



Opening Doors, Enriching Lives

PSHE at Tanfield Lea Community Primary School

"Each person must live their life as a model for others." Rosa Parks

Statutory 2020 Relationship Topics	Topic 1: Families and people that care about me. Topic 2: Caring Friendships Topic 3: Respectful Relationships Topic 4: Online Relationships Topic 5: Being Safe
Statutory 2020 Physical health and mental wellbeing.	Topic 1: Mental wellbeing Topic 2: Internet Safety and Harms Topic 3: Physical health and fitness Topic 4: Healthy Eating Topic 5: Drugs, alcohol and tobacco Topic 6: Health Prevention Topic 7 Basic First aid Topic 8: Changing Adolescent body (Visit from the school nurse in year 5 and 6)

Pre-School

Topic	Key Vocabulary	Key Knowledge/ Skills
Autumn 1 Families, Friendships and Safe Relationships	family (Mum, dad, brother, sister, special person) friend rule Safe / unsafe happy / sad Kind / unkind	Families and people who care about me- Become more outgoing with unfamiliar people, in the safe context of their setting Caring Friendships- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them - Find solutions to conflicts and rivalries Being Safe- Increasingly follow rules, understanding why they are important Physical wellbeing- Be increasingly independent in meeting their own needs. E.g. using the toilet, washing and drying hands
Autumn 2 Respecting ourselves and others	As above	Caring Friendships- Play with one or more other children, extending and elaborating play ideas Being Safe- Remember rules without needing an adult to remind them
Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day and Children's mental health week To be linked with the computing objectives and resources.	As above Internet	Online Relationships- Internet safety day Being Safe- Remember rules without needing an adult to remind them
Spring 2 Belonging to a community	As above Community	Respectful Relationships- Develop their sense of responsibility and membership of the community -Develop appropriate ways of being assertive, talk with others to solve conflicts Being Safe- Remember rules without needing an adult to remind them
Summer 1 Physical and mental wellbeing Keeping safe	As above worried Angry	Mental wellbeing- Talk about their feelings -Understand gradually how others might be feeling Being Safe- Remember rules without needing an adult to remind them Physical and mental wellbeing- show more confidence in new social situations
Summer 2 Growing, changing and keeping safe. Link to transition.	As above Food Drink tooth paste / tooth brush exercise	Healthy eating- make healthy choices about food, drink, activity and toothbrushing -Make healthy choices about food, drink, activity and toothbrushing Being safe- Remember rules without needing an adult to remind them

Reception

Topic	Key Vocabulary	Key Knowledge/ Skills
<p>Autumn 1 Families, Friendships and Safe Relationships</p>	<p>family (Mum, dad, brother, sister, special person) friend rule Safe / unsafe happy / sad Kind / unkind Germs, soap, wash / dry, clean</p>	<p>Families and people who care about me- Become more outgoing with unfamiliar people, in the safe context of their setting</p> <p>Caring Friendships- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them - Find solutions to conflicts and rivalries -Build constructive and respectful relationships</p> <p>Being Safe- Increasingly follow rules, understanding why they are important</p> <p>Physical wellbeing- Be increasingly independent in meeting their own needs. E.g. using the toilet, washing and drying hands, personal hygiene</p>
<p>Autumn 2 Respecting ourselves and others</p>	<p>As above Respect</p>	<p>Caring Friendships- Play with one or more other children, extending and elaborating play ideas -Think about the perspectives of others</p> <p>Being Safe- Remember rules without needing an adult to remind them</p> <p>Respectful Relationships- See themselves as a valuable individual</p>
<p>Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day and Children's mental health week To be linked with the computing objectives and resources.</p>	<p>As above Internet, harm, screen time, online Mental health</p>	<p>Online Relationships- Internet safety day</p> <p>Internet safety and harms- sensible amounts of 'screen time'</p> <p>Being Safe- Remember rules without needing an adult to remind them</p> <p>Mental wellbeing- Express their feelings and consider the feelings of others</p>
<p>Spring 2 Belonging to a community</p>	<p>As above Community Assertive Conflict</p>	<p>Respectful Relationships- Develop their sense of responsibility and membership of the community -Develop appropriate ways of being assertive, talk with others to solve conflicts</p> <p>Being Safe- Remember rules without needing an adult to remind them, being a safe pedestrian</p>
<p>Summer 1 Physical and mental wellbeing Keeping safe</p>	<p>As above Worried Angry Excited Resilience Perseverance Feelings</p>	<p>Mental wellbeing- Talk about their feelings -Understand gradually how others might be feeling-Identify and moderate their own feelings socially and emotionally -</p> <p>Being Safe- Remember rules without needing an adult to remind them</p> <p>Physical and mental wellbeing- show more confidence in new social situations -show resilience in the face of challenge</p>
<p>Summer 2 Growing, changing and keeping safe. Link to transition.</p>	<p>As above Food Drink tooth paste / tooth brush Exercise sleep</p>	<p>Healthy eating- make healthy choices about food, drink, activity and toothbrushing -Make healthy choices about food, drink, activity and toothbrushing, developing sleep routine</p> <p>Being safe- Remember rules without needing an adult to remind them</p>

