



# PHSE and RSE

## Curriculum: Year A



## Two Rivers PSHE Curriculum

| Class                  | Autumn 1                                                                                                             | Autumn 2                                                                                | Spring 1                                                              | Spring 2                                                                                                 | Summer 1                                                                      | Summer 2                                                                             |
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| <b>Red 2</b>           | <b>Unit 1A</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Knowing myself | <b>Unit 2A</b><br>Preparing to play an active role as citizens:<br>Belonging to Groups  | <b>Unit 3A</b><br>Developing a healthy, safer lifestyle:<br>Ourselves | <b>Unit 4A</b><br>Developing good relationships and respecting the differences between people:<br>Caring | <b>Unit 5A</b><br>Sex and Relationships Education:<br>Making personal choices | <b>Unit 5B</b><br>Sex and Relationships Education:<br>Personal Responsibility        |
| <b>KS1</b>             |                                                                                                                      |                                                                                         |                                                                       |                                                                                                          |                                                                               |                                                                                      |
| <b>EQUALS Scheme</b>   |                                                                                                                      |                                                                                         |                                                                       |                                                                                                          |                                                                               |                                                                                      |
| <b>Jigsaw Outdoors</b> | Being comfortable outside-<br>exploring and experiencing outside space<br>Autumn Colour Hunt                         | We are all different and have different likes and dislikes.<br>Building animal Shelters | Trying to be the best you can be even when it is tricky. Bird feeders | Developing skills in recognising we are all different.<br>Nature Rainbows                                | Making friends with myself<br>Wind streamer                                   | Awe and Wonder<br>Understanding the concept of change.<br>Chalk and water portraits. |
| <b>So Safe</b>         | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                          | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                             | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum           | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                              | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                   | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                          |



## Two Rivers PSHE Curriculum

| Class                                                                                                                              | Autumn 1                                                                                                                                                                                                                                                                                                                                                | Autumn 2                                                                                                                                                                                                                                                                                                                                               | Spring 1<br>PANTS Lesson linked<br>in with Be Healthy<br>Week                                                                                                                                                                                                                                                                     | Spring 2                                                                                                                                                                                                                                                                                      | Summer 1<br>Sex Education<br>lessons for year 6                                                                                                                                                                                                                                      | Summer 2                                                                                                                                                                                                                                                                                              |
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| Red 1<br><b>Red 3</b><br><br>Jigsaw<br>Jenie<br><b>RSE Early<br/>Years</b><br><br><b>Jigsaw<br/>Outdoors</b><br><br><b>So Safe</b> | <u>Autumn Explorers</u><br><b>Being Me in My<br/>World</b><br>Self-identity<br><br>Understanding<br>feelings<br><br>Being in a<br>classroom Being<br>gentle<br><br>Rights and<br>responsibilities<br><br>Being<br>comfortable<br>outside- exploring<br>and experiencing<br>outside space<br>Autumn Colour<br>Hunt<br><b>So Safe 1 lesson a<br/>week</b> | <u>Winter Warmers</u><br><b>Celebrating<br/>Difference</b><br><br>Identifying talents<br><br>Being Special<br><br>Families<br><br>Where we live<br><br>Making friends<br><br>Standing up for<br>yourself<br><br>We are all different<br>and have different<br>likes and dislikes.<br>Building animal<br>Shelters<br><b>So Safe 1 lesson a<br/>week</b> | <u>To Infinity and<br/>Beyond</u><br><b>Dreams and<br/>Goals</b><br><br>Challenges<br>Perseverance<br><br>Goal-setting<br><br>Overcoming<br>obstacles<br><br>Seeking help Jobs<br><br>Achieving goals<br><br>Trying to be the<br>best you can be<br>even when it is<br>tricky. Bird feeders<br><b>So Safe 1 lesson a<br/>week</b> | <u>Knight Fever</u><br><b>Healthy Me</b><br>Exercising Bodies<br><br>Physical Activity<br><br>Healthy Food<br><br>Sleep<br><br>Keeping<br>Clean<br><br>Safety<br><br>Developing skills<br>in recognising<br>we are all<br>different.<br>Nature Rainbows<br><b>So Safe 1 lesson<br/>a week</b> | <u>Pirates</u><br><b>Relationships</b><br>Family life<br><br>Friendships<br><br>Breaking<br>friendships<br><br>Falling out<br><br>Dealing with<br>bullying<br><br>Being a good<br>friend<br>Making friends<br>with myself<br><br>Wind streamer<br><b>So Safe 1 lesson<br/>a week</b> | <u>The Land of Rhyme</u><br><b>Changing Me</b><br>Bodies<br><br>Respecting my body<br><br>Growing up<br><br>Growth and change<br><br>Fun and fears<br>Celebration<br><br>Awe and Wonder<br>Understanding the<br>concept of change.<br>Chalk and water<br>portraits.<br><b>So Safe 1 lesson a week</b> |



