

RSHE			
Developmental Aspect	Year 3		
	Autumn	Spring	Summer
Relationships Education		<p>PSHE Taking Risks - Can I differentiate between the terms 'risk', 'danger' and 'hazard'? Can I recognise, predict and assess risks in different situations and decide how to manage them responsibly?</p> <p>Prompt for discussion – Peer Pressure</p>	<p>PSHE Healthy Family Life – Do I recognise what constitutes a positive, healthy relationship and can I develop the skills to form and maintain positive and healthy relationships?</p> <p>PSHE Friendships – Can I recognise different types of relationship, including those between acquaintances, friends, relatives and families? Can I recognise ways in which a relationship can be unhealthy and do I know whom to talk to if I need support?</p>
Sex Education			
Physical Health	<p>PE - Fitness & Agility Science - Animals & Humans</p>	<p>PSHE Drugs – Do I know the facts about harmful substances? Areas covered – Medicines & Household Products</p>	<p>PSHE Healthy Minds, Healthy Bodies - Do I understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness?</p>
Mental Wellbeing	<p>PSHE Stress - Do I understand what positively and negatively affects my physical, mental and emotional health?</p> <p>World Mental Health Day</p>	<p>PSHE Mindfulness - Can I deepen my understanding of good and not so good feelings? Can I extend my vocabulary to help me to explain my feelings to others? Prompt for lesson – Calmer Classrooms Mindfulness session</p>	

RSHE			
Developmental Aspect	Year 4		
	Autumn	Spring	Summer
Relationships Education			<p>PSHE My Family - Do I understand that all families are different and that everyone's family is important to them? Prompt for discussion – Books: And Tango Makes Three by Justin Richardson; Julian at the Wedding by Jessica Love</p> <p>PSHE Friendships - Do I understand 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?</p>
Sex Education			<p>PSHE Body Parts and Keeping Safe - Can I label the personal and private parts of bodies explain the difference between safe and unsafe touches?</p> <p>PSHE Body Care – Can I explain why it is important to keep my body clean?</p> <p>PSHE Puberty and the Changing Adolescent Body (Girls) – Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle?</p>
Physical Health		<p>PSHE Drugs - Do I understand what is meant by the word 'habit' and why habits can be hard to change? Do I know which, why and how commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage my immediate and future health and safety and that some are restricted and some are illegal to own, use and give to others?</p>	
Mental Wellbeing	<p>PSHE Feelings - Do I understand what positively and negatively affects my physical, mental and emotional health ?</p> <p>World Mental Health Day</p>		

RSHE			
Developmental Aspect	Year 5		
	Autumn	Spring	Summer
Relationships Education			Biannually PSHE Alright Charlie – Safeguarding/Grooming - Can I recognise ways in which a relationship can be unhealthy and who to talk to if I need support?
Sex Education	PSHE Puberty and the Changing Adolescent Body (Girls) – Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle?		PSHE Puberty and the Changing Adolescent Body - Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle? Do I know key facts about puberty and the changing adolescent body, including physical and emotional changes?
Physical Health		PSHE Drugs – Do I know which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage my immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others?	PSHE Healthy Eating – Can I recognise opportunities and develop the skills to make my own choices about food, understanding what might influence my choices and the benefits of eating a balanced diet? Do I understand what positively and negatively affects my physical health? PSHE Healthy Minds, Healthy Bodies - Do I understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness?
Mental Wellbeing	PSHE Physical, Mental & Emotional Health - Do I understand what positively and negatively affects me physical, mental and emotional health? World Mental Health Day		

RSHE			
Developmental Aspect	Year 6		
	Autumn	Spring	Summer
Relationships Education			Biannually PSHE Alright Charlie – Safeguarding/Grooming - Can I recognise ways in which a relationship can be unhealthy and who to talk to if I need support?
Sex Education			PSHE Keeping Safe – Can I identify when physical contact feels unsafe and describe how to ask for help?
Physical Health	Science - Heart Dissection	Science/PSHE link Keeping Healthy - Do I understand that bacteria and viruses can affect health and that following simple routines can reduce their spread?	PSHE Physical, Mental & Emotional Health - Do I understand what positively and negatively affects me physical, mental and emotional health? Drugs – Do I know which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage my immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others? Can I recognise when I need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes me uncomfortable or anxious or that I think is wrong?
Mental Wellbeing	World Mental Health Day		PSHE Physical, Mental & Emotional Health - Do I understand what positively and negatively affects me physical, mental and emotional health? PSHE Managing Feelings - Can I deepen my understanding of good and not so good feelings, extend my vocabulary to enable me to explain both the range and intensity of my feelings to others? Can I recognise that I may experience conflicting emotions and when I might need to listen to, or overcome these?