Year 1 and 2 Cycle A 2021/2022

Topic	Key Vocabulary	Key Knowledge/ Skills
<u>Autumn 1</u> Families, Friendships and Safe Relationships	Conflict resolve unsafe	Families and people who care about me- To recognise that families and friends can make them happy and unhappy and to know who to ask if they feel unsafe. Caring Friendships- To know that friendships can ups and downs and that these can often be worked through so that the friendship is repaired. Mental Wellbeing - To know that loneliness can affect mental wellbeing and to know that they can discuss worries with an adult. Being Safe- How to recognise and report feelings of being unsafe or feeling bad to an adult.
<u>Autumn 2</u> Respecting ourselves and others Money and work	Cooperate lonely excluded positive	Respectful Relationships- To know practical steps that they can take in a range of different contexts or to support respectful relationships. To work co-operatively together. Caring Friendships- To know that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.
<u>Spring 1</u> Keeping Safe online Digital Literacy Link to Safer Internet day and Children's mental health week To be linked with the computing objectives and resources.	Real fake fact fictional content	Online Relationships- To know that some people behave differently online. Being Safe- To know when to ask for help and who to ask for help. Internet Safety and harms- To know that not all information online is real and know what to do if they see something they do not like. To know how to report concerns. Mental well - To recognise that some content online might make you feel sad, unhappy or anxious and know that there are people you can turn to .
<u>Spring 2</u> Belonging to a community	Rights responsibility community opinion	Respectful Relationships- To know the importance of respecting others. To know that people may think differently to them. To know that in a community and in families they might have different ideas and opinions To recognise their responsibility within their community. Being Safe- To know who they can talk to if they are feeling unhappy or they see something that worries them in their community, family or friendship groups.
<u>Summer 1</u> Physical and mental wellbeing Keeping safe Link to science	Medicine immunisation mood routine	Mental wellbeing- To know that it is common for people to experience mental ill health. To recognise what improves their mental wellbeing eg what makes them happy Self-care techniques hobbies, interests time spent with friends. To know how to deal with loss. Being safe Know when to ask for help. Physical health and fitness- To understand that building a routine of exercise can benefit physically and mentally. Health and Prevention- To know about good dental hygiene and the importance of sleep. To know that lack of sleep can affect mental wellbeing. To know about immunisations.
<u>Summer 2</u> Growing, changing and keeping safe. Link to transition. Link to science Cultural Capital Link to mini medics learning from earlier in the year.	Household products life cycle birth goal opportunity transition	Basic first aid- To know who to contact in an emergency. How to keep themselves and others safe. Changing adolescent body- To know about the human life cycle from young to old. To know that changes happen as they get older. Link to transition. Being safe- How to identify unsafe situations in life , online or at home.

