



## Halsford Park PSHE Overview 2022/23



For further information on Relationship and Sex Education (RSE) and examples of the Teaching SRE with confidence scheme for each year group, please see our RSE webpage - [RELATIONSHIP & SEX EDUCATION - Halsford Park Primary School](#)

### Early Years

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme for the half term	Relationship	Healthy me	Changing me	Celebrating differences	Being me in my world	Dreams and Goals
<b>Early Years – PSHE</b>  <b>RSE theme for Early Years:</b> <u><b>Our Day</b></u> <b>Our Day</b> <b>Keeping</b> <b>Ourselves clean</b> <b>Families</b>	I know how to make friends to stop myself from feeling lonely. I know how to be a good friend.	I can understand how to keep my body healthy. I know what a stranger is and how to stay safe if a stranger approaches me.  <b>RSE- Our day</b>	I can name parts of the body. I can talk about my worried and/ or the other things I am looking forward to about being in Year 1.  <b>RSE- Our day</b>	I can identify something I am good at and understand everyone is good at different things. I know how to give and receive compliments.	I can understand how it feels to belong and that we are similar and different. I can start to recognise and manage my feelings.  <b>RSE – Our day</b>	I can set a goal and work towards it. I can say how I feel when I achieve a goal and know what it means to feel proud.

### Year 1-6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme for the half term	Family and relationships	Economic wellbeing	Health and wellbeing	Safety and the changing body	Citizenship	Transition and RSE Identity (Yr6 only)
<u><b>Year 1</b></u>  <b>RSE Theme for Year 1:</b>	What is a family? What are friendships? Recognising other people's emotions.	Introduction to money. Looking after money. Banks and building societies.	Understanding my emotions. What am I like? Ready for bed. Relaxation.	Adults in school. Adults outside school. Getting lost.	Rules. Caring for others: Animals. (Extension of unit or visit to a farm or different animal	I can identify the parts of the body that makes boys different to girls and can use the correct names for these;

<a href="#">Growing and caring for ourselves</a> <b>Keeping Clean Growing and Changing Families and Care</b>	Working with others. Friendship problems. Healthy friendships. Gender stereotypes  <b>RSE – Growing and Caring for Others</b>	Saving and spending. Jobs in school. (Extend unit or get children involved with some jobs and responsibilities around school).  	Handwashing and personal hygiene. Sun safety. Allergies. People who help keep us healthy. <b>RSE – Growing and Caring for Others</b>	Making an emergency phone call. Appropriate contact. Safety with substances. Safety at home. People who help keep us safe.	centre to learn more about animal care). The needs of others. Similar, yet different. Belonging. Democratic decisions.	penis, testicles, vagina. I respect my body and understand which parts are private.  <b>RSE – Growing and Caring for Others</b>
<b>Year 2</b>  <a href="#">RSE Theme for Year 2: Differences</a> <b>Differences: boys and girls</b> <b>Differences: Male and Female</b> <b>Naming the body parts</b>	Families offer stability and love. Families are all different. Other people's feelings. Unhappy friendships. Introduction to manners and courtesy. Change and loss. Gender stereotypes: careers and jobs.  <b>RSE – Differences</b>	Where money comes from. Needs and wants. Wants and needs. Looking after money. Jobs (Extend the unit, or ask some parents/ members of the community to come in to talk about their jobs).  	Experiencing different emotions. Being active. Relaxation breathing exercise. Steps to success. Developing a growth mindset. Healthy diet. Looking after our teeth.  <b>RSE – Differences</b>	Introduction to the internet. Communicating online. Secrets and surprises. Appropriate contact: My private parts. Appropriate contact: my private parts are private. Road safety. Crossing roads safely. Staying safe with medicine.	Rules beyond school. Our school environment. Our local environment. Job roles in our local community. Similar yet different – my local community. School council. Giving my opinion.(Extend the unit or put into practice some of the improvements to the school environment from Lesson 2 (e.g plant flowers, litter picking, cleaning))	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate the some parts of my body are private. I can tell you what I like/ don't like about being a boy/girl.  <b>RSE – Differences</b>
<b>PSHE Y3</b>  <a href="#">RSE Theme for Year 3: Valuing difference and keeping safe</a> <b>Differences: Male and Female</b>	Healthy families. Friendship conflicts. Friendship conflicts versus bullying. Effective communication. Learning who to trust.	Ways of paying. Budgeting. How spending affects others. Impact of spending. Jobs and careers. Gender and careers.	My healthy diary. Relaxation. Wonderful me, My superpowers. Resilience breaking down barriers, Diet and dental health.	First Aid: Emergencies and calling for help. First Aid: Bites and stings. Be kind online Cyberbullying. Fake emails.	Rights of the child. Rights and responsibilities. Recycling. Local community groups. Charity. Local democracy.	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so

