

IRONSTONE ACADEMY TRUST PSHE including Relationships & Sex Education | Programme of Study

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<ul style="list-style-type: none"> Who is in my family? Who do I look after? What do I do that makes me feel happy? What can other people do to make me feel good? 	<ul style="list-style-type: none"> What do I like about my friend? What does my friend like about me? What can I do to make others feel happy? Why shouldn't I tease other people? 	<ul style="list-style-type: none"> Why are friends important? What can other people do to make me feel happy? How have my relationships changed as I have grown up? Why is my family important to me? Why are some parents married and some not? 	<ul style="list-style-type: none"> Why do friendships change? How can I be a good friend? What are the characteristics of a good friendship? Why can it be fun to have friends who are different to me? How do I know if I'm being bullied? What do I do if I'm being bullied? How can I make up with someone if we've fallen out? 	<ul style="list-style-type: none"> How do I fix a friendship issue without fighting? What are some of the bad ways people can behave towards one another? What are the characteristics of a healthy family life? (times of difficulty, protection and care, time and sharing). Why are strong friendships welcoming of others? 	<ul style="list-style-type: none"> What are the important relationships in my life now? What is love? How do we show love to one another? Can people of the same sex love one another? Is this ok? What are the different kinds of families and partnerships? What do the words 'lesbian' and 'gay' mean? Why does calling someone 'gay' count as bullying? What should I do if someone is being bullied or abused? Can some relationships be harmful? What aspects of a relationship require 'permission' from the other person? What are relationship boundaries – and how are they different with different people (parents, friends, siblings, strangers etc) 	<ul style="list-style-type: none"> What makes a relationship happy or unhappy? Why do relationships change during adolescence? How can I cope with changing relationships with my family and friends? Why do people get married or have a civil partnership? What can I do about family and friendship break-up? Should everyone have a boyfriend or girlfriend at my age? At what age is it legal to have sex? At what age is it legal to get married/ or have a civil partnership? What does it mean to be gay, lesbian, bisexual or transgender? What is acceptable touching and behaviour amongst my peers?
My body and my health	<ul style="list-style-type: none"> Why are girls' and boys' bodies different? What do we call the different parts of girls' and boys' bodies? Why and when do I need to wash my hands? How do I keep myself safe in the sun? 	<ul style="list-style-type: none"> What do we call the different parts of girls' and boys' bodies? (Repeat from YR) How can I look after my teeth? How can I keep myself healthy? (exercise, food, sleep). Who does my body belong to? How do we call for emergency help (999) – and when would we call? 	<ul style="list-style-type: none"> How has my body changed since I was a baby? What is a healthy diet? How can I help stop diseases spreading in school (washing hands, using tissues etc)? Why are medicines locked away and why can't we take other people's medicines? How often should I be exercising? 	<ul style="list-style-type: none"> Why are some children growing quicker than others? What is the difference between prescription and non-prescription medicines? What are the benefits of an active lifestyle and why? Why is sleep so important? 	<ul style="list-style-type: none"> Why is my body changing? Why are some girls in my class taller than the boys? How do girls and boys grow differently? Why are we all different? Is it ok to be different? What are similarities and differences between boys and girls? Should boys and girls behave differently? What is a balanced diet? 	<ul style="list-style-type: none"> What is puberty? Does everyone go through it? At what age? What body changes do boys and girls go through at puberty? Is my body normal? What is a 'normal' body? How will my body change as I get older? Why are some drugs 'good' and some drugs 'bad' for our immediate and future health? Why is immunisation and vaccination so important? What is our food made up of – and what are calories? (nutritional content) 	<ul style="list-style-type: none"> What are wet dreams? Am I normal? What is normal for my age? If I am a late-developer, will I catch up? Why do the media show so many pictures of thin/muscle/perfect celebrities? Should we all look like this? How do hormones affect boys and girls differently? What is the menstrual cycle? Why do boys get erections? How do we know when we may be becoming ill (early warnings) What are the basic concepts of first aid – how can I help others confidently?
Life cycles	<ul style="list-style-type: none"> How are other children similar and different to me? 	<ul style="list-style-type: none"> How much have I changed since I was a baby? 	<ul style="list-style-type: none"> Where do babies (animals) come from? How has my body changed since I was a baby? 	<ul style="list-style-type: none"> How do different animals look after their babies before and after birth? How do different animals have babies? What does a new baby need to be happy and healthy? 	<ul style="list-style-type: none"> What happens when people get older? 	<ul style="list-style-type: none"> Why does having a baby need a male and a female? How does the baby develop? 	<ul style="list-style-type: none"> What are eggs and sperm? What is 'Sex' and 'Sexual Intercourse'? How does the sperm reach the egg? <p>(* need to link to school nurse resource)</p>

