

EAST WORLINGTON  
PRIMARY SCHOOL  
PSHE AND RSE  
CURRICULUM

Reception to Year 6





## Two class school, three-year progression framework

### LOWER STAGES – FIRST YEAR

#### Me and My Relationships

- All About Me (R)
- What Makes Me Special (R)
- Why we have classroom rules (Y1)
- Thinking about feelings (Y1)
- Our ideal classroom (1) (Y2)
- Our ideal classroom (2) (Y2)
- How are you feeling today? (Y2)

#### Rights and Responsibilities

- Looking after my special people (R)
- Looking after money (1): recognizing, using, spending
- Being helpful at home and caring for our classroom (R)
- Harold's wash & brush up (Y1)
- Around and about the school (Y1)
- Getting on with others (Y2)

#### Valuing Differences

- I'm special, you're special (R)
- Same and different (R)
- Same OR different? (Y1)
- Unkind, tease or bully? (Y1)
- What makes us who we are? (Y2)
- How do we make others feel? (Y2)


#### Being My Best

- Bouncing back when things go wrong (R)
- Yes I can (R)
- I can eat a rainbow (Y1)
- Eat well (Y1)
- You can do it! (Y2)
- Harold's postcard – helping us to keep clean and healthy (Y2)

#### Keeping Myself Safe

- What's safe to go onto my body (R)
- Keeping myself safe:  
What's safe to go into my body  
(including medicines) (R)
- Healthy me (Y1)
- Super sleep (Y1)
- Harold's picnic (Y2)
- How safe would you feel? (Y2)

#### Growing and Changing

- Seasons (R)
  - Life stages – plants, animals, humans (R)
  - Inside my wonderful body (Y1)
  - Taking care of a baby (Y1)
  - A helping hand (Y2)
  - Respecting privacy (Y2)
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## Two class school, three-year progression framework

### LOWER STAGES – SECOND YEAR

#### Me and My Relationships

- Me and my special people (R)
- Who can help me? (R)
- Our Feelings (Y1)
- Feelings & Bodies (Y1)
- Our Special People balloons (Y1)
- Bullying or teasing? (Y2)
- Don't do that (Y2)

#### Rights & Responsibilities

- Caring for our world (R)
- Looking after my friends (R)
- Taking care of something (Y1)
- Harold's money (Y1)
- When I feel like erupting (Y2)
- How can we look after our environment (Y2)

#### Valuing Differences

- Same and different families (R)
- Same and different homes (R)
- Harold's school rules (Y1)
- Who are our special people? (Y1)
- My Special People (Y2)
- When someone is feeling left out (Y2)


#### Being my best

- Healthy eating (R)
- Healthy eating (2) (R)
- Harold has a bad day (Y1)
- Pass on the praise (Y1)
- Harold's bathroom (Y2)
- My day (Y2)

#### Keeping Myself Safe

- Safe indoors and outdoors (R)
- Listening to my feelings (1) (R)
- Who can help? (1) (R)
- Harold loses Geoffrey (Y1)
- What should Harold say? (Y2)
- I don't like that! (Y2)

#### Growing and Changing

- Life stages – Human life stage. Who will I be? (R)
  - Where do babies come from? (R)
  - Then and now (Y1)
  - Who can help? (2) (Y1)
  - Sam moves away (Y2)
  - Basic first aid (Y2)
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## Two class school, three-year progression framework

### LOWER STAGES – THIRD YEAR

#### Me and My Relationships

- My Feelings (R)
- My Feelings (2) (R)
- Good friends (Y1)
- How are you listening? (Y1)
- Types of bullying (Y2)
- Being a good friend (Y2)
- Let's all be happy (Y2)

#### Rights & Responsibilities

- Looking after money (2): Saving money and keeping it safe (R)
- How should we look after our money? (Y1)
- Harold saves for something special (Y2)
- Harold goes camping (Y2)

#### Valuing Differences

- Kind and caring (1) (R)
- Kind and caring (2) (R)
- It's not fair! (Y1)
- An act of kindness (Y2)
- Solve the problem (Y2)


#### Being My Best

- Move your body (R)
- A good night's sleep (R)
- Harold learns to ride his bike (Y1)
- Catch it! Bin it! Kill it! (Y1)
- My body needs... (Y2)
- What does my body do? (Y2)