## Two Rivers PSHE Curriculum

| Class                    | Autumn 1                                                                                                                        | Autumn 2                                                                                | Spring 1                                                                       | Spring 2                                                                                                  | Summer 1                                                                        | Summer 2                                                                             |
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| <b>Yellow 2</b>          | <b>Unit 1A</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Being aware of my ability | <b>Unit 2A</b><br>Preparing to play an active role as citizens:<br>Recycling            | <b>Unit 3A</b><br>Developing a healthy, safer lifestyle:<br>Medicine and drugs | <b>Unit 4A</b><br>Developing good relationships and respecting the differences between people:<br>Friends | <b>Unit 5A</b><br>Sex and Relationships Education:<br>Knowing how I am changing | <b>Unit 5B</b><br>Sex and Relationships Education:<br>Rights and choices             |
| <b>KS2 EQUALS Scheme</b> |                                                                                                                                 |                                                                                         |                                                                                |                                                                                                           |                                                                                 |                                                                                      |
| <b>Jigsaw Outdoors</b>   | Being comfortable outside- exploring and experiencing outside space<br>Autumn Colour Hunt                                       | We are all different and have different likes and dislikes.<br>Building animal Shelters | Trying to be the best you can be even when it is tricky<br>Bird feeders        | Developing skills in recognising we are all different.<br>Nature<br>Rainbows                              | Making friends with myself<br><br>Wind streamer                                 | Awe and Wonder<br>Understanding the concept of change.<br>Chalk and water portraits. |
| <b>So Safe</b>           | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                                     | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                             | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                    | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                               | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                     | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                          |

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## Two Rivers PSHE Curriculum

| Class                                                             | Autumn 1                                                                                                          | Autumn 2                                                                                | Spring 1                                                                 | Spring 2                                                                                                                        | Summer 1                                                                      | Summer 2                                                                       |
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| <b>Blue 2</b><br><br><b>KS2</b><br><b>EQUALS</b><br><b>Scheme</b> | <b>Unit 1C</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Communities | <b>Unit 2C</b><br>Preparing to play an active role as citizens:<br>Topical Issues       | <b>Unit 3C</b><br>Developing a healthy, safer lifestyle:<br>Keeping Safe | <b>Unit 4C</b><br>Developing good relationships and respecting the differences between people:<br>Playing and learning together | <b>Unit 5C</b><br>Sex and Relationships Education:<br>Safety in the community | <b>Unit 5D</b><br>Sex and Relationships Education:<br>Respecting Privacy       |
| <b>Jigsaw</b><br><b>Outdoors</b>                                  | Being respectful outside. Autumn Wild Crowns                                                                      | Making friends. I can make choices about being a good friend to others. Planting bulbs. | Developing perseverance<br><br>Bird Feeders                              | Exploring the outdoors<br>Expressive Arts/paintings<br>rubbings.                                                                | I can engage successfully with a peer. Bird Nests                             | I can express feelings about growing and change. Butterfly orienteering trail. |
| <b>So Safe</b>                                                    | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                       | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                             | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum              | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                                     | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                   | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                    |

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## Two Rivers PSHE Curriculum

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|  | <b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | Understanding the importance of change and development<br>Stick photo frame<br><br><b>So Safe 1 lesson a week</b> |
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# PHSE and RSE

