

PHSE – Framework for teaching

4 times a year, at the start of each term, each class will cover one unit from each of these three curriculums. My Fertility Matters is to be done separately in Y5/6 in Spring 1.

LoveWise – Relationships Matter:

Families and people who care for me - Objectives for KS1

What is family?

Caring relationships – parents

What is marriage?

Pupils should know:

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

Families and people who care for me - Objectives for KS2

Characteristics of a healthy family

Respecting parents and carers

Marriage Part 1

Marriage Part 2

Pupils should know:

- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.



Caring friendships - Objectives for KS1

Best friends
When friends fall out
How to get help

Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

Caring friendships - Objectives for KS2

Characteristics of friendships Part 1
Characteristics of friendships Part 2
Self-centred vs other person centred
When friendship feels uncomfortable

Pupils should know:

- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful Relationships- Objectives for KS1

Courtesy and manners
What is bullying?
Respect for others including those in authority

Pupils should know:

- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.



- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Respectful Relationships- Objectives for KS2

Courtesy and self-respect

Respecting others without prejudice or discrimination

Respect for those in authority

Pupils should know:

- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online Relationships – Objectives

Staying Safe Online

Pupils should know:

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Being Safe- Objectives for KS1

Keeping healthy and safe

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.



Being Safe- Objectives for KS2

Contact with others
Privacy and secrets

Pupils should know:

- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.

Basic First Aid- Objectives

First aid sessions take place each year for children in Willow class. This will be done using the resources outlines in the British Red Cross program of study 'First Aid Champions'.

<https://firstaidchampions.redcross.org.uk/primary/>

Pupils should know:

- how to make a clear and efficient call to emergency services if necessary
- concepts of basic first-aid, for example dealing with common injuries, including head injuries

My Fertility Matters

Girls – The Cycle Show

Boys – Agents on a Mission

Changing adolescent bodies - Objectives for Upper KS2

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- about menstrual wellbeing including the key facts about the menstrual cycle



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Other programmes of study

Internet Safety and Harms – Objectives for KS1

These objectives are covered within the Computing curriculum

Pupils should know:

- that for most people the internet is an integral part of life and has many benefits
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

Health and Prevention- Objectives

These objectives are covered in the daily interactions with the children.

Pupils should know:

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist [covered in the year 3 Science curriculum]
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing
- the facts and science relating to allergies, immunisation and vaccination

Internet Safety and Harms – Objectives for KS2

These objectives are covered within the Computing curriculum

Pupils should know:

- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
- why social media, some computer games and online gaming, for example, are age restricted
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted
- where and how to report concerns and get support with issues online



Physical health and fitness – Objectives

These objectives are covered within the Science (Year 2 and year 3 Animals including Humans), and PE curriculum

Pupils should know:

- the characteristics and mental and physical benefits of an active lifestyle
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- the risks associated with an inactive lifestyle (including obesity)
- how and when to seek support including which adults to speak to in school if they are worried about their health

Healthy Eating – Objectives

These objectives are covered within the Science (Year 2 and year 3 Animals including Humans) curriculum

Pupils should know:

- what constitutes a healthy diet (including understanding calories and other nutritional content)
- the principles of planning and preparing a range of healthy meals
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)

Mental Wellbeing – Objectives

This is done through incidental teaching and everyday interactions with the children. For more complex needs, ELSA support is available.

Pupils should know:

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing



- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough



Christopher Winters: Teaching RSE with confidence

FS

- Our day
- Keeping ourselves clean
- Families

Y1

- Keeping clean
- Growing and changing
- Families and Care

Y2

- Differences: Boys and girls
- Differences: Male and Female
- Naming the body parts

Y3

- Differences: Male and Female
- Personal space
- Family Differences

Changing adolescent bodies - Objectives for KS2

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- about menstrual wellbeing including the key facts about the menstrual cycle

Y4

- Growing and changing
- What is puberty?
- Puberty changes and Reproduction

Y5

- Talking about puberty



- Male and female changes
- Puberty and hygiene

Y6

- Puberty and Reproduction
- Understanding relationships
- Conception and pregnancy
- Communicating in Relationships



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No Outsiders:

FS

- To say what I think
- To understand this it's ok to like different things
- To make friends with some different
- To celebrate my family

Y1

- To like the way I am
- To play with boys and girls
- To recognise people are different ages
- To understand our bodies work in different ways
- To understand that we share the world with lots of people

Y2

- To understand what diversity is
- To understand how we share the world
- To understand what makes someone feel proud
- To feel proud of being different
- To be able to work with everyone in my class

Y3

- To understand how difference can affect someone
- To understand what discrimination means
- To find a solution to a problem
- To be welcoming
- To use strategies to help someone who feels different

Y4

- To know when to be assertive



- To understand why people choose to get married
- To overcome a language barrier
- To ask questions
- To be who you want to be

Y5

- To learn from our past
- To justify my actions
- To recognise when someone needs help
- To appreciate artistic freedom
- To accept people who are different from me

Y6

- To promote diversity
- To stand up to discrimination
- To challenge the causes of racism
- To consider how my life may change as I grow up
- To recognise freedom



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