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PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE) EDUCATION

AUTUMN 1	SPRING 1	SUMMER 1
<p><u>KEEPING SAFE & MANAGING RISK:</u> <u>KEEPING SAFE – OUT AND ABOUT</u></p> <p>L1 Pupils learn about feelings of being out and about in the local area with increasing independence</p> <ul style="list-style-type: none">  Pupils  are aware of potential risks when out and about in the local area  describe a range of feelings associated with being out and about  understand that people can make assumptions about others that might not reflect reality <p>L2. Pupils learn about recognising and responding to peer pressure</p> <ul style="list-style-type: none">  Pupils can identify risky behaviour in peer groups  recognise and respond to peer pressure and who they can ask for help  understand how people feel if they are asked to do something they are unsure about <p>L3. Pupils learn about the consequences of anti-social behaviour (including gangs and gang related behaviour)</p> <ul style="list-style-type: none">  Pupils know some of the consequences of anti-social behaviour, including the law  describe ways to resist peer pressure  recognise they have responsibility for their behaviour and actions 	<p><u>MENTAL HEALTH AND WELLBEING:</u> <u>HEALTHY MINDS</u></p> <p>L1 Pupils learn what mental health is</p> <ul style="list-style-type: none">  Pupils know that mental health is about emotions, moods and feelings - how we think, feel and behave  recognise that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent  know that there is help, advice and support available about mental health <p>L2. Pupils learn about what can affect mental health and some ways of dealing with this</p> <ul style="list-style-type: none">  Pupils recognise what can affect a person's mental health  know some ways of dealing with stress and how people can get help and support  understand that anyone can be affected by mental ill health <p>L3. Pupils learn about some everyday ways to look after mental health</p> <ul style="list-style-type: none">  Pupils know some everyday ways of looking after mental health  can explain why looking after mental health is as important as looking after physical health  understand that some things that support mental health will also support physical health 	<p><u>To complete SEX AND RELATIONSHIP EDUCATION from SPRING 2</u></p>





	<p>L4 Pupils learn about the stigma and discrimination that can surround mental health</p> <ul style="list-style-type: none">  Pupils recognise that stigma and discrimination of people living with mental health problems can and does exist  explain the negative effect that this can have  know what can help to have a more positive effect (and therefore reduce stigma and discrimination) 	
AUTUMN 2	SPRING 2 (includes HEALTHY WEEK) davidh@dside.org.uk = D:SIDE	SUMMER 2
<p><u>IDENTITY, SOCIETY AND EQUALITY: HUMAN RIGHTS</u></p> <p>L1. Pupils learn about people who have moved from other places (including the experience of refugees)</p> <ul style="list-style-type: none">  Pupils understand what migration means  identify the reasons why people move from one place to another  are able to empathise with the experiences and challenges moving and settling in new place might bring <p>Pupils learn about human rights and the UN Convention on the Rights of the Child</p> <ul style="list-style-type: none">  Pupils are aware how the rights are relevant to their lives and that rights come with responsibilities  understand that individual human rights can sometimes conflict with the circumstances in a country  identify some of the organisations that represent and support the rights of the child and the difference they make <p>Pupils learn about homelessness</p> <ul style="list-style-type: none">  Pupils can explain what make a place where someone lives a 'home' 	<p><u>DRUG, ALCOHOL AND TOBACCO EDUCATION: WEIGHING UP RISK</u></p> <p>L1. Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</p> <ul style="list-style-type: none">  Pupils know about some of the possible effects and risks of different drugs  know that some drugs are restricted or that it is illegal to own, use and supply them to others  understand why and when people might use drugs <p>L2. Pupils learn about assessing the level of risk in different situations involving drug use</p> <ul style="list-style-type: none">  Pupils can explain why risk depends on the drug itself, the person using the drug and the situation – when and where the person is, and who they are with  can identify risks within a given scenario involving drug use  understand what would need to change to reduce the level of risk 	<p><u>KEEPING SAFE & MANAGING RISK: FEMALE GENITAL MUTILATION</u></p> <p>Pupils learn about the importance for girls to be protected against FGM</p> <ul style="list-style-type: none">  Pupils know that FGM is a form of abuse  understand that everyone has the right to be protected against harm to their bodies  know where and how someone can get help and support

<p> to be able to appreciate the difficulties of being homeless or living in temporary accommodation</p> <p> know about organisations and initiatives (including charities) that work with the homeless or people living in temporary accommodation</p>	<p>L3. Pupils learn about ways to manage risk in situations involving drug use</p> <p> Pupils can identify situations where drug use may occur</p> <p> know some ways of reducing risk in situations involving drug use</p> <p> know where to get help, advice and support regarding drug use</p>	
	<p><u>SEX AND RELATIONSHIP EDUCATION:</u></p> <p><u>RELATIONSHIPS</u></p> <p><u>PUBERTY SESSION</u> recovered by Health & Wellbeing + Conception</p> <p>L1. Pupils learn about the changes that occur during puberty</p> <p> Pupils can identify the physical, emotional and behavioural changes that occur during puberty for both males and females</p> <p> understand that puberty is individual and can occur any time between 8-17</p> <p> understand that body changes at puberty are a preparation for sexual maturity</p> <p>L2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</p> <p> Pupils understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture</p> <p> can recognise and challenge gender stereotypes</p> <p> understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour</p>	<p>SUMMER 2.</p> <p>COOKING IN THE CURRICULUM SUMMER 2:</p> <p>COOKING AND NUTRITION: STIR FRY</p> <p>See separate skill documentation</p>




L3. Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

-  Pupils can identify positive qualities and expectations from a variety of relationships
-  can explain the similarities and differences between friendships and intimate relationships
-  can describe that there are different types of intimate relationships, including marriage
-  understand that sex or making love may be one part of an intimate relationship between adults


L4. Pupils learn about human reproduction in the context of the human lifecycle






-  Pupils understand that sexuality is expressed in a variety of ways between consenting adults
-  know that sexual intercourse may be one part of a sexual relationship
-  can describe how babies are made and explain how sexual intercourse is related to conception
-  can name the male and female sex cells and reproductive organs

L5. Pupils learn how a baby is made and grows (conception and pregnancy)

-  Pupils know the male and female body parts associated with conception and pregnancy
-  can define conception and understand the importance of implantation in the womb
-  know what pregnancy is, where it occurs and how long it takes

L6. Pupils learn about roles and responsibilities of carers and parents

-  Pupils can identify some of skills and qualities needed to be parent and carer

	 understand the variety of ways in which parents and carers meet the needs of babies and children  can recognise that both men and women can take on these roles and responsibilities	
	<p>HEALTHY WEEK</p>  Pupils are able to assess what to do in an emergency  can carry out some simple first aid procedures for different needs KS2 BASIC LIFE SUPPORT  can demonstrate how to ask for help from a range of emergency services https://www.sja.org.uk/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans	