

PHSE and RSE

Curriculum: Year A

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

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

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



Class	Autumn 1	Autumn 2	Spring 1 PANTS Lesson linked in with Be Healthy Week	Spring 2	Summer 1 Sex Education lessons for year 6	Summer 2
Yellow 1 Yellow 3 Yellow 4 Jigsaw – Jack	Amazing Animals Being Me in My World Feeling special	Frozen Planet Celebrating Difference Similarities and differences	Journeys Dreams and Goals Setting goals	Out of this world Healthy Me Keeping myself healthy Healthier lifestyle	Terrific Time Travellers Relationships Belonging to a	Colour, Shimmer & Shine Changing me Life Cycles-animal and human Changes in me
RSE 3- 11Years	and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Understanding and bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Identifying successes and achievements with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	family Making friends/being a good friend Physical contact preference People who help us Qualities as a friend and person Being a good friend to myself.	Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Jigsaw Outdoors	Being respectful outside. Autumn Wild Crowns	Making friends. I can make choices about being a good friend to others.	Developing perseverance Bird Feeders	Exploring the outdoors Expressive Arts/paintings	I can engage successfully with a peer. Bird	I can express feelings about growing and change. Butterfly orienteering trail.
So Safe	So Safe 1 lesson a week	Planting bulbs. So Safe 1 lesson a week	So Safe 1 lesson a week	rubbings. So Safe 1 lesson a week	So Safe 1 lesson a week	So Safe 1 lesson a week



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

Class	Autumn 1	Autumn 2	Spring 1 Spring 1 PANTS Lesson linked in with Be Healthy Week	Spring 2	Summer 1	Summer 2
Blue 1	<u>Egyptians</u>	<u>Lights, Camera,</u>	Space - 5,4,3,2,1	<u>Righteous Royals</u>	<u>Magic</u>	Groovy Greeks
Blue 3	Being Me in My	<u>Action!</u>	Dreams and	Healthy Me	Relationships	Changing me
Blue 4	World	Celebrating	Goals	Motivation	Different types of	Life cycles in
Jigsaw Jo	Hopes and fears	difference		Healthier	family	nature
Jigsaw Outdoors	for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment. Valuing contributions Choices Working as part of a team. Working co- operatively Nature mandalas	Assumptions and stereotypes about gender Understanding bullying Making new friends Gender diversity Celebrating difference and remaining friends Differences make us all special and unique. Natural music shakers	Achieving realistic goals Perseverance Learning with others Group co- operation Contributing to and sharing success Developing perseverance skills Wishing wands	choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food How being outside can help my body experience a range of sensations. Spring spotters	Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Being supportive towards others. Creating shelters	Growing from young to old Increasing independence Differences in female and male bodies (correct terminology Preparing for transition Boys/Girls club. How Babies Grow Outside Body Changes Inside Body Changes Family stereotypes Looking ahead
So Safe						



So Safe 1 lesso	on a So Safe 1 lesson	Understanding			
week	a week	a week	a week	a week	the importance
					of change and
					development
					Stick photo
					frame
					So Safe 1 lesson
					a week



PHSE and RSE

Curriculum: Year B



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

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

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

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			Spring 1 PANTS Lesson			
			linked in with Be			
			Healthy Week			
	Happy Healthy	Victorian	Let it Grow	Chocoholics	The Great	The Big Top
	Me	Wonderland	Dreams and	Healthy Me	Outdoors	Changing me
	Being Me in My	Celebrating	Goals	Keeping myself	Relationships	Life Cycles-animal
Yellow 1	World	Difference	Setting goals	healthy	Belonging to a	and human
Yellow 3	Feeling special	Similarities and	Identifying	Healthier lifestyle	family Making	Changes in me
Yellow 4	and safe	differences	successes and	choices	friends/being a	Changes since
Jigsaw Jack			achievements	Keeping clean	good friend	being a baby
RSE 3-11Years	Being part of a	Understanding	Working well and	Being safe	Physical contact	Differences
	class Rights and	and bullying and	celebrating	Medicine	preference	between female
	responsibilities	knowing how to	achievement with	safety/safety with	'	and male bodies
	Rewards and	deal with it	a partner Tackling	household items	People who help	(correct
	feeling proud	Making new	new challenges	Road safety	us Qualities as a	terminology)
	Consequences	friends	The West and Indian	Linking health and	friend and person	Linking growing
	Owning the	Celebrating the		happiness	Being a good	and learning
	Learning Charter	differences in	Identifying and		friend to myself	Coping with
		everyone	Identifying and		Celebrating	change Transition
			overcoming	Exploring the	special	ITOTISHIOTI
Jigsaw	Being respectful	Making friends.	obstacles Feelings	outdoors	relationships	
Outdoors	outside. Autumn	I can make	of success	Expressive		I can express
	Wild Crowns	choices about	Developing	Arts/paintings	I can engage	feelings about
		being a good	perseverance	rubbings.	successfully with a	growing and
		friend to others.		10001190.	peer. Bird Nests	change. Butterfly
	So Safe 1 lesson a	Planting bulbs.	Bird Feeders		So Safe 1 lesson a	orienteering trail.
	week		So Safe 1 lesson a	So Safe 1 lesson a	week	So Safe 1 lesson a
So Safe	WOOK		week	week	WOOK	week

	So Safe 1 lesson a week		

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

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



So Safe	Nature mandalas So Safe 1 lesson a week	Natural music shakers So Safe 1 lesson	So Safe 1 lesson a week	Spring spotters So Safe 1 lesson a week	So Safe 1 lesson a week	Understanding the importance of change and development Stick photo frame So Safe 1 lesson
		a week				a week