<b>Personal Space</b> <b>Family Differences</b>	Respecting differences in others. Stereotyping gender. Stereotyping age.  <b>RSE: Differences and Keeping safe</b>			Drugs, alcohol and tobacco: Making choices. Drugs, alcohol and tobacco: influences. Keeping safe out and about.	Rules. (Extend the unit, or set up a mock election to demonstrate how democracy works).	that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and know how to cope with these feelings.  <b>RSE: Differences and Keeping safe</b>
<b>Year 4</b>  <b><u>RSE Theme for Year 4: Growing up</u></b> <b>Growing and Changing</b> <b>What is puberty?</b> <b>Puberty changes and reproduction</b>	Respect and manners. Healthy friendships. How my behaviour affects others. Bullying. Stereotypes: Gender. Stereotypes: Disability. Families in the wider world. Change and loss.  <b>RSE: Growing up</b>	Spending choices. Keeping track of money. Looking after money. Influences on career choices. Changing job.	Looking after our teeth. Relaxation: Visualisation. Celebrating mistakes. Meaning and purposes: My role. My happiness. Emotions. Mental health  <b>RSE: Growing up</b>	Internet safety: Age restrictions Share aware. First Aid: Asthma. Privacy and secrecy. Consuming information online. Growing up. Introducing puberty. Tobacco. (Extend the unit, or allow children time to explore the Thinkuknow website about online safety)	What are human rights? Caring for the environment. Community. Contributing. Diverse communities. Local councillors. (Extend the unit, or ask a local councillor to come and speak to the class about their role).	I can identify what I am looking forward to when I am in Year 5. I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.  <b>RSE: Growing up</b>
<b>Year 5</b>  <b><u>RSE Theme for year 5: Puberty</u></b> <b>Talking about Puberty</b> <b>Male and Female changes</b> <b>Puberty and Hygiene</b>	Build a friend. Friendship skills. Marriage. Respecting myself. Family life. Bullying. Stereotyping gender. Stereotyping: Race and religion.	Borrowing. Income and expenditure. Risks with money. Prioritising spending. Stereotypes in the workplace. (Extend the unit, or try and get some parents/members of the community to	Relaxation: Yoga. The importance of rest. Embracing failure. Going for goals. Taking responsibility for my feelings. Healthy meals. Sun safety.	Online friendships. Staying safe online. Puberty. Menstruation. Emotional changes un puberty. First Aid: Bleeding. Alcohol, drugs and tobacco: Making decisions.	Breaking the law. Rights and responsibilities. Protecting the planet. Contributing to the community. Pressure groups. Parliament. (Extend the unit, or spend time looking at the activities in	I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty.

	RSE: Puberty	<p> speak about their careers, especially those who challenge common stereotypes. Someone from a local bank could also visit to discuss how their children's bank accounts work. </p>	RSE: Puberty		the Parliament booklets).	RSE: Puberty
<p> <b>PSHE Y6</b>  <u>RSE Theme for Year 6: Puberty, relationships and reproduction</u>  <b>Puberty and reproduction</b>  <b>Understanding relationships</b>  <b>Conception and pregnancy</b>  <b>Communication and relationships</b> </p>	<p> Respect.  Respectful relationships.  Stereotypes:  Attitudes.  Challenging stereotypes.  Resolving conflict.  Change and loss. </p> <p> <b>RSE - Puberty, relationships and reproduction</b> </p>	<p> Attitudes to money.  Keeping money safe.  Gambling.  What jobs are available?  Career routes. </p>	<p> What can I be?  Relaxation:  Mindfulness.  Taking responsibility for my health.  The impact of technology on health.  Resilience toolbox.  Immunisation.  Good and bad habits.  Physical health concerns. </p> <p> <b>RSE - Puberty, relationships and reproduction</b> </p>	<p> Alcohol.  Critical digital consumers.  Social media.  Physical and emotional changes of puberty.  Conception  <i>(Parents have the right to withdraw their child from this lesson).</i>  Pregnancy and birth  <i>(Parents have the right to withdraw their child from this lesson).</i>  First Aid: Choking.  First Aid: Basic life support. </p>	<p> Human rights.  Food choices and the environment.  Caring for others.  Prejudice and discrimination.  Valuing diversity.  National democracy. </p>	<p> <u><b>Identity (2 LESSONS)</b></u>  What is identity?  Identity and body image    I can describe how a baby develops from conception through the nine months of pregnancy and how it is born and I recognise how I feel when I reflect on the development of a baby.    <b>RSE - Puberty, relationships and reproduction</b> </p>