

Association of *Bedfield* & *Wetheringsett*
C of E Primary Schools

Overview of PHSE Planning

The Three Big Ideas

Responsibility




Children learn to take more responsibility for themselves, their community and the wider world. They become courageous advocates for those who need a voice, and they celebrate diversity.

Choice

Children make decisions that positively affect themselves and others, manage feelings and learn to evaluate their choices and consequences.

Identity




Children learn about themselves, and the identity of others, their emotional, mental and physical health and how to successfully relate to the world around them.

| Cycle 1 | Autumn  | Spring  | Summer *  |
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| Reception | Self-Regulation ELG Children: Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly Work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. | Managing Self ELG Children: Will be confident to try new activities and show independence, resilience and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. | Building Relationships ELG Children: 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. |

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| <p>Year 1/2</p> | <p>Relationships Children learn about:</p> <p>Responsibility Families and friendships – Roles of different people; families; feeling cared for</p> <p>Choice Safe relationships – Recognising privacy; staying safe; seeking permission</p> <p>Identity Respecting and knowing ourselves and others – how behaviour affects others; being polite, courteous and respectful</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility Belonging to a community – What rules are; caring for others' needs; looking after the environment</p> <p>Choice Media literacy and Digital Resilience – Using the internet and different digital devices; communicating online; being able to use the internet safely</p> <p>Identity Money and work - Strengths and interests; jobs and roles in the community</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility Physical health and wellbeing and why it is important – Keeping healthy; food and exercise; hygiene rules; sun safety</p> <p>Choice Keeping safe – How rules and age restrictions help us; keeping safe online/making safe choices online</p> <p>Identity Growing and changing – recognising what makes us unique and special; feelings; how to manage when things go wrong</p> |
| <p>Year 3/4</p> | <p>Relationships Children learn about:</p> <p>Responsibility Families and friendships – Making and maintaining positive friendships, including online</p> <p>Choice Safe relationships -being able to make the right choices in responding to hurtful behaviour;</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility Belonging to a community – the value of rules and laws; rights, freedoms and responsibilities and these relate to the individual</p> <p>Choice Media literacy and digital resilience – How the internet is</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility Physical health and mental wellbeing – Health choices and habits; what affects feelings; expressing feelings</p> <p>Choice Growing and changing – Personal strengths and achievements</p> |

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| | <p>managing confidentiality; recognising and responding appropriately to risk online</p> <p>Identity Respecting ourselves and others – building and developing a better sense of self; respecting differences and similarities between ourselves and other people; discussing difference sensitively and respectfully</p> | <p>used; assessing information online safely and responsibly</p> <p>Identity Money and work – Different jobs and skills; job stereotypes; setting personal goals</p> | <p>through making the right choices; managing and re-framing setbacks</p> <p>Identity Keeping safe – Knowing what risks and hazards are that can affect you; safety in your local environment and unfamiliar places</p> |
| Year 5/6 | <p>Relationships Children learn about:</p> <p>Responsibility Families and friendships – Being able to manage friendship and peer influence positively</p> <p>Choice Safe relationships – physical contact and feeling and being safe</p> <p>Identity Respecting ourselves and others – responding respectfully to a wide range of people; recognising prejudice and discrimination</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility Belonging to a community – Playing a part in protecting the environment; compassion towards others</p> <p>Choice Media literacy and digital resilience – Learning how information online can be and is targeted; different media types, their roles and impact</p> <p>Identity Money and work -Identifying job interests and aspirations; what influences career choices; personal skills needed for</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility Physical health and mental wellbeing – Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Choice Keeping safe – Keeping yourself safe in different situations by making the right choices, including responding in an emergency, first aid and FGM</p> <p>Identity Growing and changing – Personal identity; recognising individuality and making choices about it;</p> |

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| | | particular jobs; workplace stereotypes | different qualities you have and can develop; mental wellbeing |
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| Cycle 2 | Autumn  | Spring  | Summer *  |
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| Reception | Self-Regulation ELG Children: Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly Work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Give focused attention to what | Managing Self ELG Children: Will be confident to try new activities and show independence, resilience and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Manage their own basic hygiene | Building Relationships ELG Children: 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. |

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| | the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. | and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. | |
| Year 1/2 | <p>Relationships Children learn about:</p> <p>Responsibility Safe relationships – managing secrets; resisting pressure and getting help; recognising hurtful behaviour and consequences</p> <p>Choice Respecting ourselves and others - recognising things in common and differences; playing and working co-operatively; sharing opinions</p> <p>Identity Families and friendships – making friends; feeling lonely and getting help</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility Belonging to a community – belonging to a group; roles and responsibilities; being the same and different in a community</p> <p>Choice Media and digital resilience – Using the internet safely in everyday life; exploring online content and using and choosing information</p> <p>Identity Money and work – what money is; needs and wants; looking after money</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility Physical health and wellbeing – Why sleep is so important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>Choice Keeping safe – how to make safe choices in different environments; managing risks and safety at home; making the right choices in emergencies</p> <p>Identity Growing and changing – Growing older; naming body parts, moving class or year</p> |
| Year 3/4 | <p>Relationships Children learn about:</p> <p>Responsibility</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility</p> |

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| | <p>Families and friendships – what makes a family? Features of family lives which are the same and different</p> <p>Choice Safe relationships – how to keep personal boundaries; safely responding to others; the impact of hurtful behaviour – choosing a different way</p> <p>Identity Respecting ourselves and others – recognising respectful behaviour; the importance of self-respect; courtesy and treating others with dignity and respect</p> | <p>Belonging to a community – Identifying what makes a community and how the individual contributes; shared responsibilities</p> <p>Choice Media literacy and digital resilience – understanding how and why data is used; choosing how to select data appropriately</p> <p>Identity Money and work – making decisions about money and individual choice; using money and keeping money safe</p> | <p>Physical health and mental wellbeing – Maintaining a balanced lifestyle; oral hygiene and dental care; taking responsibility for our own health and wellbeing</p> <p>Choice Keeping safe – Medicines and household products; drugs common to everyday life</p> <p>Identity Growing and changing – physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> |
| Year 5/6 | <p>Relationships Children learn about:</p> <p>Responsibility Families and friendships – Attraction and responsibilities towards others; romantic relationships; civil partnership and marriage</p> <p>Choice Safe relationships – Recognising and managing pressure, making positive choices when dealing</p> | <p>Living in the wider world Children learn about:</p> <p>Responsibility Belonging to a community – Valuing diversity; challenging discrimination and stereotypes</p> <p>Choice Media literacy and digital resilience – Evaluating media sources, knowing which can be safely used; sharing things online</p> <p>Identity</p> | <p>Health and Wellbeing Children learn about:</p> <p>Responsibility Physical health and mental wellbeing – Finding out what affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Choice Keeping safe – Keeping personal information safe; regulations and</p> |

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| | <p>with it; giving informed consent in different situations</p> <p>Identity Respecting ourselves and others – Expressing our own opinions and respecting other points of view, including discussing topical issues</p> | <p>Money and work - Influences and attitudes to money; money and financial risks</p> | <p>choices; drug use and the law; drug use and the media</p> <p>Identity Growing and changing – Human reproduction and birth; increasing independence; managing transition</p> |
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***Summer term includes block teaching of RSE appropriate to each year group. As with our overall teaching of PHSE, plans are derived from the PHSE Association and take account of the DMAT policy for teaching RSE.**