



PHSE and RSE Scheme of Work 2021

Incorporating the 2021 expectations for Relationships and Sex Education (RSE) and Health Education

We *believe* in doing 
 the **right** thing

The purpose of the New Islington PSHE scheme 2021-22 is to explicitly teach the building blocks that make for healthy, respectful relationships, with a focus on family and friendships, in all contexts, including online. Our curriculum is based on the iMatters Curriculum, the PSHE Association Curriculum, and the statutory expectations found in Relationships Education, Relationships and Sex Education (RSE) and Health Education.

This teaching sits alongside an essential understanding of how to be healthy, including mental wellbeing; we know that helping to foster pupil wellbeing, and develop resilience and character, are fundamental to happiness and success.

Central to this is our role in encouraging and inspiring pupils to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.

PHSE is taught across all age groups explicitly every week. This teaching might take place in an assembly, where a group of children (a single class, a Year Group, a phase or as a whole school) gather together as a community. Some of our assemblies are a time to discuss and reflect and to share ideas; to challenge stereotypes and to broaden horizons. PSHE is taught explicitly as a stand alone lesson; PSHE teaching might take place through dedicated Circle Time where children are encouraged to explore their emotions through listening to one another and sharing their thoughts in a safe, trusted space. PHSE is also woven in by teachers via our New Islington Curriculum, through a range of subjects such as science, history, geography, RE or art.

This Scheme of Work is reviewed annually, and is closely linked to our Relationships and Behaviour Policy, our Anti-bullying Policy, the RE Scheme of Work, our RE Policy, our PHSE and Citizenship Policy and our Relationships and Sex Education Policy. All work together to ensure we are developing responsible and resilient citizens of the future.

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Our Golden Values

We use these values to build and maintain healthy relationships, to think before acting, to keep ourselves and others safe and to develop mental wellbeing and happiness.

- We do the right thing** – We make positive choices even when nobody is watching.
- We are respectful** – We listen to all adults. We respect our friends and our school environment.
- We are cooperative** – We share with others. We are generous.
- We are kind** – We think before we speak. We consider others feelings.
- We are resilient** – We try our best. We are adaptable. We never give up.

Doing the right thing

Making positive choices even when nobody is watching.
Recognising and managing the need for peer approval.
Understanding how to self-check by managing strong emotions and impulses.
Promoting a positive, growth mind-set.

Respect

Know how to stop and listen to all adults around the school.
Understand what it means to respect our friends.
Understand what it means to show respect for our school environment.
Developing and maintaining a healthy 'self' self-confidence, self-worth, and self-respect.
Gaining respect for others' right to their own beliefs, values and opinions.
Understanding how to value and respect diversity.

Cooperation

Learning how to listen to others.
Understanding effective communication.
Understanding how to work as a team.
Learning how to be flexible and compromise with peers.

Kindness

Understand how to show empathy and compassion towards others.
Consider the feelings of others.
Thinking before speaking.
Considering the impact of our words and actions on others.

Resilience

Developing an appropriate response to challenges.
Becoming self-motivated.
Showing perseverance and adaptability.
Strategies for identifying and accessing appropriate help and support.
Applying resilience in new situation.

