

FENITON C OF E PRIMARY SCHOOL - PSHE / RSE CURRICULUM PLAN 2020-2021

Term	FSU	Key Stage 1		Key Stage 2			
	Reception	1	2	3	4	5	6
Autumn 1 (TRANSITION) HEALTH AND WELLBEING	We eat elephants - all use cycle of feelings diagrams →						
	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe -rules class/school Road safety Stranger danger Rules	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe Road safety - rules Stranger danger Rules for the class/school Mindfulness	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe Road safety - rules Stranger danger Rules for the class/school Mindfulness	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe Anti-bullying - roles of victim, bully, bystander Rules for the class/school Understanding others needs	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe Anti-bullying - roles of victim, bully, bystander Rules for the class/school Having a voice to show skills	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe - drugs, alcohol and tobacco Anti-bullying - roles of victim, bully, bystander Rules for the class/school	Transition / new goals Healthy lifestyles and physical wellbeing Keeping safe - drugs, alcohol and tobacco Anti-bullying - roles of victim, bully, bystander Rules for the class/school
Autumn 2 HEALTH AND WELLBEING	HEART-linked to mental health, use story books relating to HEART values, Rec: Feelings Y1/2: My strong mind (book 1 and 2) Y3/4: Fish in a tree by Lynda Mullaly Hunt Y5/6: Out of my mind by Sharon M Draper						
	Mental wellbeing Ourselves, growing and changing Self-care e.g. sleep, washing hands (toilet)	Mental wellbeing Ourselves, growing and changing Increasing independence what it looks like	Mental wellbeing Ourselves, growing and changing Self-care e.g. sleep, outside exercise Fire safety visitor	Mental wellbeing Ourselves, growing and changing Self-care Managing hurtful behaviour and bullying	Mental wellbeing Ourselves, growing and changing Self-care Understanding others needs Having a voice to show skills	Mental wellbeing Ourselves, growing and changing Fire safety visitor Understanding others needs Having a voice to show skills	Mental wellbeing Ourselves, growing and changing Understanding others needs Charity / community work through Civic Award
Spring 1 RELATIONSHIPS	We eat elephants - all use cycle of feelings diagrams →						
	Families and close positive relationships Friendships	Families and close positive relationships Friendships Self-regulation Coping strategies	Families and close positive relationships Friendships Self-regulation Coping strategies	Families and close positive relationships Friendships Self-care Anxiety recap	Families and close positive relationships Friendships Mindfulness Coping strategies	Families and close positive relationships Friendships Worries and how to deal with them	Families and close positive relationships Friendships Peer pressure and how to deal with it
Spring 2 RELATIONSHIPS	Managing hurtful behaviour and bullying Safe relationships Respecting self and others	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Managing anxiety Feeling and emotion names	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Sensitivity to others feeling (include differences)	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Managing anxiety Worries busting the myths	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Melanesia understanding motivations/difficulties	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Democracy (Greeks)	Managing hurtful behaviour and bullying Safe relationships Respecting self and others Democracy and government Rules for life
	We eat elephants - all use cycle of feelings diagrams →						
Summer 1 LIVING IN THE WIDER WORLD	Shared responsibilities Communities Media literacy and digital resilience	Shared responsibilities Communities Media literacy and digital resilience Mental health recap Use feelings for different behaviour	Shared responsibilities Communities Media literacy and digital resilience Mindfulness How to solve calmly	Shared responsibilities Communities Media literacy and digital resilience Mindfulness Coping strategies	Shared responsibilities Communities Media literacy and digital resilience Self-regulation Worries busting the myths	Shared responsibilities Communities Media literacy and digital resilience Self-regulation Worries busting the myths Coping strategies	Shared responsibilities Communities Media literacy and digital resilience Self-care Self-regulation Coping strategies
	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Basic first aid →			
Summer 2 LIVING IN THE WIDER WORLD	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition	Economic wellbeing - money Economic wellbeing - aspirations, work, career Transition Anxiety recap	Economic wellbeing - money Economic wellbeing - aspirations, work and career Transition Anxiety recap	Economic wellbeing - money Economic wellbeing - aspirations, work, career Transition Self-harm Bikeability	Economic wellbeing - money Economic wellbeing - aspirations, work, career Transition Self-help for mental health
	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need/Comic Relief Nutrition in detail through Science and Design Tech	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need /Comic Relief Nutrition in detail through Science and Design Tech	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need / Comic Relief Nutrition in detail through Science and Design Tech Homeless project	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need / Comic Relief Nutrition in detail through Science and Design Tech Residential	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need / Comic Relief Nutrition in detail through Science and Design Tech Residential	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need / Comic Relief Nutrition in detail through Science and Design Tech Residential	Internet safety every term Fire, rail, road safety AOW Remembrance Sunday Children in need / Comic Relief Nutrition in detail through Science and Design Tech Residential

