

Springdale First School

PSHE/RSE/Safety Curriculum Overview



Imagine, Believe, Achieve

Relationships			Living in the Wider World			Health and Wellbeing		
Families and Friendships	Safe Relationships	Respecting ourselves and others	Belonging to a Community (culture and diversity)	Media literacy and digital resilience	Safety in the wider world	Physical health and Mental wellbeing	Growing and changing (mentally and physically)	Keeping our bodies safe
<p>Autumn 2 Peer differences – Understanding that we can have similarities and differences to our friends.</p> <p>Summer 1 Friendships – Knowing and showing what it is like to be a good friend.</p>	<p>Autumn 1 Stranger safety – Safe adults in school.</p> <p>Autumn 2 Bullying/friends hips – Knowing some words to use if someone does something unkind.</p> <p>Spring 2 Stranger Safety – Understanding what a stranger is and what to say if approached by one.</p>	<p>Autumn 1 Understanding feelings – Beginning to recognise and manage own feelings. Understanding why it is good to be kind and use gentle hands.</p> <p>Summer 1 Knowing how to help themselves and others when they are upset.</p>	<p>Autumn 1 Being part of a new school - Understanding and co-operating with boundaries and routines. Understanding how it feels to belong and that we are similar and different.</p> <p>Summer 1 Family – Identifying the feeling of belonging within families.</p>	<p>Ongoing throughout the year Use technology safely and respectfully.</p>	<p>Autumn 1 Fire safety – Responding to fire drills at school and at home.</p> <p>Autumn 2 Fire safety – Fireworks and bonfires.</p> <p>Spring 1 Water and beach safety – Knowing that water can be dangerous and we should always be close to an adult.</p> <p>Summer 1 Water and beach safety – Strategies for keeping safe near water.</p> <p>Summer 2 Road Safety – Knowing how to walk on the</p>	<p>Spring 2 Exercise – Understanding what exercise means and how it keeps our bodies healthy. Diet – Naming some foods that are healthy and some that are not. Sleep – Bedtime routines and understanding why sleep is healthy.</p>	<p>Spring 1 Challenges – Sharing experiences of not giving up and achieving goals. Understanding the feeling of being proud.</p> <p>Summer 2 Our bodies – Naming body parts and understanding that our bodies change as we grow. Moving on – Sharing feelings about moving year groups.</p>	<p>Summer 2 Sun safety – Knowing some ways to protect ourselves from the sun.</p>

Year R

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						pavement with an adult to stay safe near the road.			
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Year 1	<p>Autumn 2 Peer differences - Recognising and accepting similarities and differences between self and peers. Making friends.</p> <p>Summer 1 Families - Identifying own family members and recognize that there are different types of families.</p>	<p>Autumn 1 Stranger safety - Responding to unfamiliar adults.</p> <p>Autumn 2 Bullying - The meaning of bullying and how this might feel. Identifying trusted adults if feeling unhappy.</p> <p>Summer 1 Acceptable touch - Appropriate ways of making physical contact when greeting friends. Trusted adults who can help in school.</p>	<p>Autumn 1 Respecting ourselves - Personal choices and consequences. Recognising the feeling of being proud of an achievement.</p> <p>Spring 2 Respecting others - Working well with a partner.</p> <p>Summer 1 Respecting ourselves - Positive self-qualities. Respecting others - Appreciating others.</p>	<p>Autumn 1 School rules - Rights and responsibilities as a member of the class and year group.</p> <p>Autumn 2 Stereotypes - Similarities and differences between boys and girls.</p>	<p>Autumn 1 Online safety - Identifying unwanted content online. Speaking to a trusted adult.</p> <p>Autumn 2 Online safety - Being considerate and respectful online. Identifying bullying.</p> <p>Spring 1 Online safety - Managing online information and information sharing.</p> <p>Spring 2 Online safety - rules for staying safe using technology.</p> <p>Summer 1 Online safety - Understand copyright and</p>	<p>Autumn 1 Fire safety - Electrical appliances. Responding to fire alarms. Calling 999.</p> <p>Autumn 2 Fire safety - Fireworks and bonfires.</p> <p>Spring 1 Road Safety - Recognising safety signs.</p> <p>Spring 2 Road Safety - Crossing the road safely.</p> <p>Summer 1 Water safety - strategies for being safe in and around the water. Purpose of the</p>	<p>Spring 2 Physical and mental health - The difference between being physically healthy and unhealthy and how these can affect mood.</p> <p>Cleanliness - Germs can cause disease/illness. Keeping our bodies clean. Oral hygiene.</p>	<p>Spring 1 Identifying own successes and achievements and how I learn best. Setting simple goals, overcoming obstacles and identifying the feelings a new challenge brings.</p> <p>Summer 2 Changes happen as we grow. Identifying physical changes. Lifecycles of animals and humans. Naming body parts. Identify the different body parts of boys and girls. Moving year group.</p>	<p>Spring 2 Household medicines and products can be harmful.</p> <p>Summer 2 Private parts of the body. Appropriate touch. Saying 'no' to unwanted touch. PANTS rule.</p> <p>Summer 2 Sun safety - protecting skin and drinking water.</p>

