



Sutton Bonington
Primary School

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PSHE/RSHE Coverage



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Key Ideas taught through PSHE/RSHE		
Relationships <ul style="list-style-type: none"> Families and relationships Safe relationships Respecting ourselves and others 	Living in the Wider World <ul style="list-style-type: none"> Belonging to a community Media literacy and digital resilience Money and work 	Health and Wellbeing <ul style="list-style-type: none"> Physical health and mental wellbeing Growing and changing Keeping safe
Early Years Foundation Stage – Personal, Social and Emotional Development		
<p style="text-align: center;">Self Regulation</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> 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>The skills and knowledge that allow children to achieve the Early Learning Goal are taught within focused tasks and the continuous provision throughout the Reception year.</p>	<p style="text-align: center;">Managing Self</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> 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>The skills and knowledge that allow children to achieve the Early Learning Goal are taught within focused tasks and the continuous provision throughout the Reception year.</p>	<p style="text-align: center;">Building Relationships</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> 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>The skills and knowledge that allow children to achieve the Early Learning Goal are taught within focused tasks and the continuous provision throughout the Reception year.</p>
Key Stage 1 and 2 - DfE Relationships and Health Education Statutory Guidance		
<p>By the end of primary school children should have been taught about...</p> <p>Relationships Education</p> <ul style="list-style-type: none"> Families and people who care for me Caring friendships Respectful relationships Online relationships Being safe <p>See DfE document for further breakdown of statutory content</p>	<p>By the end of primary school children should have been taught about...</p> <p>Physical Health and Wellbeing</p> <ul style="list-style-type: none"> Mental wellbeing Internet safety and harms Physical health and fitness Healthy eating Drugs, alcohol and tobacco Health and prevention Basic first aid Changing adolescent body <p>See DfE document for further breakdown of statutory content</p>	

Whole School Overview									
	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Reception	Relationships at home; different families; friends and friendship	PANTS rule; poor choices and consequences; strangers and getting lost	Consequence and challenges; identify emotions; expressing emotions; getting help with emotions	Impact of behaviour; cooperating with others; festivals and celebrations; being helpful to others; rules	Know what to do if worried online; how to seek help from an adult	Jobs; using money in shops; coins	Personal achievements; likes and dislikes; physical activity; healthy eating; teeth brushing; screen time; sleep; emergency services	How animals and humans grow; name some body parts; life cycles of plants and animals	Safe pedestrians; emergency services and how to contact them
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risks and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self respect; courtesy and being polite	The values of rules and laws; rights; freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing different sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations including in emergencies; first aid
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes towards money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media