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 strengths  4 R2 Behaviour and how it affects others.  5. R5 Sharing views and opinions  6. R6/7 Playing together.  7. R11 Feelings (teasing and bullying) | **Health and Wellbeing**  **- Keeping Safe** Protective Behaviours  1. Feelings  2.Unsafe feelings  3.Awareness  4. Networks (My network when at school)  Risks  5.H11 –  Household products - safety, and risk  6. H11 –  Medicines,  - Safety and risk  7. H12 Safety - road, water rail, and fire  8. PB – I feel safe (My network when at home) | **The Wider World**  1. L3 Rights, responsibilities and needs  2. L4 Groups and communities  3. L9 People, similarities and commonalities  4. L5 Looking after the local environment  5/6. 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 health  3. H2 Health: Likes, dislikes and choices  4. H4 Managing Feelings - Identifying feelings and their effects  5. H6/7 Hygiene and Cleanliness  . | **Healthy Relationships**  1. R8 People, similarities and differences.  2. H13/14/15 Asking for help  3.H16 Privacy and respect  4. Safety – online  5/6 Free slots to deal with classroom needs (Use flexibly across the school year) | **Healthy Relationships (2)**  1. H8 Growing, changing and becoming more independent  2 H10 Me and my body  3. L8 Everybody is individual, unique and special  4. 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 strengths  5. R2 Friendships and positive relationships.  6. R12 Disputes, conflict and compromise  7. R14 Bullying, discrimination and aggressive behaviour | **Health and Wellbeing**  **- Keeping Safe.**  Protective Behaviours  1. Feelings  2.Unsafe feelings  3.Body Awareness  4. Networks (My network when at school)  Risks  5. 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/fantasy  4. H12 Hygiene routines  5. H17 Drugs – Medical and non-medical. | **Healthy relationships**  1. R13 Identity, similarities and differences,  2. R16 stereotypes  3 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. R5/6/19/20  Committed Relationships  6. R12 Disputes, conflict and compromise  7. R13/16/17 Identity, stereotypes and discrimination.  8. Bullying, discrimination and aggressive behaviour  9. L6 Anti-social behaviour, | **Health and Wellbeing**  **- Keeping Safe.**  Protective Behaviours  1. Feelings  2.Unsafe feelings  3.Body Awareness  4. Networks (My network when at school)  Risk  5. 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, entrepreneurs  6. 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/fantasy  4. 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 goals  3. 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, transition  PB – My safety home network recap  6. Free slot to deal with classroom needs (Use flexibly across the school year) |

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