

## PSHCE 2014-2015

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SEAL	New Beginnings	Getting on and Falling out  Anti bullying	Going for goals	Good to be me	Relationships	Changes
VALUES	Belonging	Respect & responsibility	Expectations & boundaries	Well Being	Enthusiasm And perseverance	Learning
Foundation SRE Myself and others Body awareness Family Hygiene	Myself and Relationships 1 – Beginning & Belonging	Myself and Relationships 2 – My family and friends including Anti bullying Myself and Relationships 3 – My Emotions	Healthy and Safer lifestyles 2 – Keeping safe (including Drug Education) (SE)	Healthy and Safer lifestyles 3 – Healthy Lifestyles	Citizenship 1 – Identities and diversity Citizenship 2 – Me and my world	Healthy and Safer lifestyles 1 – My body and growing up.(SE)
Y1 SRE Myself and others Friendships Choices Body parts Family	Myself and Relationships 4 - Beginning & Belonging	Myself and Relationships 5 – Me and My Emotions	Healthy and Safer lifestyles 4 – Managing Risk Healthy and Safer lifestyles 5 – Safety context	Healthy and Safer lifestyles 6 – Sex and Relationship Education Healthy and Safer lifestyles 7 – Healthy Lifestyles	Citizenship 4 – Diversity and communities	Citizenship 3 – Working together
Y2 SRE Differences inc Male and Female Naming Body parts Looking after the body Relationships Changing and growing	Citizenship 5 – Rights, Rules And responsibilities	Myself and Relationships 6 – Family and friends Myself and Relationships 7 – Antibullying	Healthy and Safer lifestyles 8 – Drug Education	Healthy and Safer lifestyles 10 – Sex and Relationship Education	Healthy and Safer lifestyles 9 – Personal Safety	Economic Wellbeing 1 – Financial capability Myself and my relationships 8 – managing change
Y3 SRE Self esteem Challenging gender stereotypes	Myself and Relationships 9 - Beginning & Belonging	Myself and Relationships 10- My emotions	Healthy and Safer lifestyles -11 – managing risk Healthy and Safer lifestyles -12 – Safety context	Healthy and Safer lifestyles 13 – Sex and Relationship Education Healthy and Safer lifestyles 14 – Healthy Lifestyles	Citizenship 7 – Diversity and communities	Citizenship 6 – Working together

### Resources

Cambridgeshire personal development programme

Teaching SRE with confidence in Primary Schools

Science National Curriculum

Differences: male and female Family differences Growing and changing Safety & decision making						
Y4 SRE Growing and changing Physical changes & menstruation Emotional changes What is puberty? Changing relationships Assertiveness	Citizenship 8 – Rights, Rules And responsibilities	Myself and Relationships 11– Family and friends Myself and Relationships 12 – Antbullying	Healthy and Safer lifestyles 15 – Drug Education	Healthy and Safer lifestyles 17 – Sex and Relationship Education	Healthy and Safer lifestyles 16– Personal Safety	Economic Wellbeing 2 – Financial capability Myself and my relationships 13 – managing change
Y5 SRE Talking about puberty Becoming men and women Puberty and Hygiene Building good relationships Menstruation Body image	Myself and Relationships 14 - Beginning & Belonging	Myself and Relationships 15- My emotions	Healthy and Safer lifestyles -18 – managing risk Healthy and Safer lifestyles -19– Safety context	Healthy and Safer lifestyles 20 – Sex and Relationship Education Healthy and Safer lifestyles 21 – Healthy Lifestyles	Citizenship 10– Diversity and communities	Citizenship 9 – Working together
Y6 SRE Relationships Similarities and differences Keeping safe Hygiene Reproduction	Citizenship 11 – Rights, Rules And responsibilities	Myself and Relationships 16– Family and friends Myself and Relationships 17 – Antbullying	Healthy and Safer lifestyles 22 – Drug Education	Healthy and Safer lifestyles 24 – Sex and Relationship Education	Healthy and Safer lifestyles 23– Personal Safety	Economic Wellbeing 3 – Financial capability Myself and my relationships 18– managing change

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