#### Keeping Myself Safe

- Keeping safe online (R)
- People who help to keep me safe (R)
- What could Harold do? (Y1)
- Good or bad touches? (Y1)
- Fun or not? (Y2)
- Should I tell? (Y2)
- Some secrets should never be kept (Y2)

#### Growing and Changing

- Getting bigger (R)
  - Me and my body – Girls and Boys (R)
  - Surprises and secrets (Y1)
  - Keeping privates private (Y1)
  - Haven't you grown! (Y2)
  - My body, your body (Y2)
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## Two class school, three-year progression framework

### UPPER STAGES – FIRST YEAR

#### Relationships

- As a rule (Y3)
- My special pet (Y3)
- Dan's dare (Y3)
- An email from Harold (Y4)
- Ok or not Ok (Part 1) (Y4)
- Ok or not Ok (Part 2) (Y4)
- Collaboration challenge! (Y5)
- Give and take (Y5)

#### Rights and Responsibilities

- Our helpful volunteers (Y3)
- Harold's environment project (Y3)
- Who helps us stay healthy and safe? (Y4)
- How do we make a difference? (Y4)
- What's the story? (Y5)
- Fact or opinion (Y5)
- Rights, responsibilities and duties (Y5)

#### Valuing Difference

- Family and Friends (Y3)
- Our friends and neighbours (Y3)
- Can you sort it? (Y4)
- Islands (Y4)
- Qualities of Friendship (Y5)
- Kind conversations (Y5)


#### Being My Best

- Derek cooks dinner (Y3)
- I am fantastic! (Y3)
- What makes me Me! (Y4)
- Making choices (formerly Ed6 learns to be human) (Y4)
- Getting fit (Y5)
- It all adds up! (Y5)

#### Keeping myself safe

- Safe or unsafe? (Y3)
- Alcohol and cigarettes: the facts (Y3)
- None of your business (Y3)
- Danger, risk or hazard? (Y4)
- Picture Wise (Y4)
- 'Thinking' about habits (Y5)
- Jay's dilemma (Y5)
- Spot bullying (Y5)

#### Growing and Changing

- Relationship tree (Y3)
  - My changing body (Y3)
  - Moving house (Y4)
  - How are they feeling? (Y5)
  - Taking notice of our feelings (Y5)
  - Dear Hetty (Y5)
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## Two class school, three-year progression framework

### UPPER STAGES – SECOND YEAR

#### Relationships

- Tangram team challenge (Y3)
- Thanks (Y3)
- How can we solve this problem (Y3)
- Human machines (Y4)
- Different feelings (Y4)
- How good a friend are you? (Y5)
- Relationship cake recipe (Y5)

#### Rights and Responsibilities

- Helping each other to stay safe (Y3)
- Its your right (Y4)
- In the news! (Y4)
- Safety in numbers (Y4)
- Volunteering is cool (Y4)
- Mo makes a difference (Y5)
- Spending wisely (Y5)

#### Valuing Difference

- My community (Y3)
- Let's celebrate our differences (Y3)
- Friend or acquaintance (Y4)
- What would I do? (Y4)
- Happy Being me (Y5)
- The land of the red people (Y5)


#### Being my Best

- Poorly Harold (Y3)
- Getting on with your nerves! (Y3)
- SCARF hotel (Y4)
- Harold's Seven R's (Y4)
- Different skills (Y5)
- My school community (2) (Y5)

#### Keeping Myself Safe

- Danger or risk? (Y3)
- The Risk Robot (Y3)
- Raisin challenge (1) (Y3)
- How dare you! (Y4)
- Medicines: Check the label (Y4)
- Know the norms (formerly tell ED6) (Y4)
- Ella's diary dilemma (Y5)
- Decision dilemmas (Y5)
- Play, like, share (Y5)

#### Growing and Changing

- Secret or surprise? (Y3)
  - Basic first aid (Y3)
  - My feelings are all over the place! (Y4)
  - All Change! (Y4)
  - Changing bodies and feelings (Y5)
  - Growing up and changing bodies (Y5)
  - It could happen to anyone (Y5)
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## Two class school, three-year progression framework

### UPPER STAGES – THIRD YEAR

#### Relationships

- Looking after our special people (Y3)
- Friends are special (Y3)
- When feelings change (Y4)
- Under pressure (Y4)
- Being assertive (Y5)
- Our emotional needs (Y5)
- Communication (Y5)