Year 1 and 2 Cycle B 2020/2021

Topic	Key Vocabulary	Key Knowledge/ Skills
Autumn 1 Families, Friendships and Safe Relationships	Family kind promise important Special people Caring Mental wellbeing	Families and people who care about me- To learn about roles of different people in our lives and that they are important as we grow up. Caring Friendships- To learn how important friendships are in making us feel happy and secure. Mental Wellbeing -How families and friendships can impact mental wellbeing. Being Safe What sort of boundaries are appropriate in friendships with peers and others.
Autumn 2 Respecting ourselves and others Money and work	Feelings emotions respect manners	Respectful Relationships- How our behaviour affects others. The importance of being polite and respectful. To know the importance of respecting others and good manners. Caring Friendships- To know the importance of showing respect to our friends. Mental Wellbeing- How to recognise and talk about feelings and emotions, including having a variety of words.
Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day 9/02/21 and Childrens mental health week To be linked with the computing objectives and resources.	Online risk report communicate	Online Relationships- The rules and principles of keeping safe online. How to recognise risks and report them. Being Safe- Boundaries of friendships online. Where to seek advice if they are unsure. How to recognise and report feelings of being unsafe Internet Safety and harms- What are the uses of the internet and how do we communicate online. To begin to understand that access to the internet should be limited. Mental wellbeing- To know that online friendships can have a negative impact on mental wellbeing.
Spring 2 Belonging to a community	Community belief preference background	Respectful Relationships- The importance of respecting others, even when they are very different from them or make different choices or have different beliefs or preferences. Being Safe- How to keep safe in the community and ask for help if they are concerned.
Summer 1 Physical and mental wellbeing Keeping safe Will link to science.	Hygiene infection exposure physical health diet	Mental wellbeing- To know the benefits of physical exercise on mental health. Being safe- Physical health and fitness- To recognise the mental and physical benefits of an active lifestyle. Healthy Eating- What is a healthy diet? Health and Prevention- To recognise how to keep safe in the sun and limit sun exposure. To know the importance of handwashing to prevent infection spread.
Summer 2 Growing, changing and keeping safe. Cultural Capital Min Medics earlier on in the year will link to basic first aid and keeping safe in an emergency.	Restrictions	Healthy Eating- How eating healthy can affect growth. Internet Safety and Harms. To know why some social media and online gaming has restrictions. Basic first aid Mental wellbeing- To know there is a normal range of emotions. Keeping Safe- Know who to tell if they are feeling overwhelmed.

Year 3 and 4 Cycle A 2021/2022

Topic	Key Vocabulary	Key Knowledge/ Skills
<p>Autumn 1 Families, Friendships and Safe Relationships <i>Cultural Capital</i> <i>In it together conference in the Summer term.</i> <i>Anti-Bullying champions throughout the year.</i></p>	<p>Characteristics healthy friendship Uncomfortable judge</p>	<p>Families and people who care about me- That caring relationships may of different types. Caring Friendships- The characteristics of caring friendships. Healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded. How to recognise who to trust and who not to trust. How to judge a friendship is making them happy or unhappy or uncomfortable? Mental Wellbeing- Where to seek support, including who they can speak to in school if they are concerned about others. Respectful Relationships -To know about different types of bullying. Being Safe- To know the concept of privacy.</p>
<p>Autumn 2 Respecting ourselves and others Money and work</p>	<p>Manners courtesy</p>	<p>Respectful Relationships- The importance of respecting others. To know the conventions of manners</p>
<p>Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day and Children's mental health week To be linked with the computing objectives and resources.</p>	<p>Data concern advertising factual popularity</p>	<p>Online Relationships- how information and data is shared and used online. Being Safe- How to report concerns or abuse. Internet Safety and harms- How to better understand the way in which information is presented on line. Where and how to report concerns and get support with online issues.</p>
<p>Spring 2 Belonging to a community</p>	<p>Volunteer compassion contribute</p>	<p>Respectful Relationships-To recognise they live in different communities and that they must respect those within it. To begin to understand a stereotype and how this can be negative. Being Safe- How to respond appropriately to adults they may encounter in all contexts who they do not know.</p>
<p>Summer 1 Physical and mental wellbeing Keeping safe Link to science</p>	<p>Check-up oral hygiene illness symptoms</p>	<p>Mental wellbeing- To know that exercise can have benefits to mental wellbeing. Being safe- To ask for support if you are worried. Physical health and fitness-The importance of daily exercise on physical and mental wellbeing. Healthy Eating- To know the characteristics of a poor diet and the risks. Health and prevention- To know about good oral hygiene including regular check-ups. How to recognise signs of illness and how they can be treated with the right care,</p>
<p>Summer 2 Growing, changing and keeping safe. Link to transition. Link to science</p>	<p>Household medicine Legal illegal</p>	<p>Health Prevention- To know the facts and science relating to allergies immunisation and vaccines. Drugs, alcohol and tobacco. - To know that medicines are drugs and can have different side effects. Being Safe- To know who to turn to if they are worried about drugs. Changing adolescent body- To begin to understand the changing body.</p>