## Curriculum: Year B



## Two Rivers PSHE Curriculum

| Class                                                                                                                                                            | Autumn 1                                                                                                                                                                                                                                                                                               | Autumn 2                                                                                                                                                                                                                                                           | Spring 1                                                                                                                                                                                                                                      | Spring 2                                                                                                                                                                                                                                                                   | Summer 1                                                                                                                                                                                                | Summer 2                                                                                                                                                                                                                                     |
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| <b>Red 2</b><br><br><b>KS1 EQUALS Scheme</b><br><br><br><br><br><br><br><br><br><br><b>Jigsaw Outdoors</b><br><br><br><br><br><br><br><br><br><br><b>So Safe</b> | <b>Unit 1B</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Being aware in the community<br><br>Being comfortable outside- exploring and experiencing outside space<br>Autumn Colour Hunt<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | <b>Unit 2B</b><br>Preparing to play an active role as citizens:<br>Looking after our environment<br><br>We are all different and have different likes and dislikes.<br>Building animal Shelters<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | <b>Unit 3B</b><br>Developing a healthy, safer lifestyle:<br>Food/exercise – 'healthy choices'<br><br>Trying to be the best you can be even when it is tricky. Bird feeders<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | <b>Unit 4B</b><br>Developing good relationships and respecting the differences between people:<br>The people around me<br><br>Developing skills in recognising we are all different.<br>Nature Rainbows<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | <b>Unit 5A</b><br>Sex and Relationships Education:<br>Making personal choices<br><br>Making friends with myself<br><br>Wind streamer<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | <b>Unit 5B</b><br>Sex and Relationships Education:<br>Personal Responsibility<br><br>Awe and Wonder<br>Understanding the concept of change.<br>Chalk and water portraits.<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum |



## Two Rivers PSHE Curriculum

| Class                                                                                                                                    | Autumn 1                                                                                                                                                                                                                                                                                          | Autumn 2                                                                                                                                                                                                                                                                                             | Spring 1<br>PANTS Lesson<br>linked in with Be<br>Healthy Week                                                                                                                                                                                                                           | Spring 2                                                                                                                                                                                                                                                                                                                                        | Summer 1                                                                                                                                                                                                                                                      | Summer 2                                                                                                                                                                                                                                                                    |
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| <b>Red 1</b><br><b>Red 3</b><br>Jigsaw Jenie<br><b>RSE 3-11Years</b><br><br><b>Jigsaw Outdoors</b><br><br><br><br><br><br><b>So Safe</b> | <u>Africa</u><br><b>Being Me in My World</b><br>Self-identity<br>Understanding feelings<br>Being in a classroom. Being gentle. Rights and responsibilities<br><br><br>Being comfortable outside- exploring and experiencing outside space<br>Autumn Colour Hunt<br><b>So Safe 1 lesson a week</b> | <u>Celebrations</u><br><b>Celebrating Difference</b><br>Identifying talents. Being Special Families<br>Where we live<br>Making friends<br>Standing up for yourself<br><br>We are all different and have different likes and dislikes. Building animal Shelters<br><br><b>So Safe 1 lesson a week</b> | <u>Once Upon a Time</u><br><b>Dreams and Goals</b><br>Challenges<br>Perseverance<br><br>Goal-setting<br>Overcoming obstacles<br>Seeking help<br>Jobs Achieving goals<br><br>Trying to be the best you can be even when it is tricky. Bird feeders<br><br><b>So Safe 1 lesson a week</b> | <u>The Land Before Time</u><br><b>Healthy Me</b><br>Keeping myself healthy<br>Healthier lifestyle choices<br>Keeping clean<br>Medicine safety/safety with household items<br>Road safety<br>Linking health and happiness<br><br>Developing skills in recognising we are all different.<br>Nature Rainbows<br><br><b>So Safe 1 lesson a week</b> | <u>Starry Night</u><br><b>Relationships</b><br>Family life<br>Friendships<br>Breaking friendships<br>Falling out<br>Dealing with bullying<br>Being a good friend<br><br>Making friends with myself<br><br>Wind streamer<br><br><b>So Safe 1 lesson a week</b> | <u>Under the Sea</u><br><b>Changing Me</b><br>Bodies<br>Respecting my body<br>Growing up<br>Growth and change<br>Fun and fears<br>Celebration<br><br>Awe and Wonder<br>Understanding the concept of change.<br>Chalk and water portraits.<br><b>So Safe 1 lesson a week</b> |



