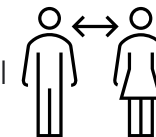


RHSE/PHSE Subject Skeleton Overview

“What you do makes a difference, and you have to decide what kind of difference you want to make.” Jane Goodall

Essential Knowledge



RHSE/PHSE Overview						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Christian Values	FORGIVENESS		PERSEVERANCE		RESPECT	
	FRIENDSHIP	TRUTHFULNESS	WISDOM	COMPASSION	JUSTICE	RESPONSIBILITY
EYFS	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - What makes them special - About people who are close to them - How to get help if needed - Similarities and differences between people - The importance of celebrating difference - To show kindness		KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - About keeping their body safe - What safe secrets and touches are - The people who can keep us safe - How to look after things, including friends, environment and money		BEING MY BEST GROWING AND CHANGING Pupils will know: - How to keep their body healthy (food, exercise, sleep) - What Growth Mindset is - What a life cycle is - The main life stages	
Y1	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - We all experience a range of feelings - How to get help to manage feelings - That classroom rules are important - That we should value and celebrate difference - The importance of developing tolerance - Why respect is important - How to spot bullying and what to do		KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - How feelings can help keep us safe - How to stay healthy - How to be safe around medicines - Why sleep is important - Why it is important to look after things		BEING MY BEST GROWING AND CHANGING Pupils will know: - What a Growth Mindset is - How to keep healthy, including good hygiene - How to take care of ourselves - How to get help if needed - That we become more independent as we get older - Names and functions of different body parts	
Y2	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - What bullying and teasing are - Why school rules are important - How to be a good friend - What self-regulation is		KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - What safe and unsafe secrets are - What an appropriate touch is and isn't - How to be around medicine safely - Why it is important to self-regulate		BEING MY BEST GROWING AND CHANGING Pupils will know: - How to look after their body, including hygiene, health, exercise and sleep - What a Growth Mindset is - The human lifecycle, growing and changing	

'I know that there is nothing better for people than to be happy and to do good while they live.' Ecclesiastes 3:12

RHSE/PHSE at Holy Trinity CE Primary School

	- How to be kind and help others - Why we should celebrate difference - Why listening skills are important	- How to be online safely - How to look after money through spending and saving	- How to cope with loss and changes - How to support others who need it - The importance of privacy
Y3	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - The purpose of rules - How to cooperate with others - The importance of friendships - How to cope with loss - How to recognise and respect diversity - The importance of their community - How to be respectful and tolerant	KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - How to manage risk - The risks associated with drugs - How to stay safe online - Skills which they develop as they grow up - How to help and be helped - How to look after the environment - How to manage money	BEING MY BEST GROWING AND CHANGING Pupils will know: - How to stay healthy - How to identify and celebrate skills - The importance of empathy - What positive and negative relationships are - How to keep safe - The difference between safe and unsafe secrets
Y4	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - How to listen to their feelings - What healthy relationships are - What bullying is (and isn't) - How to be assertive - How to recognise differences including religions and cultures - Why it is important to challenge stereotypes	KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - How to manage risks - The norms around drug use including cigarette and alcohol - That things around them can influence behaviour and decisions - How to stay safe online - That they can make a difference and help others and / or the environment - How the media can influence what we think and believe - The importance of making decisions when spending money	BEING MY BEST GROWING AND CHANGING Pupils will know: - That decisions made can impact health - The importance of looking after the environment - Their skills and interests - Managing difficult feelings - Why some people get married
Y5	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: - What emotional needs are - The qualities of friendship - What it means to be assertive - The importance of cooperation - How to recognise and celebrate difference including religious and cultural - The influence and pressures of social media	KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: - What it means to manage risk including online - The norms around legal drugs (tobacco and alcohol) - Decision-making skills - How to make a difference - About rights and responsibilities relating to health - About financial decisions regarding spending and borrowing	BEING MY BEST GROWING AND CHANGING Pupils will know: - That independence increases with age as does responsibility - How to keep healthy - That how someone is portrayed in the media may not be accurate - About their community - Physical and emotional changes in puberty - How to manage difficult feelings

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			• How to manage change • How to keep safe • How to get help when they need it
Y6	ME AND MY RELATIONSHIPS VALUING DIFFERENCE Pupils will know: • What assertiveness is and why it is important • What it means to cooperate and compromise • About safe and unsafe touches • About positive relationships • How to recognise and celebrate difference • How to recognise prejudice-based bullying • What it means to be a passive or active bystander to a situation • What gender stereotyping is	KEEPING MYSELF SAFE RIGHTS AND RESPONSIBILITIES Pupils will know: • About emotional needs and why they are important • How to stay safe online • The norms and risks around drugs (including the law) • About media bias, including social media • Importance of caring for the community and environment • About earning and saving money • What democracy is	BEING MY BEST GROWING AND CHANGING Pupils will know: • About aspirations and goal setting • How to manage risk • How to look after mental health • How to cope with changes • How to keep safe • About body image • The main sexual organs and how conception occurs • The importance of good self-esteem