Year 3 and 4 Cycle B 2020/2021

Topic	Key Vocabulary	Key Knowledge/ Skills
<p>Autumn 1 Families, Friendships and Safe Relationships</p> <p>Cultural Capital In it together conference in the Summer term. Anti-Bullying champions throughout the year.</p>	Stability support supervision privacy	<p>Families and people who care about me- To understand that the characteristics of a healthy family life including same-sex parents, step parents, blended families and foster and adoptive families. To know the importance of spending time together and sharing each other's lives.</p> <p>Online Relationships- To know the same principles apply to online friendships as to face to face including being respectful even when they are anonymous.</p> <p>Respectful Relationships- To know about different types of bullying</p> <p>Mental Wellbeing- To know where to seek support if you are unsure about how you feel.</p> <p>Being Safe- Where to get advice if they are worried about families or friendships,</p>
<p>Autumn 2 Respecting ourselves and others Money and work</p>	Respect responsible model respectful behaviour self-respect	<p>Respectful Relationships- To recognise respectful behaviour. To know the importance of self-respect and how this links to you own happiness.</p> <p>Caring Friendships- To treat others kindly and politely.</p>
<p>Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day 9/02/21 and Childrens mental health week To be linked with the computing objectives and resources.</p>	Appropriate true accurate altered adapted	<p>Being Safe- To how to ask for advice or to express concerns.</p> <p>Internet Safety and harms- That for most people the internet is an integral part of life. How to consider their actions online. How to be a discerning consumer of online information. To know that the internet can have both a positive and negative impact.</p> <p>Mental wellbeing- To be aware of how online activity can affect mental wellbeing both positively and mentally.</p>
<p>Spring 2 Belonging to a community</p>	Rights responsibilities beliefs	<p>Respectful Relationships- The importance of respecting others from different backgrounds and different beliefs from themselves.</p> <p>Being Safe- To know the rights and responsibilities.</p>
<p>Summer 1 Physical and mental wellbeing Keeping safe Will link to science and PE.</p>	Healthy unhealthy habits	<p>Mental wellbeing- How to recognise and talk about your emotions. To know there is a range of emotions.</p> <p>Being safe- Where to get advice.</p> <p>Physical health and fitness- To know the risks associated with an inactive lifestyle.</p> <p>Healthy Eating- To know what constitutes a healthy diet. The principles and planning of a healthy meal. The characteristics of a poor diet and risk associated with unhealthy eating</p>
<p>Summer 2 Growing, changing and keeping safe.</p>	Hazard goal strengths self-awareness unfamiliar setback	<p>Being safe- To identify hazards around the home and know who to contact if they are worried.</p> <p>Growing and changing- To recognise personal strengths.</p> <p>Respectful Relationships- To know to respect yourself and the importance of self-awareness on mental health.</p>

