

## Key Information for teaching of PSHRE at OHA.

- In every year group at the start of every half term, a recap of learning from previous years must take place to assess prior knowledge and understanding before introducing new learning outlined on this grid.
- Where needed, themes can be revisited.
- In addition, where the teacher deems them necessary for the needs of the class, themes from other year groups can be covered in order to address needs.
- 'Being Safe' strands of learning are embedded throughout topics and written in red on this document.
- Basic First Aid is repeated each year.
- A lesson outlining the main themes of BV will be taught at the beginning of each year. These are also revisited regularly in assembly time.
- Each PSHRE lesson should be linked to the BV that have been covered within it.
- Human reproduction is included but only as far as coverage outlined in the NC for science.

Term	1.1	1.2	2.1	2.2	3.1	3.2
<p><b>Year 3</b></p> <p><b>**Begin the year with a BV lesson outlining the main themes and what they mean**</b></p>	<p><b>Area/Topic:</b>  <b>1. Basic First Aid</b>  <b>2. Mental Wellbeing</b></p> <p>1.            Know how to make a clear and efficient call to the emergency services.</p> <p>To know some basic concepts of emergency first aid.</p> <p>2.            To know what mental wellbeing means and that it is an important part of everyday life.</p> <p>To develop vocabulary used to describe their feelings to others and to develop simple strategies for managing feelings.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b>  <b>Families and People who care for me.</b></p> <p>To know that families are important for children growing up as they can give love, security and stability.</p> <p>Characteristics of healthy family life.</p> <p><b>What to do if relationships are making them feel unhappy or unsafe.</b></p> <p><b>Where to report concerns or abuse and the vocabulary to do so.</b></p>	<p><b>Area/Topic:</b>  <b>Respectful Relationships</b></p> <p>What does respect look like?</p> <p>The importance of respecting others even when they are very different to ourselves.</p> <p>The importance of mutual respect.</p> <p>The conventions of courtesy and manners.</p> <p>Understanding which parts of their bodies are private and the correct names for these.</p> <p><b>Where to report concerns or abuse and the vocabulary to do so.</b></p> <p><b>The concept of privacy and the implications for both children and adults including that it is not always right to keep secrets if they relate to being safe.</b></p>	<p><b>Area/Topic:</b>  <b>Online Relationships. Internet safety and harms.</b></p> <p>To know that people often behave differently online.</p> <p>How to behave appropriately online.</p> <p><b>To know where/how to seek support if they are unhappy with online behaviour.</b></p>	<p><b>Area/Topic:</b>  <b>Caring friendships</b></p> <p>Know how important friendships are in making us feel happy and secure.</p> <p>The characteristics of friendships.</p> <p>To know that most friendships have ups and downs and strategies for working through these.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b>  <b>Importance of a healthy lifestyle</b></p> <p>Understanding the main food groups and the benefits of a healthy diet.</p> <p>The mental and physical benefits of a healthy lifestyle and how to build this into everyday life.</p> <p><b>Where and how to seek support if they have concerns about their physical health and wellbeing.</b></p> <p>Importance of good personal hygiene.</p> <p>Importance of sun safety.</p>

<b>Year 4</b>  <b>**Begin the year with a BV lesson outlining the main themes and what they mean**</b>	<b>Area/Topic:</b> <b>1. Basic First Aid</b> <b>2. Mental Wellbeing</b>	<b>Area/Topic:</b> <b>Families and People who care for me.</b>	<b>Area/Topic:</b> <b>Respectful Relationships</b>	<b>Area/Topic:</b> <b>Online Relationships. Internet safety and harms.</b>	<b>Area/Topic:</b> <b>Caring Friendships</b>	<b>Area/Topic:</b> <b>Importance of a healthy lifestyle</b>
	<p>1. Know how to make a clear and efficient call to the emergency services.</p> <p>To know some basic concepts of emergency first aid.</p> <p>2. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to describe the range and intensity of their feelings to others.</p> <p>To understand what things impact positively and negatively on mental and emotional health.</p> <p>To know where/how to seek support.</p>	<p>Recognise that not all families are the same and that these differences should be respected.</p> <p>Understand that stable, caring relationships, which may be of different types, are at the heart of happy families.</p> <p>Where to report concerns or abuse and the vocabulary to do so.</p>	<p>Importance of self-respect and how this links to their own happiness. Including which parts of the body are private and the correct vocabulary.</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>How to recognise and report feelings of being unsafe or feeling bad about an adult.</p> <p>How to ask for advice or help for themselves or others and to keep asking until they are heard.</p>	<p>Strategies for keeping safe online, protecting personal information, effective passwords etc.</p> <p>Recognising risks and how to report them.</p> <p>To know where/how to seek support.</p>	<p>Further develop understanding of the characteristics of friendships.</p> <p>Know that friendships do not make others feel lonely or excluded.</p> <p>To know what sorts of boundaries are appropriate in friendships with peers and others.</p>	<p>Understanding nutritional values and calories.</p> <p>Understanding the importance of good dental health.</p> <p>The risks associated with an inactive lifestyle.</p> <p>Importance of good quality sleep on mental and physical health.</p> <p>To know where/how to seek support.</p>

