

## Oakridge PSHE/RSE

### Two Year Overview Planning.

Year A	Autumn Term		Spring Term		Summer Term	
	<b>Healthy and Happy Friendships</b>	<b>Caring and Responsibility</b>	<b>Similarities and Differences</b>	<b>Coping with change</b>	<b>Healthy body, Healthy mind</b>	<b>Families and Committed Relationships</b>
<b>EYFS</b>	ELGs: Building Relationships -Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.	ELGs: Self Regulation -Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly -Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate	ELGs: People, Culture and Communities - Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class; - Explain some similarities and differences between life in this country and life in other countries.	ELGs : Managing Self - Explain the reasons for rules, know right from wrong and try to behave accordingly -Explain the reasons for rules, know right from wrong and try to behave accordingly	ELGs: Managing Self - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	ELGs: Past and Present - Talk about the lives of the people around them and their roles in society; - Know some similarities and differences between things in the past and now, drawing on their experiences and what has been read in class;
<b>Year 1 &amp; 2</b>	Yr1: Forming friendships and how kind or unkind behaviours impact other people.	Yr1: Identifying who our special people are and how they keep us safe.	Yr1: Similarities and differences between people and how to respect and celebrate these.	Yr1: Growing from young to old and how we have changed since we were born.	Yr1: Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Yr1: What a family is (including difference and diversity between families), and why families are important and special.
<b>Year 3 &amp; 4</b>	Yr3: Being a good friend and respecting personal space. Strategies for resilience.	Yr3: Our responsibilities and ways we can care and show respect for others.  <i>Practical Emergency First Aid Training.</i>	Yr3: Respecting and valuing differences. Shared values of communities.	Yr3: Coping with feelings around the changes in our lives.	Yr3: Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Yr3: Different types of committed relationships and the basic characteristics of these.
<b>Year 5 &amp; 6</b>	<b>Coping with Change</b> Yr4: How our bodies change as we enter puberty, including hygiene needs and menstruation.	Yr5: How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.  <i>Practical Emergency First Aid Training.</i>	Yr5: Celebrating strengths, setting goals and keeping ourselves safe online.	Yr5: How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.	Yr5: Our unique bodies and self-acceptance: valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	<b>Yr5:</b> The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.  <b>Yr6: <i>Busy Bodies</i></b> – Health promotion resource. <i>Session 4 is non-statutory Sex Education.</i>

Year B	Autumn Term		Spring Term		Summer Term	
	<b>Healthy and Happy Friendships</b>	<b>Caring and Responsibility</b>	<b>Similarities and Differences</b>	<b>Coping with change</b>	<b>Healthy body, Healthy mind</b>	<b>Families and Committed Relationships</b>
<b>EYFS</b>	ELGs: Building Relationships -Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.	ELGs: Self Regulation -Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly -Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate	ELGs: People, Culture and Communities - Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class; - Explain some similarities and differences between life in this country and life in other countries.	ELGs : Managing Self - Explain the reasons for rules, know right from wrong and try to behave accordingly -Explain the reasons for rules, know right from wrong and try to behave accordingly	ELGs: Managing Self - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	ELGs: Past and Present - Talk about the lives of the people around them and their roles in society; - Know some similarities and differences between things in the past and now, drawing on their experiences and what has been read in class;
<b>Year 1 &amp; 2</b>	Yr2: Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations & NSPCC Talk Pants Resources	Yr2: The different communities and groups we belong to and how we help and support one another within these.	Yr2: Exploring different strengths and abilities. Understanding and challenging stereotypes.	Yr2: Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.	Yr2: Ways to stay healthy, including safe and unsafe use of household products and medicines.	Yr2: The different people in our families, and how families vary.
<b>Year 3 &amp; 4</b>	Yr4: Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries. & NSPCC Talk Pants Resources	Yr4: Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	Yr4: Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	<b>Healthy &amp; Happy Friendships</b> Yr5: Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Yr4: Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	Yr4: The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.
<b>Year 5 &amp; 6</b>	Yr6: How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Yr6: How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	Yr6: Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	Yr6: Ways to manage the increasing responsibilities and emotional effects of life changes.	Yr6: Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Yr6: <b>Sex Education</b> Unit: Adult relationships and human reproduction, including different ways to start a family.