally and in the wider community. It will be discussed that we need to look after the planet and start with our own smaller</p>

	<p>different types of online forums and how to remain safe whilst using them.</p>	<p>these different elements need to be considered.</p> <p>For anti-bullying week pupils will participate in various activities linked to their understanding of bullying and the prevention of this occurring.</p>	<p>They can feel part of a group, a community and belong to something bigger.</p> <p>For mental health week pupils will participate in activities linked to the theme for that year.</p> <p>For safer internet day pupils will participate in activities linked to their understanding of internet safety.</p>	<p>Pupils will learn the physical changes people will go through during puberty, including menstruation, erections, wet dreams and a range of body changes when a girl starts her period.</p> <p>Pupils will understand they need to ensure hygiene is a priority when puberty begins. When we start to change into adults, hormones begin to change causing us to need to wash more frequently.</p>		<p>community (school) by recycling, re-using items and thinking of local food produce.</p>
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	<p><b>Topics:</b> Respectful Relationships Healthy Eating Illegal Substances</p>		<p><b>Topics:</b> Mental Wellbeing Online Relationships Changing Body</p>		<p><b>Topics:</b> Health and Prevention Sex Education Caring Friendships Living in the Wider World</p>	
	<p><b>Book:</b> Cosmic</p>		<p><b>Book:</b> The Boy at the Back of the Class</p>		<p><b>Book:</b> Cogheart</p>	
	<p>Pupils will understand the definition of discrimination and will know that it is the unjust treatment of different categories of people, especially on the grounds of race, age, gender or disability.</p> <p>Once they are secure with their knowledge of discrimination they will learn that diversity is understanding that each individual is unique and will recognise that all individuals are different.</p> <p>Their knowledge of diversity will help them to explore the dimensions of race, ethnicity, gender, sexual orientation, age, religious beliefs, political etc.</p> <p>Pupils will learn that a stereotype is a widely held but fixed and over-simplified image or idea of a particular type of person or thing. They will understand how they can negatively influence behaviours and attitudes towards others.</p> <p>Pupils will understand the importance of treating themselves with as much respect as they treat others.</p> <p>Pupils will explore healthy diets and will need to know how to eat a balanced and varied diet using the healthy plate or food pyramid.</p> <p>From their understanding of healthy diets pupils will know that healthy lifestyles can positively influence mental health.</p> <p>For anti-bullying week pupils will participate in various activities linked to their understanding of bullying and the prevention of this occurring.</p>		<p>Pupils will understand how bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>Pupils will learn how to use strategies to respond to feelings, including intense or conflicting feelings. They will learn how to manage and respond to feelings appropriately in different situations.</p> <p>Pupils will become aware of how to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.</p> <p>Pupils will be taught how to use problem-solving strategies for dealing with emotions, challenges and change.</p> <p>Pupils will understand how to use strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.</p> <p>They will also recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p> <p>Pupils will become aware of how they can recognise ways in which the internet and social media can be used both positively and negatively. They will understand how information and data is shared and used online.</p> <p>Following on from this, pupils will learn: how to assess the reliability of sources of information online, how information on the internet is ranked and how to recognise things that are appropriate and inappropriate to share on social media.</p> <p><b>Pupils need to learn how to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. (Statutory – Please send Trust-approved letter before teaching)</b></p>		<p>Pupils will deepen their understanding about what good physical health means and how to recognise early signs of physical illness.</p> <p>They will know how to recognise early signs of physical illness such as, weight loss, or unexplained changes to the body.</p> <p>From this understanding pupils will explore how sleep contributes to a healthy lifestyle and will provide reasons regarding how routines support good quality sleep.</p> <p>In addition to this, pupils will look at the effects of lack of sleep on the body, feelings, behaviour and ability to learn. They will also understand the impact lack of sleep can have on their mental wellbeing.</p> <p><i><b>Pupils will also learn about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. (CAN BE WITHDRAWN FROM) Please send Trust-approved letter before teaching.</b></i></p> <p>Pupils will know that medicines, when used responsibly, contribute to health. They will learn about the impact that medicine can have on the body. They will know that some diseases can be prevented by vaccinations and immunisations.</p> <p>Pupils will be able to discuss and explain the importance of seeking support if feeling lonely or excluded.</p> <p>Following on from this learning, pupils will learn that healthy friendships make people feel included and will explore strategies they can use when others may feel lonely or excluded.</p>	

**Pupils will understand the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). (Statutory – Please send Trust-approved letter before teaching)**

**It should be then explained how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. (Statutory – Please send Trust-approved letter before teaching)**

For mental health week pupils will participate in various activities linked to the theme for that year.

