



## King Athelstan PSHE and RSE Curriculum

	Autumn	Spring	Summer
	<p><b>The EYFS curriculum and progression of skills is currently under review - coming soon!</b>  <a href="#">Click here to see EYFS Curriculum Documents on the website for more information.</a></p> <p>Personal, Social and Emotional Development ELG: Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and 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.</p> <p>ELG: Managing Self Children at the expected level of development 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.</p> <p>ELG: Building Relationships Children at the expected level of development will: - 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.</p>		
<b>Year 1</b>	<p><b><u>'Marvellous Me'</u></b></p> <p><b>About me. Who I am. My family. My environment</b>            Rule keeping            Important people            What makes me, me?            Respecting others and differences            Who can keep me safe?</p>	<p><b><u>'Time Travellers'</u></b></p> <p><b>Recognising my emotions. Recognising emotions in others. Being kind.</b>            Identifying own feelings            Responding to the feelings of others            My actions affect others            Keeping secrets - the problems            The importance of being fair            The importance of kindness            Re-cap if needed: What is bullying?</p>	<p><b><u>'All Creatures Great and Small'</u></b></p> <p><b>How can I keep myself physically and emotionally healthy?</b>            Healthy diet, healthy lifestyles            The importance of hygiene            Growth and change            Making good choices            Communicating feelings            What do people need to stay healthy?            What changes have I experienced?(transition to Year 2)</p>
<b>Year 2</b>	<p><b><u>'Where do we belong?'</u></b></p> <p><b>What makes us unique?</b>            Rules and boundaries            Communicating my feelings            Choices linked to well-being            I affect others through my actions            What are my rights?            What does it mean to be kind?            What physical contact is acceptable?</p>	<p><b><u>'Diary of a London Kid'</u></b></p> <p><b>About me and my community. How I am a part of my wider community</b>            Money lesson            What makes us human?            The purpose of groups            The importance of my community</p>	<p><b><u>'Brave Explorers'</u></b></p> <p><b>Looking after myself, looking after others, looking after the environment</b>            What is privacy?            Keeping myself and others safe            Caring for my environment            Naming the parts of the body            Health and hygiene and inventory            Household products            Change and transition</p>

<p><b>Year</b> <b>3</b></p>	<p><b><u>'Dawn of Mankind'</u></b>  <b>How can I lead a balanced lifestyle? Growing independence and awareness</b>          Recognising strengths and challenges          Importance of rules          Conflicting emotions          Keeping my body healthy          What is a virus?          Internet safety</p>	<p><b><u>'Wild at Heart'</u></b>  <b>Who am I in relation to others? Relationships/ social conscience</b>          Helping others with expression          Being a good citizen          My family and friendship groups          Positive, healthy relationships          People across the world          Secrets and nice surprises          What physical contact is acceptable</p>	<p><b><u>'Do Machines dream of Electric Sheep?'</u></b>  <b>How can I be a responsible citizen? Independence/ community/ environment</b>          Responsibilities          Consequences of actions          Current issues of importance          Diversity          Money sense</p>
<p><b>Year</b> <b>4</b></p>	<p><b><u>'Revolting People of Planet Earth'</u></b>  <b>How can I keep myself safe in a changing world? Interdependence/ online communities/ self-awareness</b>          Internet safety          Happy, healthy lifestyles          Keeping myself safe          Emotional reactions          Discrimination          Conflicting emotions</p>	<p><b><u>'Age of Empire'</u></b>  <b>What are my rights? What are the rights of others? Understanding citizenship</b>          Human rights          Responsibility          Diversity          Staying safe and keeping others safe          What is a positive, healthy relationship?          What physical contact is acceptable?</p>	<p><b><u>'Tales of the Bearly Believable'</u></b>  <b>How can I keep my body and mind healthy? Looking after myself</b>          Exploring differences          Keeping myself healthy - healthy choices          What is a habit?          Preventing the spread of germs          The dangers of dares          Respecting personal boundaries</p>
<p><b>Year</b> <b>5</b></p>	<p><b><u>'The Great Invaders'</u></b>  <b>Growing maturity: independence and responsibility</b>          New responsibilities          My physical, emotional and mental health          Balanced lifestyles          Keeping safe online          What is bullying?          Issues of concern - current issues          Having a say in the wider community          Personal boundaries (Recap)</p>	<p><b><u>'Clash of the Titans'</u></b>  <b>Staying strong in the face of adversity: Keeping myself safe, making good decisions, supporting others</b>          Taking responsibility for health          What is a habit? New Year's Resolution lesson?          Experiencing pressure          Who can help me?          Challenging stereotypes</p>	<p><b><u>'The Adventures of my Other Self'</u></b>  <b>How can I support myself and others as I grow? Becoming independent/ growing and maturing</b>          Physical and emotional safety          Spread of bacteria and viruses          Basic human rights          Conflicting emotions          Positive, healthy relationships - some elements delivered by School Health Team          Puberty: Delivered by School Health Team          Managing money</p>
<p><b>Year</b> <b>6</b></p>	<p><b><u>'The Unexplained'</u></b>  <b>Responsibility and safety in wider community</b>          My ambitions          Communicating feelings          Age of legality</p>	<p><b><u>'Into the Forest'</u></b>  <b>How do I gain independence? Self-awareness and self-responsibility</b>          Making good, healthy choices          The spread of bacteria and viruses</p>	<p><b><u>'Battles that have shaped our World'</u></b>  <b>How can I shape my future? Preparing for the wider world of secondary school and beyond</b>          Physical and emotional safety          Positive, healthy relationships</p>

	<p>Keeping safe online and using online resources critically</p> <p>Use of images in the media</p> <p>Pressure from the media</p> <p>Safe use of mobile phones</p>	<p>The difficulty in changing habits</p> <p>Different people, different emotions</p> <p>What part does money play in my life?</p> <p>Media depictions - always true? (Recap)</p> <p>My own use of online media</p>	<p>Puberty</p> <p>Sexual relationships: How babies are conceived and born - Partly delivered by School Health Team</p> <p>Responding to requests for images</p> <p>Money: Interest, loan, debt and tax</p> <p>Business enterprise</p> <p>Transition to secondary: visits from Year 7</p>
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