Keeping safe and looking after myself	<ul style="list-style-type: none"> Why do I have to be clear about knowing 'yes', 'no', 'I'll ask' and 'I'll tell'? 	<ul style="list-style-type: none"> See 'people who help me' What are the rules of food hygiene? How can I keep my food safe for my friends? 	<ul style="list-style-type: none"> Which parts of my body are private? When is it OK to let someone touch me? How can I say 'no' if I don't want someone to touch me? Who should I tell if someone wants to touch my private parts? 	<ul style="list-style-type: none"> What are good habits for looking after my growing body? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? What new things do we have to think about to keep us safe now we are in the juniors (road safety, online, personal responsibility)? 	<ul style="list-style-type: none"> When is it good or bad to keep secrets? What is the difference between a secret and surprise? Should we never take risks? And if we do, how can we do this safely? How can we assess a risk? 	<ul style="list-style-type: none"> How can I look after my body during puberty? How do girls manage their periods? What is the difference between a risk, hazard and danger? What is peer pressure and how can I be strong against it? How do I report abuse? 	<ul style="list-style-type: none"> What do we mean that choices can have positive, neutral and negative consequences)? (begin to understand the concept of a 'balanced lifestyle'.) Does drinking alcohol and using drugs affect my decisions about behaviour?
People who help me	<ul style="list-style-type: none"> Who can I ask if I need to know something? Who can I go to if I am worried about something? 	<ul style="list-style-type: none"> Who can I ask if I need to know something? Who can I go to if I am worried about something? 	<ul style="list-style-type: none"> Who can I ask if I need to know something? Who can I go to if I am worried about something? 	<ul style="list-style-type: none"> Who can I talk to if I feel anxious or unhappy? What does it mean to trust someone? 	<ul style="list-style-type: none"> Where can I find information about growing up? 	<ul style="list-style-type: none"> Who can I talk to for help and advice and where can I safely find extra info? How do I know if someone is trustworthy? Who can I talk to if I'm worried about someone's mental health? 	<ul style="list-style-type: none"> Who can I talk to for help and advice and where can I safely find extra info? If I trust someone, do I trust them about everything?
Feelings & Attitudes	<ul style="list-style-type: none"> What do I have to do for myself now I am at school? 	<ul style="list-style-type: none"> How can I show that I am a 'good person' and not just well behaved? 	<ul style="list-style-type: none"> What makes me feel good? What makes me feel bad? Which changes could be good changes – and which changes can worry us? Why? 	<ul style="list-style-type: none"> How do I know how other people are feeling? What is respect – and how do I show it – especially if they are very different to me? Why should I be respected – and be respected by others? 	<ul style="list-style-type: none"> Why are my feelings changing as I get older? How do I feel about growing up and changing? How can I cope with strong feelings? What are 'stereotypes' and why do people have them? 	<ul style="list-style-type: none"> What kinds of feelings come with puberty? How can I cope with these different feelings and mood swings? How can I say 'no' to someone without hurting their feelings? What should I do if my family or friends don't see things the way I do? What do families from other cultures and religions think about growing up? Can I believe everything I see on the TV about perfect bodies/ relationship/girls and boys...to be true? 	<ul style="list-style-type: none"> Is it normal to be attracted or in love with someone of the same gender? Does this mean I am gay or lesbian? What should I do if I feel I am being pressured into doing something? What is discrimination and what does the law say about discriminating certain groups of people (sexual orientation, religion, age, race etc)
Mental Wellbeing	<ul style="list-style-type: none"> How am I feeling? Do I know why? 	<ul style="list-style-type: none"> How can we keep our mind healthy as well as our bodies? Exploring why it's ok to have a range of emotions 	<ul style="list-style-type: none"> How can we talk about our emotions – and why is it important? 	<ul style="list-style-type: none"> What is a scale of emotion? How do my emotions affect my behaviours? What are MY self-care techniques? How do I know when I need them? 	<ul style="list-style-type: none"> Why is mental wellbeing an important part of daily life, in the same way as physical health? How can exercise impact positively on mental health? 	<ul style="list-style-type: none"> How can we talk about our emotions – and why is it important in working out their root cause? Why is isolation and loneliness so damaging to our mental health? 	<ul style="list-style-type: none"> How common are mental health problems – how do people cope? Preparing pupils to be secondary ready.

Living in Our World

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| <ul style="list-style-type: none">• What are my responsibilities as a child in school (sharing, taking turns, manners etc).• How do I know I'm part of Zetland Primary School'? | <ul style="list-style-type: none">• What harms our local area? (litter, dog mess, speeding etc). | <ul style="list-style-type: none">• What do we like to spend our money on – and how can we keep it safe?• Why is saving a good idea? | <ul style="list-style-type: none">• Why does a country with lots of different cultures and customs an interesting and lively place to live?• What is a democracy and how do we know we are part of one? | <ul style="list-style-type: none">• Does everyone earn the same amount of money – and is this fair?• Why is money so important to our lives?• What is a community?• Why does the world need charity? | <ul style="list-style-type: none">• Why do I need an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT).• What does the government have to spend our money on?• Why aren't all countries a democracy? | <ul style="list-style-type: none">• How and why do some people borrow money and is it a good idea?• Why does the UK give so much in overseas aid? What does this say about the UK?• How and why does the media promote its own sense of reality?• Why and how are there rules and laws that protect us and others are made and enforced, why are different rules needed in different situations and how can we take part in making and changing rules? |
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