PSHE Core Themes and Big Ideas

RELATIONSHIPS AND SEX EDUCATION	MENTAL AND EMOTIONAL HEALTH	KEEPING SAFE	HEALTHY LIFESTYLES	LIVING IN THE WIDER WORLD
<p>Who are the people in my life who love and care for me?</p> <p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys?</p> <p>What is private? (body parts)</p> <p>What happens when the body grows young to old?</p> <p>What is fair, unfair, kind and unkind? (friendship)</p> <p>What is personal space?</p> <p>What does a healthy relationship look like?</p> <p>Why is being equal important in relationships?</p> <p>What is diversity?</p> <p>Do boys and girls have different roles?</p> <p>What changes happen to my body?</p> <p>What is puberty?</p> <p>What are the different relationships in my life?</p> <p>What is unwanted touch? (Additional lesson)</p> <p>Understanding FGM</p>	<p>What makes me happy? What are feelings?</p> <p>What is the difference between good secrets and bad secrets? How does my behaviour affect others?</p> <p>What is the difference between small feelings and big feelings?</p> <p>How can I keep safe online?</p> <p>What makes others happy?</p> <p>What is the difference between joking, teasing and bullying?</p> <p>How do my feelings affect my behaviour?</p> <p>How can I manage my feelings?</p> <p>What are the ways we communicating online?</p> <p>What am I good at?</p> <p>What is resilience?</p> <p>What does it mean to have responsibility over my choices and actions?</p> <p>What is discrimination?</p>	<p>What are the rules for keeping me safe at school and outside?</p> <p>What are rules about household substances?</p> <p>What is an emergency and what do I do?</p> <p>How do medicines help us when we are unwell?</p> <p>How do I keep safe at home?</p> <p>What is my responsibility for keeping myself and others safe?</p> <p>What happens when I breathe smoke in the air?</p> <p>How do I recognise risks in my life?</p> <p>What do I do in an emergency?</p> <p>How do I manage risks in my life?</p> <p>What is self-control?</p> <p>What is the difference between legal and illegal drugs? Are all drugs harmful?</p> <p>How do I respond to dares?</p> <p>What are 'habits'?</p> <p>Who or what influences me?</p> <p>How do drugs affect the mind and body?</p> <p>How do I manage peer pressure?</p> <p>What are basic emergency first aid skills?</p>	<p>What foods should I eat?</p> <p>How can I look after my teeth?</p> <p>Why is it important to wash my hands?</p> <p>How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases spreading?</p> <p>What is a healthy diet?</p> <p>What is an unhealthy diet?</p> <p>How do I keep safe in the sun?</p> <p>Why is personal hygiene important?</p> <p>How do I make sure I sleep well?</p> <p>What is fuel for the body?</p> <p>How do I know if I'm physically ill?</p> <p>How can we stop the spread of infection?</p> <p>Why is it important to know about nutritional content of food?</p> <p>How is my mental and physical wellbeing connected?</p>	<p>What are class rules? (British Values)</p> <p>Where does our money come from?</p> <p>What is the environment?</p> <p>What groups and communities am I a part of?</p> <p>How do we make choices about spending money?</p> <p>How can we look after the environment?</p> <p>How do rules and law protect me?</p> <p>What is the difference between my local British communities and global communities?</p> <p>What are the links between work and money?</p> <p>What are the rights of the child?</p> <p>How do we look after our money?</p> <p>What is sustainability?</p> <p>How are rules and law made and changed?</p>

What changes happen in my life?
What happens in a loving relationship and what is forced marriage?
How is a baby made?

What is mental health?
How do I negotiate and compromise?
How do I stay safe on a mobile or tablet?
How can I be happy being me? (body Image)
How can I challenge negative thoughts and feelings?

What is stereotyping?

How can the internet positively and negatively affect our mental health?

How do I keep physically healthy?
Can I plan and prepare a healthy meal?

What is Fair Trade?
How can I develop my enterprise skills?
Why is it important to be critical of the media online and offline?
How do people manage money?
What do I want to be?

Year One		
<p>Autumn 1 :</p> <p>Who are the people in my life who love and care for me? Do we know what different families look like? (Stonewall poster) What are the differences and similarities between people? What are the similarities between girls and boys?</p> <p>What makes me happy? What are feelings? What is the difference between good secrets and bad secrets? How does my behaviour affect others?</p>	<p>Spring 1:</p> <p>Who are the people in my life who love and care for me? Do we know what different families look like? What are the differences and similarities between people? What are the similarities between girls and boys?</p>	<p>Summer 1:</p> <p>Who are the people in my life who love and care for me? Do we know what different families look like? What are the differences and similarities between people? What are the similarities between girls and boys?</p> <p>What makes me happy? What are feelings? What is the difference between good secrets and bad secrets? How does my behaviour affect others?</p>
<p>Autumn 2:</p> <p>What foods should I eat? How can I look after my teeth? Why is it important to wash my hands?</p>	<p>Spring 2:</p> <p>What are the rules for keeping me safe at school and outside? What are rules about household substances? What is an emergency and what do I do?</p>	<p>Summer 2:</p> <p>What are class rules? (British Values) Where does our money come from? What is the environment?</p>

Year Two		
Autumn 1:	Spring1:	Summer 2:
<p>What is private? (body parts) What happens when the body grows young to old? What is fair, unfair, kind and unkind? (friendship)</p> <p>What is the difference between small feelings and big feelings? What makes others happy?</p>	<p>What is private? (body parts) What happens when the body grows young to old? What is fair, unfair, kind and unkind? (friendship)</p> <p>What is the difference between small feelings and big feelings? How can I keep safe online?</p>	<p>What is private? (body parts) What happens when the body grows young to old? What is fair, unfair, kind and unkind? (friendship)</p> <p>What is the difference between joking, teasing and bullying? What are different types of bullying?</p>
<p>Autumn 2:</p> <p>How do I keep myself healthy? Why is it important to keep active? How can I prevent diseases spreading?</p>	<p>Spring 2:</p> <p>How do medicines help us when we are unwell? How do I keep safe at home? What is my responsibility for keeping myself and others safe?</p>	<p>Summer 2:</p> <p>What groups and communities am I a part of? How do we make choices about spending money? How can we look after the environment?</p>

Year Three

Autumn 1:

What is personal space?
What does a healthy relationship look like?
Why is being equal important in relationships?