For safer internet day pupils will participate in various activities linked to their understanding of internet safety.

They will need to explain how to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable including, how to manage this and how to ask for support if necessary.

Pupils will need to apply understanding of how different people and groups contribute to the wider community and this knowledge will allow them to know the meaning of diversity and why living in a diverse community is a positive thing and should be valued.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p><b>Topics:</b></p> <p>Respectful Relationships Healthy Eating Illegal Substances</p>		<p><b>Topics:</b></p> <p>Mental Wellbeing Online Relationships Changing Body</p>		<p><b>Topics:</b></p> <p>Health and Prevention Sex Education Caring Friendships Living in the Wider World</p>	
	<p><b>Book:</b></p> <p>Cosmic</p>		<p><b>Book:</b></p> <p>The Boy at the Back of the Class</p>		<p><b>Book:</b></p> <p>Cogheart</p>	
	<p>Pupils will understand that discrimination means the unjust treatment of different categories of people, especially on the grounds of race, age, gender, religion, socio-economic background or disability.</p> <p>From their knowledge of discrimination, pupils will know that diversity is understanding that each individual is unique and recognising our individual differences.</p> <p>Their knowledge of diversity will help them to explore the dimensions of race, ethnicity, gender, sexual orientation, age, religious beliefs, political, socio-economic backgrounds etc.</p> <p>Pupils will know that a stereotype is a widely held but fixed and over-simplified image or idea of a particular type of person or thing. They will understand that these can negatively influence behaviours and attitudes towards others.</p> <p>Pupils will know the importance of treating themselves with as much respect as they treat others. They will develop their understanding of a healthy relationship and will know that a healthy relationship includes respect, equality and trust.</p> <p>Alongside understanding about healthy relationships pupils will explore unhealthy relationships and will know how they can negatively affect our wellbeing.</p> <p>They will also understand what to do if a relationship is negative, toxic, harmful, abusive/controlling etc. They will be taught who to seek advice and support from if they experience this negativity.</p> <p>Pupils will learn that a healthy diet needs to be balanced and varied. They will use the healthy plate or food pyramid to support them with this.</p> <p>Following on from this, pupils will learn that a healthy lifestyle can positively influence our mental health.</p> <p>For anti-bullying week pupils will participate in various</p>		<p>Pupils will further their knowledge that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>They will know how to use strategies to respond to feelings, including intense or conflicting feelings. They will learn how to manage and respond to a wide range of feelings appropriately and proportionately in different situations.</p> <p>Pupils will extend their awareness of how to recognise warning signs about mental health and wellbeing. They will use strategies to seek support for themselves and others.</p> <p>Pupils will be taught how to use problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools.</p> <p>Pupils will discuss strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.</p> <p>They will also recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p> <p>Pupils will develop their understanding of how they can recognise ways in which the internet and social media can be used both positively and negatively. They will understand how information and data is shared and used online and will give ideas about how to keep themselves safe online.</p> <p>Following on from this, pupils will learn: how to assess the reliability of sources of information online, how information on the internet is ranked and how to recognise things that are appropriate and inappropriate to share on social media.</p> <p>They will understand the type of content which should not be shared on social media, including the distribution of images.</p>		<p>Pupils will learn about what good physical health means and how to recognise early signs of physical illness.</p> <p>They will understand how to recognise early signs of physical illness such as, weight loss, or unexplained changes to the body.</p> <p>From this understanding pupils will explore how sleep contributes to a healthy lifestyle and will be taught that routines support good quality sleep.</p> <p>In addition to this, pupils will look at the effects of lack of sleep on the body, feelings, behaviour and ability to learn.</p> <p><b><i>Pupils will also learn about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. (CAN BE WITHDRAWN FROM) Please send Trust-approved letter before teaching.</i></b></p> <p>Pupils will know that medicines, when used responsibly, contribute to health. They will know that some diseases can be prevented by vaccinations and immunisations.</p> <p>Pupils will be able to discuss the importance of seeking support if feeling lonely or excluded.</p> <p>Following on from this learning, pupils will be taught that healthy friendships make people feel included and will learn strategies to use when others may feel lonely or excluded.</p> <p>They will need to know how to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable including, how to manage this and how to ask for support if necessary.</p> <p>Pupils will learn to understand how different people and groups contribute to the wider community and this knowledge will allow them to know the meaning of diversity</p>	

activities linked to their understanding of bullying and the prevention of this occurring.

**Pupils need to learn how to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. (Statutory – Please send Trust-approved letter before teaching)**

**Pupils will understand the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). (Statutory – Please send Trust-approved letter before teaching)**

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