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ownership.

Summer 2
Online safety –
privacy, security,
passwords.

lifeguard.
Calling 999.

Summer 2
Rail safety –
standing on the
platform and
identifying
hazards.

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Year 2	<p>Autumn 2 Friends - Making new friends. Getting help.</p> <p>Summer 1 Family – Understanding relationships with family members.</p> <p>Friends and conflict - Identifying and trying to resolve conflict.</p>	<p>Autumn 1 Stranger safety – Identifying ‘safer strangers’.</p> <p>Autumn 2 Bullying – Understanding that bullying is sometimes about difference. Identifying trusted adult for help with bullying.</p> <p>Summer 1 Acceptable touch – Recognising acceptable physical contact within a family. Managing secrets; resisting pressure and getting help. Permission.</p>	<p>Autumn 1 Respecting others - Working cooperatively; sharing opinions and listening to others.</p> <p>Spring 1 Respecting others - Working cooperatively to solve problems. Understanding that working with others can help us learn.</p> <p>Summer 1 Respecting others - Expressing appreciation to a special person.</p>	<p>Autumn 1 School rules - Rights and responsibilities as a member of the class and school. Contributing ideas about rewards and consequences.</p>	<p>Autumn 1 Online safety – differences that can occur online and offline. The dangers of speaking to strangers online.</p> <p>Autumn 2 Online safety – dealing with content that has been uploaded without consent. Online bullying.</p> <p>Spring 1 Online safety – content that does and does not belong to you.</p> <p>Spring 2 Online safety - Privacy on the internet.</p>	<p>Autumn 1 Road Safety – Safe places to cross and reflective clothing.</p> <p>Autumn 2 Fire safety – Fireworks and bonfires.</p> <p>Spring 2 Road Safety – Rules for being a safe car passenger.</p> <p>Summer 1 Fire safety – Fire officer visit discussing hazards in the home.</p> <p>Summer 1 Water and beach safety – Flags and warning signals at the beach. Calling for help. Calling 999.</p> <p>Summer 2 Electrical safety - Hazards in the home (sockets,</p>	<p>Spring 2 Stress and relaxation - The difference between a relaxed and stressed body and mind.</p> <p>Diet - Food groups and the importance of a balanced diet.</p>	<p>Autumn 1 Goals - Recognise hopes, fears, worries for the year ahead.</p> <p>Spring 1 Identifying the feelings that success and achievement brings. Set realistic goals, plan how to achieve them and persevere.</p> <p>Summer 2 Natural changes when growing from young to old. Changes to the body. Physical differences between boys and girls and naming body parts.</p>	<p>Spring 2 Medicines - How medicines work in the body and the importance of using them safely.</p> <p>Summer 2 Different types of touch. Private body parts.</p> <p>Summer 2 Sun safety – protection from the sun including shade.</p>