#### Rights and Responsibilities

- Recount task (Y3)
- Can Harold afford it? (Y3)
- Earning money (Y3)
- Logo quiz (Y4)
- Harold's expenses (Y4)
- Why pay taxes? (Y4)
- Lend us a fiver! (Y5)
- Local councils (Y5)

#### Valuing Difference

- Respect and challenge (Y3)
- Zeb (Y3)
- The people we share our world with (Y4)
- That is such a stereotype! (Y4)
- Is it true? (Y5)


#### Being My Best

- For or against? (Y3)
- Body team work (Y3)
- Top talents (Y3)
- My school community (1) (Y4)
- Independence and responsibility (Y5)
- Star qualities? (Y5)

#### Keeping Myself Safe

- Super searcher (Y3)
- Help or harm? (Y3)
- Keeping ourselves safe (Y4)
- Raisin challenge (2) (Y4)
- Drugs: True or false? (Y5)
- Smoking: What is normal? (Y5)
- Would you risk it? (Y5)

#### Growing and Changing

- Body Space (Y3)
  - Period positive (Y4)
  - Secret or Surprise? (Y4)
  - Together (Y4)
  - Help! I'm a teenager, get me out of here! (Y5)
  - Dear Ash (Y5)
  - Stop, Start, Stereotypes (Y5)
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**Year 6**  
**First Second and Third Year**

Relationships

- Working together (Y6)
- Let's negotiate (Y6)
- Solve the friendship problem (Y6)
- Assertiveness skills (formerly behave yourself (2) (Y6)
- Behave yourself (Y6)
- Dan's day (Y6)
- Don't force me (Y6)
- Acting appropriately (Y6)
- It's a puzzle (Y6)

Rights and Responsibilities

- Rights, responsibilities and duties (Y5)
- Two sides to every story (Y6)
- Fakebook friends (Y6)
- What's it worth? (Y6)
- Jobs and Taxes (Y6)
- Action stations! (Y6)
- Project pitch (parts 1 & 2) (Y6)
- Happy shoppers (Y6)
- Democracy in Britain 1 – Elections (Y6)
- Democracy in Britain 2 – How (most) laws are made (Y6)

Valuing Difference

- OK to be different (Y6)
- We have more in common than not (Y6)
- Respecting differences (Y6)
- Tolerance and respect for others (Y6)
- Advertising friendships (Y6)
- Boys will be boys? – Challenging gender stereotypes (Y6)


Being My Best

- 5 ways to wellbeing project (Y6)
- This will be your life (Y6)
- Our recommendations (Y6)
- Community Art (Y6)
- What's the risk? 1 (Y6)
- What's the risk? 2 (Y6)
- Basic First Aid (Y6)

Keeping Myself Safe

- Think before you click (Y6)
- Traffic lights (Y6)
- To share or not to share? (Y6)
- Rat park (Y6)
- What sort of drug is...? (Y6)
- Drugs: It's the law! (Y6)
- Alcohol: What is normal? (Y6)
- Joe's story (Part 1) (Y6)
- Joe's story (Part 2) (Y6)

Growing and Changing

- Helpful or unhelpful? Managing change (Y6)
  - I look great! (Y6)
  - Media manipulation (Y6)
  - Pressure online (Y6)
  - Is this normal? (Y6)
  - Stop, Start, Stereotypes (Y5)
  - Making babies (Y6)
  - What is HIV? (Y6)
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## Cross Curricular Lessons

Let's have a Tidy Up (Y3)

Can be added to either 'Rights and Responsibilities' or 'Being my Best' units

Volunteering is Cool (Y4)

Can be added to either 'Rights and Responsibilities' or 'Being my Best' units

### Captain Coram

Found in the Y6 lessons on the SCARF website but can suitable for Y4-6.  
These 6 lessons can be used as a standalone unit of work

- Captain Coram 1 - Gin Lane: children's rights in the 18th century
  - Captain Coram 2 - Thomas Coram and the Foundling Hospital
  - Captain Coram 3 - Funds for Foundlings: 18th century artists raise money for the 1st children's charity
  - Captain Coram 4 - Hetty Feather, fictional foundling: children's rights in the 19th century
  - Captain Coram 5 - Life for Foundlings in the 20th century
  - Captain Coram 6 - Coram today: children's rights in the 21st century
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