## Two Rivers PSHE Curriculum

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| Class                    | Autumn 1                                                                                                       | Autumn 2                                                                                | Spring 1                                                                     | Spring 2                                                                                                    | Summer 1                                                                        | Summer 2                                                                             |
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| <b>Yellow 2</b>          | <b>Unit 1B</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Choosing | <b>Unit 2B</b><br>Preparing to play an active role as citizens:<br>Rules                | <b>Unit 3B</b><br>Developing a healthy, safer lifestyle:<br>Healthy Exercise | <b>Unit 4B</b><br>Developing good relationships and respecting the differences between people:<br>My Family | <b>Unit 5A</b><br>Sex and Relationships Education:<br>Knowing how I am changing | <b>Unit 5B</b><br>Sex and Relationships Education:<br>Rights and choices             |
| <b>KS2 EQUALS Scheme</b> |                                                                                                                |                                                                                         |                                                                              |                                                                                                             |                                                                                 |                                                                                      |
| <b>Jigsaw Outdoors</b>   | Being comfortable outside- exploring and experiencing outside space<br>Autumn Colour Hunt                      | We are all different and have different likes and dislikes.<br>Building animal Shelters | Trying to be the best you can be even when it is tricky Bird feeders         | Developing skills in recognising we are all different.<br>Nature Rainbows                                   | Making friends with myself<br>Wind streamer                                     | Awe and Wonder<br>Understanding the concept of change.<br>Chalk and water portraits. |
| <b>So Safe</b>           | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                    | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                             | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                  | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                 | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                     | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                          |



## Two Rivers PSHE Curriculum

| Class                                                                                                                                                      | Autumn 1                                                                                                                                                                                                                                                                                                          | Autumn 2                                                                                                                                                                                                                                                                                                                       | Spring 1<br>Spring 1<br>PANTS Lesson<br>linked in with Be<br>Healthy Week                                                                                                                                                                                                                                                                            | Spring 2                                                                                                                                                                                                                                                                                                                                 | Summer 1                                                                                                                                                                                                                                                                                                                                                                     | Summer 2                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Yellow 1</b><br><b>Yellow 3</b><br><b>Yellow 4</b><br>Jigsaw Jack<br><b>RSE 3-11Years</b><br><br><b>Jigsaw</b><br><b>Outdoors</b><br><br><b>So Safe</b> | <u>Happy Healthy Me</u><br><b>Being Me in My World</b><br>Feeling special and safe<br><br>Being part of a class Rights and responsibilities<br>Rewards and feeling proud<br>Consequences<br>Owning the Learning Charter<br><br>Being respectful outside. Autumn Wild Crowns<br><br><b>So Safe 1 lesson a week</b> | <u>Victorian Wonderland</u><br><b>Celebrating Difference</b><br>Similarities and differences<br><br>Understanding and bullying and knowing how to deal with it<br>Making new friends<br>Celebrating the differences in everyone<br><br>Making friends. I can make choices about being a good friend to others. Planting bulbs. | <u>Let it Grow</u><br><b>Dreams and Goals</b><br>Setting goals<br>Identifying successes and achievements<br>Working well and celebrating achievement with a partner Tackling new challenges<br><br>Identifying and overcoming obstacles Feelings of success<br><br>Developing perseverance<br><br>Bird Feeders<br><br><b>So Safe 1 lesson a week</b> | <u>Chocoholics</u><br><b>Healthy Me</b><br>Keeping myself healthy<br>Healthier lifestyle choices<br>Keeping clean<br>Being safe<br>Medicine safety/safety with household items<br>Road safety<br>Linking health and happiness<br><br>Exploring the outdoors<br>Expressive Arts/paintings rubbings.<br><br><b>So Safe 1 lesson a week</b> | <u>The Great Outdoors</u><br><b>Relationships</b><br>Belonging to a family Making friends/being a good friend<br>Physical contact preference<br><br>People who help us Qualities as a friend and person<br>Being a good friend to myself<br>Celebrating special relationships<br><br>I can engage successfully with a peer. Bird Nests<br><br><b>So Safe 1 lesson a week</b> | <u>The Big Top</u><br><b>Changing me</b><br>Life Cycles-animal and human<br>Changes in me<br>Changes since being a baby<br>Differences between female and male bodies (correct terminology)<br>Linking growing and learning<br>Coping with change<br>Transition<br><br>I can express feelings about growing and change. Butterfly orienteering trail.<br><b>So Safe 1 lesson a week</b> |



