Appendix C – Programme of Study PHSE –

This is the coverage requirement. The order of lessons can be changed to meet class needs.

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|  | Terms |
|  | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
|  | 7 wks | 8 wks | 7 wks | 5 wks | 6 wks | 6 wks |
| KS1 | **Health and Wellbeing****- Changing Feelings** 1. R1 Communicating our feelings.2.H5 Change and loss – Understanding.3. H3 My strengths4 R2 Behaviour and how it affects others.5. R5 Sharing views and opinions6. R6/7 Playing together.7. R11 Feelings (teasing and bullying) | **Health and Wellbeing****- Keeping Safe** Protective Behaviours1. Feelings2.Unsafe feelings 3.Awareness4. Networks (My network when at school)Risks5.H11 – Household products - safety, and risk6. H11 – Medicines, - Safety and risk7. H12 Safety - road, water rail, and fire8. PB – I feel safe (My network when at home) | **The Wider World**1. L3 Rights, responsibilities and needs2. L4 Groups and communities3. L9 People, similarities and commonalities4. L5 Looking after the local environment5/6. L6 /7 Money: Spending, saving, safety**7. Free slot to deal with classroom needs (Use flexibly across the school year)** | **Health and Wellbeing****- Healthy Lifestyles**1. H1 Health and wellbeing - Healthy eating, physical activity and sleep, 2. H1 Health and wellbeing - dental health3. H2 Health: Likes, dislikes and choices4. H4 Managing Feelings - Identifying feelings and their effects5. H6/7 Hygiene and Cleanliness . | **Healthy Relationships**1. R8 People, similarities and differences.2. H13/14/15 Asking for help3.H16 Privacy and respect4. Safety – online5/6 Free slots to deal with classroom needs (Use flexibly across the school year) | **Healthy Relationships (2)**1. H8 Growing, changing and becoming more independent2 H10 Me and my body 3. L8 Everybody is individual, unique and special4. PB- I feel safe.(My network when at home recap)**5 Free slot to deal with classroom needs (Use flexibly across the school year)** |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
|  | 7 wks | 8 wks | 7 wks | 5 wks | 6 wks | 6 wks |
|  |  |  |  |  |  |  |
| Lower KS2 | **Health and Wellbeing****- Changing Feelings.**1. R1 Feelings, empathy and recognising others’ feelings.2.H6/7 Managing feelings.3. H8 – Change, transition and loss.4.H5 My strengths5. R2 Friendships and positive relationships.6. R12 Disputes, conflict and compromise7. R14 Bullying, discrimination and aggressive behaviour | **Health and Wellbeing****- Keeping Safe.**Protective Behaviours1. Feelings2.Unsafe feelings3.Body Awareness4. Networks (My network when at school)Risks5. H9/10/11 Risks, dangers and responsibilities.6. H13/14 Managing negative pressure and influences.7. H22/25 – Keeping safe online.8. L17 – Misleading information.  | **The Wider World**1. L3/4 Human rights and children’s rights.2.L11 - Diversity and identity in the UK.3L15 Sustainability and choices.4. L13 Managing Money.5. L14 Loans and Debt.6. L16 Enterprise skills, entrepreneurs**7. Free slot to deal with classroom needs (Use flexibly across the school year)** | **Health and Wellbeing****- Healthy Lifestyles**1. H1/2 Balanced lifestyles and choices.2. H3 Balanced diet, choices, food and influences.3. H4 Media images: reality/fantasy4. H12 Hygiene routines 5. H17 Drugs – Medical and non-medical. | **Healthy relationships**1. R13 Identity, similarities and differences, 2. R16 stereotypes3 R11 Collaborative learning.4. R12 Resolving differences.5. H16 Habits**6. Free slot to deal with classroom needs (Use flexibly across the school year)**.  | **Healthy Relationships (2)**1-4. H18 – Understanding our bodies.5. We are all unique. My safety home network recap**6. Free slot to deal with classroom needs (Use flexibly across the school year)** |

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|  | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
|  | 7 wks | 8 wks | 7 wks | 5 wks | 6 wks | 6 wks |
| Upper KS2 | **Health and Wellbeing****- Changing Feelings.**1. R1 Feelings, empathy and recognising others’ feelings.2. H6/7 Managing feelings.3. H8 – Change, transition and loss.4. R2 Friendships and positive relationships.5. R5/6/19/20Committed Relationships6. R12 Disputes, conflict and compromise 7. R13/16/17 Identity, stereotypes and discrimination.8. Bullying, discrimination and aggressive behaviour9. L6 Anti-social behaviour, | **Health and Wellbeing****- Keeping Safe.**Protective Behaviours1. Feelings2.Unsafe feelings3.Body Awareness4. Networks (My network when at school)Risk5. H9/10/11 Risks, dangers and responsibilities.6. H13/14 Managing negative pressure and influences.7. H22/25 – Keeping safe online.8. H24 Mobile phone safety. | **The Wider World**1. 1. L3/4/5 Human rights and children’s rights. (incl. FGM) 2. L15 Sustainability and choices.3. L13 Managing Money.4. L14 Loans and Debt.5. L16 Enterprise skills, entrepreneurs6. L11 - Diversity and identity in the UK.7. Free slot to deal with classroom needs (Use flexibly across the school year) | **Health and Wellbeing****- Healthy Lifestyles**1. H1/2 Balanced lifestyles (physical and mental health), 2. H3 Balanced diet, choices, food and influences.3. H4 Media images: reality/fantasy4. H12 Hygiene routines 5. H17 Drugs – Medical and non-medical.6. H16 Habits | **Healthy Relationships**1. R10 Listening to points of view.2. R11 Shared goals3. R13/16/17 Identity, stereotypes and discrimination.4. L12 - Values and customs of people.5. L17 – Misleading information.**6. Free slot to deal with classroom needs (Use flexibly across the school year)** | **Healthy Relationships (2)**1-4. H18/19 –Puberty 5. H8 – Change, transitionPB – My safety home network recap6. Free slot to deal with classroom needs (Use flexibly across the school year) |

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