

Litcham School All-through PHSE Curriculum Implementation

	KS1			KS2				KS3			KS4	
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11
Health and well being	<p>Being My Best Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep</p> <p>Growing and Changing Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys</p>	<p>Being My Best I can eat a rainbow Eat well Catch it! Bin it! Kill it! Learning about bikes Pass on the praise!</p> <p>Growing and Changing Inside my wonderful body! Taking care of a baby Then and now Who can help? Surprises and secrets Keeping privates private</p>	<p>Being My Best You can do it! My day What helps us to keep clean and healthy What we can do in the bathroom My body needs... What does my body do?</p> <p>Growing and Changing A helping hand Haven't you grown! My body, your body Respecting privacy Basic first aid</p>	<p>Being My Best Derek cooks dinner! (healthy eating) Poorly Harold For or against? I am fantastic! Getting on with your nerves! Body teamwork Top talents</p> <p>Growing and Changing Relationship tree Body space Secret or surprise? My changing body Basic first aid</p> <p>Drugs and alcohol Alcohol and cigarettes: the facts</p>	<p>Being My Best What makes me ME! Making choices Harold's Seven Rs My school community Basic first aid</p> <p>Growing and Changing Moving house My feelings are all over the place! All change! Together Preparing for changes at puberty Secret or surprise?</p> <p>Drugs and alcohol Medicines: check the label</p>	<p>Being My Best Getting fit It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness</p> <p>Growing and Changing Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Making babies STIs (HIV)</p> <p>Drugs and alcohol What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story</p> <p>Drugs and alcohol Drugs: true or false? Smoking: what is normal? Would you risk it?</p>	<p>Being My Best This will be your life! Our recommendations What's the risk? Basic first aid, including Sepsis Awareness</p> <p>Growing and Changing Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Making babies STIs (HIV)</p> <p>Drugs and alcohol What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story</p>	<p>Transition and safety Transition to secondary school and personal safety in and outside school, including first aid, rail, water and road safety online safety, trip to Bramley lakes</p> <p>Health and puberty Healthy routines, influences on health, puberty, periods, unwanted contact, sleep, mindfulness, dental care, exercise, mental health, diet, emotions, growth mindset</p>	<p>Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use</p> <p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies, unhealthy coping strategies, self-confidence and awareness.</p>	<p>Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, knife crime and gang exploitation</p> <p>Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p>Misuse of drugs/influences</p> <p>Basic first aid</p>	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change, abortion. Fertility</p> <p>Exploring influence The influence and impact of drugs, gangs, Tv, porn, external influences</p>	<p>Building for the future Healthy lifestyle maintaining Self-efficacy, stress management, mental health sleep and future opportunities, Safety online and off line, managing exam stress</p> <p>Effects of fertility</p> <p>Independence Responsible health choices, and safety in independent contexts,</p>
Living in the Wider World	<p>Keeping Myself Safe What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe</p>	<p>Keeping Myself Safe Healthy me Super sleep Who can help? What could Harold do? Good or bad touches? Sharing pictures</p> <p>Rights and Responsibilities Around and about the school Taking care of something Harold's money</p>	<p>Keeping Myself Safe How safe would you feel? What should we say? I don't like that! Fun or not? Should I tell? Some secrets should never be kept</p> <p>Rights and Responsibilities Getting on with others When I feel like erupting Feeling safe</p>	<p>Keeping Myself Safe Safe or unsafe? Danger or risk? The Risk robot Super Searcher None of your business! Help or harm?</p> <p>Rights and Responsibilities Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project</p>	<p>Keeping Myself Safe Danger, risk or hazard? Picture wise How dare you! Know the norms Keeping ourselves safe</p> <p>Rights and Responsibilities Who helps us stay healthy and safe? It's your right How do we make a difference? In the news!</p>	<p>Keeping Myself Safe Thinking' about habits Jay's dilemma Spot bullying Ella's diary dilemma Decision dilemmas Play, like, share</p> <p>Rights and Responsibilities What's the story? Fact or opinion? Rights, responsibilities and duties</p>	<p>Keeping Myself Safe Think before you click! Traffic lights To share or not to share? Rat Park</p> <p>Rights and Responsibilities Two sides to every story Fakebook friends What's it worth? Jobs and taxes Action stations! Happy shoppers</p>	<p>Developing skills and aspirations Financial decision making Saving, borrowing, budgeting and making financial choices</p> <p>Multiculturalism Stereotyping Multiculturalism in the UK. PREVENT Bullying, stereotyping</p>	<p>Community and careers Careers, teamwork and enterprise skills, and raising aspirations</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work, growth mindset Digital literacy Online safety, digital literacy,</p>	<p>Setting goals Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>Employability skills Employability and online presence</p> <p>Fraud Money mules and social engineering</p>	<p>Financial decision making Gambling and the impact of advertising on financial choices</p> <p>Managing money, budgeting</p> <p>Work experience Preparation for and evaluation of work experience and readiness for work, writing letter, interviews</p>	<p>Next steps Careers education and online profile</p> <p>Application processes, and skills for further education, employment and career progression, study skills, managing money, young drivers education.</p> <p>Performing CPR</p>