Year 5 and 6 Cycle A 2021/2022

Topic	Key Vocabulary	Key Knowledge/ Skills
Autumn 1 Families, Friendships and Safe Relationships	Gender pressure marriage civil partnership consent	Families and people who care about me. To know that other families might look to different to theirs and they should respect children from different families. To know that stable and caring relationships are at the heart of happy families and are important for the children's security as they grow up. That marriage represents a formal and legally recognised commitment and is intended to be lifelong. Mental Wellbeing- Where and how to seek support. Respectful Relationships To know the importance of permission seeking with friends peers and adults. Online Relationships- To recognise how to respond safely online. Being Safe
Autumn 2 Respecting ourselves and others Money and work	Opinion challenge manage conflict values	Respectful Relationships- How to listen to others and respect their opinion and views. To constructively challenge points of view. Caring Friendships- To know that it is important to respect the views of friends even if they are different to your own.
Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day 9/02/21 and Childrens mental health week To be linked with the computing objectives and resources.	Social media manipulate inappropriate	Online Relationships- How information and data is stored online. Being Safe- To know who to ask for help if they are worried about something on the internet. Internet Safety and harms- How to be a discerning consumer of information online. That people use the internet as part of their daily lives.
Spring 2 Belonging to a community	Prejudice discrimination influence attitude	Respectful Relationships- To know what a stereotype is and how stereotypes can be unfair, negative or destructive. Being Safe- To know who to speak to if they feel as though they are being discriminated against.
Summer 1 Physical and mental wellbeing Keeping safe Will link to science. Cultural Capital Safety Carousal	Positive habits negative feelings grieving expressed feelings	Mental wellbeing- That mental wellbeing is a normal part of daily life. It is common for people to experience mental ill health and that with support it can be resolved. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Where and how to seek support. To know that isolation and loneliness can affect children and that they must discuss feelings with their adults.
Summer 2 Growing, changing and keeping safe. Cultural Capital Transition activities with Tanfield Comprehensive throughout the year.	Embarrass legal illegal drugs alcohol misuse puberty	Healthy Eating Being Safe To know that each person's body belongs to them and appropriate and inappropriate contact. Drugs, alcohol and tobacco- To know about the drugs and alcohol. Changing adolescent body- To know about the changing body.

Year 5 and 6 Cycle B 2020/2021

Topic	Key Vocabulary	Key Knowledge/ Skills
Autumn 1 Families, Friendships and Safe Relationships	Resolve conflict permission peer influence approval challenges dispute	Families and people who care about me- How to recognise if family relationships are making them feel unhappy or unsafe. Caring Friendships- Healthy friendships are positive and do not leave others feeling excluded or lonely. Friendships have up and downs and to know how to positively resolve conflict. Respectful Relationships- To know the importance of seeking permission in relationships. Mental Wellbeing - To recognise emotions. Being Safe- How to recognise and report feelings of being unsafe or feeling bad about any adult. How to report concerns. How to ask for advice or help for themselves or others.
Autumn 2 Respecting ourselves and others Money and work	Secrets authority respect self-respect stereotypes uncomfortable discrimination trolling	Respectful Relationships- To know about different types of bullying. To recognise how stereotypes can be unfair. To know the importance of self-respect. To know that in the wider society they can expect to be treated with respect and in turn they should respect others including those in a position of authority. Online relationships - To know that the same principles apply to online relationships. Being Safe- To know that it is not always right to keep secrets if they relate to being safe. To know that each person's body belongs to them and the differences between appropriate and inappropriate or unsafe physical contact.
Spring 1 Keeping Safe online Digital Literacy Link to Safer Internet day 9/02/21 and Childrens mental health week To be linked with the computing objectives and resources.	Suspicious content Device media biased opinion	Online Relationships- To know how information and data is shared online. Being Safe- To know where to ask for help. Internet Safety and harms- To understand how information is presented and ranked online.
Spring 2 Belonging to a community	Compassion environment concern resources	Respectful Relationships- To respect the environment and those in their communities. Being Safe- To know who to talk to if they are worried or if they see something that upsets them.
Summer 1 Physical and mental wellbeing Keeping safe Will link to science. Cultural Capital Safety Carousal	Allergies medicine immunisations vaccines. Sun exposure	Mental wellbeing- To know that sleep can affect mental wellbeing. Health and Prevention - The importance of sufficient sleep and how it can affect the ability to learn as well mood and weight. To know about personal hygiene. The facts about vaccinations and immunisations, To know how to keep safe in the sun.
Summer 2 Growing, changing and keeping safe. Cultural Capital Transition activities with Tanfield Comprehensive throughout the year.	Race gender culture hobbies personal identity	Respectful Relationships- The importance of respecting others. Basic first aid- To know how to respond in an emergency. To know how to deal with common injuries. Changing adolescent body- To know that they might feel differently to others as they grow and change. Mental Wellbeing- That there is a normal range of emotions. To know simple care techniques to boost mood.