<p><b>Year 5</b></p> <p><b>**Begin the year with a BV lesson outlining the main themes and what they mean**</b></p>	<p><b>Area/Topic:</b></p> <p><b>1. Families and People who care for me.</b></p> <p><b>2. Caring Friendships</b></p> <p>1. Understand what marriage and civil partnership represent a formal and legally recognised commitment between two people.</p> <p>2. Recognise who to trust and who not to trust when it comes to building friendships and to know what to do if a friendship is making them feel uncomfortable.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/topic:</b></p> <p><b>1. Basic First Aid</b></p> <p><b>2. Changing adolescent body</b></p> <p>1. Know how to make a clear and efficient call to the emergency services.</p> <p>To know some basic concepts of emergency first aid.</p> <p>2. Begin to understand how their body and their emotions may change as they approach and move through puberty.</p> <p>To know key facts about the menstrual cycle.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Respectful Relationships</b></p> <p>Different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help.</p> <p>Begin to understand trafficking and modern day slavery and how these are evident in UK society.</p> <p><b>How to respond safely and appropriately to adults that they encounter whom they do not know (including online)</b></p>	<p><b>Area/Topic:</b></p> <p><b>Online Relationships. Internet safety and harms.</b></p> <p>Recognise ways in which an online relationship can be unhealthy and whom to talk to if they need support.</p> <p>Understand how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources including people that they know and the media.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Mental Wellbeing</b></p> <p>Understand that bullying has a negative and often long lasting impact on mental wellbeing.</p> <p><b>Understanding where and how to seek support for themselves and others with regard to mental and physical health.</b></p> <p>Understanding that loneliness and isolation can affect mental health and that they should seek support.</p>	<p><b>Area/Topic:</b></p> <p><b>Importance of a healthy lifestyle</b></p> <p>Understanding the characteristics of a poor diet and the potential impact of this on physical health.</p> <p>Understanding how to make own food choices and understanding factors which may impact their choices.</p> <p>Understanding the concept of a balanced lifestyle.</p> <p>Recognising early signs of physical illness.</p> <p><b>To know where/how to seek support.</b></p>

<p><b>Year 6</b></p> <p><b>**Begin the year with a BV lesson outlining the main themes and what they mean**</b></p>	<p><b>Area/Topic:</b></p> <p><b>1. Families and people who care for me.</b></p> <p><b>2. Caring Friendships</b></p> <p>1. To look at changes in family relationships and how they develop and change over the years.</p> <p>2. To manage conflict within friendships – how to manage these situations and <b>how/when to seek help or advice.</b></p>	<p><b>Area/topic:</b></p> <p><b>1. Basic First Aid</b></p> <p><b>2. Changing adolescent body</b></p> <p>1. Know how to make a clear and efficient call to the emergency services.</p> <p>To know some basic concepts of emergency first aid.</p> <p>2. Further understand how their body and their emotions may change as they approach and move through puberty.</p> <p>To know key facts about the menstrual cycle.</p> <p>To know key facts about human reproduction (as taught in science)</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Respectful Relationships</b></p> <p>What a stereotype is. How a stereotype can be unfair, negative or destructive.</p> <p>The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Recognising peer on peer abuse including sexual harassment and sexting and how to seek support.</p> <p>What honour based violence and faith based abuse are and what to do if feeling unsafe.</p> <p><b>To know that they have the right to protect their body from inappropriate/unwanted contact.</b></p> <p><b>Understanding that actions such as FGM are abuse and are a crime and knowing how and where to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Online Relationships. Internet safety and harms.</b></p> <p>To be able to critically examine what is presented to them in social media and to understand the importance of this.</p> <p>Understand how information presented online can misrepresent or mislead.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Mental Wellbeing and the importance of a healthy lifestyle.</b></p> <p>To understand that it is common for people to experience mental ill health and that the problems can often be resolved if the right support is made available and accessed early enough.</p> <p>Additional risks of an unhealthy diet including the impact of drugs including alcohol, tobacco and energy drinks and how these can damage their immediate and future health and safety.</p> <p><b>To know where/how to seek support.</b></p>	<p><b>Area/Topic:</b></p> <p><b>Preparing for change</b></p> <p>Recognising and dealing with peer pressure.</p> <p>Building new friendships.</p> <p>Understanding transition as a fresh start.</p> <p><b>Where to get advice if feeling overwhelmed, unhappy or unsafe.</b></p>