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						appliances, cords) Responding to fire alarms. Calling 999.			
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Year 3	<p>Autumn 2 Family differences - Know that all families are different. Understanding that conflicts can happen between family members.</p> <p>Summer 1 Family roles - Identifying roles and responsibilities of members of our family.</p> <p>Friends and conflict - Showing some of the skills of friendship and negotiating conflict. Showing appreciation for friends and family.</p> <p>Summer 2 Family stereotypes</p>	<p>Autumn 1 Stranger safety - Knowing how to seek help if a stranger makes us feel uncomfortable.</p> <p>Autumn 2 Bullying - Understanding what it means to be a witness to bullying and that witnesses can make a situation better or worse.</p>	<p>Autumn 1 Respecting ourselves - Personal worth and identifying achievements. Setting personal goals.</p> <p>Respecting others - Understanding that our actions affect ourselves and others. Beginning to understand other peoples point of view.</p> <p>Autumn 2 Respecting others - Words can be hurtful.</p>	<p>Autumn 1 Rules in school and out - Understanding the need for rules and how they relate to rights and responsibilities.</p> <p>Summer 1 Community - Understanding how the actions and work of people around can influence us.</p> <p>Culture and diversity - Understanding that our needs and rights are the same as other children around the world even though our lives can be different.</p>	<p>Autumn Self-image & Identity - Knowing the meaning of 'identity' and why someone might change theirs.</p> <p>Spring Online bullying - Examples of bullying online</p> <p>Summer Managing online information - Knowing the difference between 'belief', 'opinion' and 'fact' and examples of how and where they might be shared online.</p>	<p>Autumn 2 Fire safety - Fireworks and bonfires (quick recap).</p> <p>Spring 1 Water safety - Strategies for keeping safe at a swimming pool.</p> <p>Spring 2 Identify things, people and places that I need to keep myself safe from and know who to go to for help. Calling 999.</p> <p>Summer 1 Rail safety - Electrical dangers on a railway track.</p>	<p>Spring 2 Physical health - Identifying how exercise affects our heart and lungs.</p> <p>Diet - Calories/fat/sugar in your diet, all affect health.</p>	<p>Spring 1 Setting goals/learning challenges and finding motivation to push ourselves. Breaking goals down into steps and thinking about the best way to achieve them. Recognise and overcome obstacles and evaluate own learning progress. Know about people who have faced challenges but achieved success.</p> <p>Summer 2 Understand how babies grow (animals and humans), from</p>	<p>Spring 2 Identify my feelings about drugs</p> <p>Summer 2 Sun safety - Understanding that sunburn can happen anywhere and knowing how it is caused. Knowing how to protect our eyes and body from the sun..</p>

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	- Identifying stereotypical ideas about parenting and families.							conception onwards. Understand ways in which girls and boys body change and grow so that they can make babies when grown up.	
Year 4	<p>Autumn 2 Friends - Understanding that sometimes we make assumptions based on the way people look and question what influences these assumptions.</p> <p>Spring 2 Friendship groups and roles - Recognising how I fit into different friendship groups and know the role I take in different situations.</p> <p>Summer 1 Changing friendships – How to negotiate and compromise. Boyfriends/girlfriends</p>	<p>Autumn Stranger safety – Understanding that sometimes people can pretend to be someone else. Knowing how to respond appropriately.</p> <p>Autumn 2 Bullying – Understanding that bullying can be subtle and know what to do if we suspect it might be happening. Know why sometimes witnesses join in with bullying.</p>	<p>Autumn 1 Respecting others - Understanding the meaning of empathy and begin to empathise with others. Understanding that our actions and attitudes affect others.</p> <p>Autumn 2 Respecting ourselves - Ways in which we are special and unique.</p> <p>Summer 2 Love and loss - Identifying love for somebody and acknowledging feelings about people that we no longer see. Recognising and</p>	<p>Autumn 1 School community - Understanding different roles within the school community. Knowing that our attitudes make a difference to the class team. Understanding democracy (through the school council).</p> <p>Spring 2 Group dynamics – Understanding the roles of leaders and followers. Having a clear idea of what is right and wrong.</p>	<p>Autumn Self-image & Identity - Knowing that online identity can be different to my offline identity.</p> <p>Spring Online Relationships Strategies for safe and fun experiences in a range of online social environments.</p> <p>Summer Managing online information - Making my own decisions regarding content.</p>	<p>Autumn 2 Fire safety – Hazards that cause injury or risk in the home. Contacting the emergency services by calling 999.</p> <p>Summer 1 Road Safety – Understanding ways to keep safe on the road as a pedestrian and a cyclist. The green cross code.</p> <p>Summer 2 Water and beach safety – Knowing what to do to help others in danger in the water. Calling 999.</p>	<p>Spring 2 Mental wellbeing - Identifying anxiety associated with peer pressure. Have a clear understanding of right and wrong.</p>	<p>Spring 1 Understand that sometimes personal dreams and goals can not be achieved and this can be disappointing. Know how to reflect on positive experiences and plan ahead to set new goals.</p> <p>Summer 2 Identifying internal and external parts of the male and female body necessary for making a baby. Know that a baby is made from the joining of the egg and sperm. Girls and puberty</p>	<p>Spring 2 Understand that smoking and alcohol can affect health. Know the reasons some people start smoking and drinking alcohol and the role peer pressure can play.</p>

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	nds are special relationships which we might develop when older.		dealing with jealousy.					- menstruation, changing bodies. Accepting changes - moving to middle school and managing feelings positively.	
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