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	<p>Rights and Responsibilities Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money: recognising, spending, using</p>	<p>How should we look after our money? Basic first aid</p>	<p>How can we look after our environment? Saving up for something special Playing games</p>	<p>Saving money Earning money</p>	<p>Safety in numbers Logo quiz Why pay taxes?</p>	<p>Mo makes a difference Spending wisely Lend us a fiver! Local councils</p>	<p>Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made</p> <p>Transition Setting aspirations, preparing for transition to secondary school.</p>		<p>media reliability, and gambling hooks</p> <p>Financial Education: Interest Credit 4 Life, Currency Perfect PINs</p>	<p>Disability, Living with a disability</p>	<p>Interview technique, applications, CV</p> <p>Organ Donation, Extremism</p>	
<p>Relationships</p>	<p>Me and My Relationships All About me What makes me special Me and my special people Who can help me? My Feelings</p> <p>Valuing Difference I'm special, you're special Same and different Same and different families Same and different homes</p>	<p>Me and My Relationships Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies Our special people Good friends How are you listening?</p> <p>Valuing Difference Same or different? Unkind, tease or bully? Harold's school rules Who are our special people? It's not fair!</p>	<p>Me and My Relationships Our ideal classroom How are you feeling today? Bullying or teasing? Don't do that! Types of bullying Being a good friend Let's all be happy!</p> <p>Valuing Difference What makes us who we are? How do we make others feel? My special people When someone is feeling left out An act of kindness Solve the problem</p>	<p>Me and My Relationships As a rule My special pet Tangram team challenge Looking after our special people How can we solve this problem? Thanks Friends are special</p> <p>Valuing Difference Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences</p>	<p>Me and My Relationships Emails Ok or not ok? Human machines Different feelings When feelings change Under pressure</p> <p>Valuing Difference Can you sort it? Islands Friend or acquaintance? What would I do? The people we share our world with That is such a stereotype!</p>	<p>Me and My Relationships Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication</p> <p>Valuing Difference Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? It could happen to anyone</p>	<p>Me and My Relationships Working together Let's negotiate Solve the friendship problem Assertiveness skills Behave yourself Don't force me Acting appropriately</p> <p>Valuing Difference OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes</p>	<p>Diversity Diversity, prejudice, and bullying, loneliness</p> <p>Building relationships Self-worth, romance and friendships (including online) and relationship boundaries, consent, peer pressure, body satisfaction.</p> <p>Peer on peer abuse</p>	<p>Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p>Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception, parenting. FGM, e-safety and body image.</p>	<p>Respectful relationships Families and parenting, healthy relationships, romantic relationships conflict resolution, and relationship changes</p> <p>Different types of families, adoption, Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs,</p>	<p>Healthy relationships and Families ,</p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media, unplanned pregnancy, Gender and sexual identity, Contraception, STI's,</p> <p>Addressing extremism and radicalisation Communities, valuing diversity belonging and challenging extremism</p>	<p>Communication in relationships Marriage, families, parental responsibilities</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse, self-body examination, pornography, sharing sexual images, consent, harassment</p> <p>Bereavement and loss</p>