| Class                    | Autumn 1                                                                                                                                   | Autumn 2                                                                                                                                               | Spring 1                                                                                                | Spring 2                                                                                                                         | Summer 1                                                                                                             | Summer 2                                                                                                                                          |
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| <b>Blue 2</b>            | <b>Unit 1D</b><br>Developing confidence and responsibility and making the most of their abilities:<br>Taking responsibility towards others | <b>Unit 2D</b><br>Preparing to play an active role as citizens:<br>Valuing money                                                                       | <b>Unit 3D</b><br>Developing a healthy, safer lifestyle:<br>Growing and changing                        | <b>Unit 4D</b><br>Developing good relationships and respecting the differences between people:                                   | <b>Unit 5C</b><br>Sex and Relationships Education:<br>Safety in the community                                        | <b>Unit 5D</b><br>Sex and Relationships Education:<br>Respecting Privacy                                                                          |
| <b>KS2 EQUALS Scheme</b> |                                                                                                                                            |                                                                                                                                                        |                                                                                                         |                                                                                                                                  |                                                                                                                      |                                                                                                                                                   |
| <b>Jigsaw Outdoors</b>   | Being respectful outside. Autumn Wild Crowns                                                                                               | Making friends. I can make choices about being a good friend to others. Planting bulbs.<br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | Identifying and overcoming obstacles Feelings of success<br>Developing perseverance<br><br>Bird Feeders | Exploring the outdoors<br>Expressive Arts/paintings rubbings.<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | I can engage successfully with a peer. Bird Nests<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum | I can express feelings about growing and change. Butterfly orienteering trail.<br><br><b>So Safe</b> sessions are part of the PHSE/RSE Curriculum |
| <b>So Safe</b>           | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                                                                |                                                                                                                                                        | <b>So Safe</b> sessions are part of the PHSE/RSE Curriculum                                             |                                                                                                                                  |                                                                                                                      |                                                                                                                                                   |



## Two Rivers PSHE Curriculum

| Class                                                                                | Autumn 1                                                                                                                                                                                                                                | Autumn 2                                                                                                                                                                                                                                                                                                                               | Spring 1<br>Spring 1<br>PANTS Lesson<br>linked in with Be<br>Healthy Week                                                                                                                                                                                                                           | Spring 2                                                                                                                                                                                                                                                     | Summer 1                                                                                                                                                                                                                                                                                                         | Summer 2                                                                                                                                                                                                                                                                                                                                                               |
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| <b>Blue 1</b><br><b>Blue 3</b><br><b>Blue 4</b><br>Jigsaw Jo<br><b>RSE 3-11Years</b> | <u>Roald Dahl</u><br><b>Being Me in My World</b><br>Hopes and fears for the year<br><br>Rights and responsibilities<br>Rewards and consequences<br>Safe and fair learning environment.<br>Valuing contributions<br>Recognising feelings | <u>World War 2</u><br><b>Celebrating Difference</b><br>Assumptions and stereotypes about gender<br>Understanding bullying<br>Making new friends<br>Gender diversity<br>Celebrating difference and remaining friends<br>Valuing contributions<br>Choices<br><br>Recognising feelings<br><br>Differences make us all special and unique. | <u>Vikings &amp; Anglo Saxons</u><br><br><b>Dreams and Goals</b><br>Achieving realistic goals<br><br>Perseverance<br><br>Learning strengths<br><br>Learning with others<br><br>Group co-operation<br><br>Contributing to and sharing success<br>Developing perseverance skills<br><br>Wishing wands | <u>Scientists &amp; Inventors</u><br><br><b>Healthy Me</b><br>Motivation<br>Healthier choices<br>Relaxation<br>Healthy eating and nutrition<br>Healthier snacks and sharing food<br><br>How being outside can help my body experience a range of sensations. | <u>Superheroes</u><br><b>Relationships</b><br>Different types of family<br><br>Physical contact boundaries<br><br>Friendship and conflict<br><br>Secrets<br><br>Trust and appreciation<br><br>Expressing appreciation for special relationships<br><br>Being supportive towards others.<br><br>Creating shelters | <u>What Do You Sea?</u><br><b>Changing Me</b><br>Life cycles in nature<br>Growing from young to old<br>Increasing independence<br>Differences in female and male bodies (correct terminology<br>Assertiveness<br>Preparing for transition<br>Boys/Girls club.<br>How Babies Grow<br>Outside Body Changes<br>Inside Body Changes<br>Family stereotypes<br>Looking ahead |
| <b>Jigsaw Outdoors</b>                                                               | Working as part of a team.<br><br>Working co-operatively                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                        |



## Two Rivers PSHE Curriculum

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| <b>So Safe</b> | Nature mandalas<br><br><b>So Safe 1 lesson a week</b> | Natural music shakers<br><br><b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | Spring spotters<br><br><b>So Safe 1 lesson a week</b> | <b>So Safe 1 lesson a week</b> | Understanding the importance of change and development<br>Stick photo frame<br><br><b>So Safe 1 lesson a week</b> |
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