How do my feelings affect my behaviour? How can I manage my feelings?
What am I good at?

Spring 1:

What is personal space?
What does a healthy relationship look like?
Why is being equal important in relationships?

What are the ways we communicating online?

Summer 1:

What is personal space?
What does a healthy relationship look like?
Why is being equal important in relationships?

How do my feelings affect my behaviour? How can I manage my feelings?
What am I good at?

Autumn 2:

What is a healthy diet?
What is an unhealthy diet?
How do I keep safe in the sun?
Why is personal hygiene important?

Spring 2:

What happens when I breathe smoke in the air?
How do I recognise risks in my life?
What do I do in an emergency?

Summer 2:

How do rules and law protect me?
What is the difference between my local British communities and global communities?
What are the links between work and money?

Year Four

Autumn 1:

What is diversity?
Do boys and girls have different roles?
What changes happen to my body?

What is resilience?
What does it mean to have responsibility over my choices and actions?

Spring 1:

What is diversity?
Do boys and girls have different roles?
What changes happen to my body?

What does it mean to have responsibility over my choices and actions?

Summer 1:

What is diversity?
Do boys and girls have different roles?
What changes happen to my body?

What is discrimination?

Autumn 2:

How do I make sure I sleep well?
What is fuel for the body?
How do I know if I'm physically ill?

Spring 2:

How do I manage risks in my life?
What is self-control?
What is the difference between legal and illegal drugs?
Are all drugs harmful?

Summer 2:

What are the rights of the child?
How do we look after our money?
What is sustainability?

Year Five		
<p>Autumn 1:</p> <p>What is puberty? What are the different relationships in my life? (Others' families, either in school or in the wider world, sometimes look different from our own family, but we should respect those differences and know that other children's families are also characterised by love and care.) What is unwanted touch? (Additional lesson) Understanding FGM</p> <p>What is mental health? How do I negotiate and compromise? How do I stay safe on a mobile or tablet? How can I be happy being me? (body Image)</p>	<p>Spring 1:</p> <p>What is puberty? What are the different relationships in my life? (Others' families, either in school or in the wider world, sometimes look different from our own family, but we should respect those differences and know that other children's families are also characterised by love and care.) What is unwanted touch? (Additional lesson) Understanding FGM</p>	<p>Summer 1:</p> <p>What is puberty? What are the different relationships in my life? (Others' families, either in school or in the wider world, sometimes look different from our own family, but we should respect those differences and know that other children's families are also characterised by love and care.) What is unwanted touch? (Additional lesson) Understanding FGM</p> <p>How do I negotiate and compromise? How do I stay safe on a mobile or tablet?</p>
<p>Autumn 2:</p> <p>How can we stop the spread of infection? Why is it important to know about nutritional content of food?</p>	<p>Spring 2:</p> <p>How do I respond to dares? What are 'habits'? Who or what influences me?</p>	<p>Summer 2:</p> <p>How are rules and law made and changed? What is Fair Trade? How can I develop my enterprise skills?</p>

Year Six

Autumn 1:

What changes happen in my life?
What happens in a loving relationship? (Stable, caring relationships are at the heart of happy families and marriage represents a formal and legally recognised commitment of two people to each other which is intended to be life-long.)
What is forced marriage?
How is a baby made?

How can I challenge negative thoughts and feelings?
What is stereotyping?

Spring 1:

What changes happen in my life?
What happens in a loving relationship? (Stable, caring relationships are at the heart of happy families and marriage represents a formal and legally recognised commitment of two people to each other which is intended to be life-long.)
What is forced marriage?
How is a baby made?

How can the internet positively and negatively affect our mental health?

Summer 1:

What changes happen in my life?
What happens in a loving relationship (Stable, caring relationships are at the heart of happy families and marriage represents a formal and legally recognised commitment of two people to each other which is intended to be life-long.)
What is forced marriage?
How is a baby made?

How can I challenge negative thoughts and feelings?
What is stereotyping?

Autumn 2:

How is my mental and physical wellbeing connected?
How do I keep physically healthy?
Can I plan and prepare a healthy meal?

Spring 2:

How do drugs affect the mind and body?
How do I manage peer pressure?
What are basic emergency first aid skills?

Summer 2:

Why is it important to be critical of the media online and offline?
How do people manage money?
What do I want to be?