



# Bethersden Primary School

**Dedicated to Excellence**

## **PHSE CURRICULUM**

**2020-2021**

## Key Stage 1

At Key Stage 1 we follow the PHSE Association's Question Based Model which is tailored to suit the needs of our learners at Bethersden Primary School. We plan based around three areas:

Relationships	Health and Wellbeing	Living in the wider world
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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?

## Key Stage 2

At Key Stage 1 we follow the PHSE Association's Thematic Based Model which is tailored to suit the needs of our learners at Bethersden Primary School.

### Lower Key Stage 2

	Term 1 and 2: Relationships			Term 3 and 4: Living in the wider world			Term 5 and 6: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 3	<p>What makes a family</p> <p>Features of family life</p>	<p>Personal boundaries</p> <p>Safely responding to others</p> <p>The impact of hurtful behaviour</p>	<p>Recognising respectful behaviour</p> <p>The importance of self-respect</p> <p>Courtesy and being polite</p>	<p>The value of rules and laws</p> <p>Rights, freedoms and responsibilities</p>	<p>How the internet is used</p> <p>Assessing information online</p>	<p>Different jobs and skills</p> <p>Job stereotypes</p> <p>Setting personal goals</p>	<p>Health choices and habits</p> <p>What affects feelings</p> <p>Expressing feelings</p>	<p>Personal strengths and achievements</p> <p>Managing and reframing setbacks</p>	<p>Risks and hazards</p> <p>Safety in the local environment and unfamiliar places</p>
Year 4	<p>Positive friendships including those online</p>	<p>Responding to hurtful behaviour</p> <p>Managing confidentiality</p> <p>Recognising risks online</p>	<p>Respecting differences and similarities</p> <p>Discussing difference sensitively</p>	<p>What makes a community</p> <p>Shared responsibilities</p>	<p>How data is shared and used</p>	<p>Making decisions about money</p> <p>Using and keeping money safe</p>	<p>Maintaining a balanced lifestyle</p> <p>Oral hygiene and dental care</p>	<p>Physical and emotional changes in puberty</p> <p>External genitalia</p> <p>Personal hygiene routines</p> <p>Support with puberty</p>	<p>Medicines and household products</p> <p>Drugs common to everyday life</p>

## Upper Key Stage 2

	Term 1 and 2: Relationships			Term 3 and 4: Living in the wider world			Term 5 and 6: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people  Recognising prejudice and discrimination	Protecting the environment  Compassion towards others	How information online is targeted  Different media types, their role and impact	Identifying job interests and aspirations  What influences career choices  Workplace stereotypes	Healthy sleep habits  Sun safety  Medicines, vaccinations, immunisations and allergies	Personal identity  Recognising individuality and different qualities  Mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and <b>FGM?</b>
Year 6	Attraction to others  Romantic relationships  Civil partnership and marriage	Recognising and managing pressure  Consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity  Challenging discrimination and stereotypes	Evaluating media sources  Sharing things online	Influences and attitudes to money  Money and financial risks	What affects mental health and ways to take care of it  Managing change, loss and bereavement  Managing time online	Human reproduction and birth  Increasing independence  Managing transitions	Keeping personal information safe  Regulations and choices  Drug use and the law  Drug use and the media