



St. Andrew the Apostle Catholic Primary School

	<p><b>Safe relationships</b> Recognising privacy; staying safe; seeking permission</p>	<ul style="list-style-type: none"> <li>• about situations when someone’s body or feelings might be hurt and whom to go to for help</li> <li>• about what it means to keep something private, including parts of the body that are private</li> <li>• to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</li> <li>• how to respond if being touched makes them feel uncomfortable or unsafe</li> <li>• when it is important to ask for permission to touch others</li> <li>• how to ask for and give/not give permission</li> </ul>	<p>1 decision - Relationships (£) FPA – Growing up with Yasmine and Tom (£) PSHE Association - Consent lesson packs</p>
	<p><b>Respecting ourselves and others</b> How behaviour affects others; being polite and respectful</p>	<ul style="list-style-type: none"> <li>• what kind and unkind behaviour mean in and out school</li> <li>• how kind and unkind behaviour can make people feel</li> <li>• about what respect means</li> <li>• about class rules, being polite to others, sharing and taking turns</li> </ul>	<p>The Rez</p>
<p><b>Summer Term Health and Wellbeing</b></p>	<p><b>Physical health and Mental wellbeing</b> Keeping healthy; food and exercise; hygiene routines; sun safety <b>All are Welcome</b> To like the way I am To understand that our bodies work in different ways</p>	<ul style="list-style-type: none"> <li>• what it means to be healthy and why it is important</li> <li>• ways to take care of themselves on a daily basis</li> <li>• about basic hygiene routines, e.g. hand washing</li> <li>• about healthy and unhealthy foods, including sugar intake</li> <li>• about physical activity and how it keeps people healthy</li> <li>• about different types of play, including balancing indoor, outdoor and screen-based play</li> <li>• about people who can help them to stay healthy, such as parents, doctors, nurses,</li> </ul>	<p>PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles 1 decision - Keeping/staying healthy (£) FPA – Growing up with Yasmine and Tom (£) PSHE Association - Dental Health Lifebuoy - ‘Soaper Heroes’ lesson plans PSHE Association - Keeping safe: sun safety</p>

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		dentists, lunch supervisors • how to keep safe in the sun	
	<b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong	<ul style="list-style-type: none"> <li>• to recognise what makes them special and unique including their likes, dislikes and what they are good at</li> <li>• how to manage and whom to tell when finding things difficult, or when things go wrong</li> <li>• how they are the same and different to others</li> <li>• about different kinds of feelings</li> <li>• how to recognise feelings in themselves and others</li> <li>• how feelings can affect how people behave</li> </ul>	<p>PSHE Association – Mental health and wellbeing</p> <p>Medway Public Health Directorate - Changing and growing up</p> <p>1 decision - Feelings and emotions (£)</p> <p>PSHE Association - Personal identity</p>
	<b>Keeping safe</b> How rules and age restrictions help us; keeping safe online	<ul style="list-style-type: none"> <li>• how rules can help to keep us safe</li> <li>• why some things have age restrictions, e.g. TV and film, games, toys or play areas</li> <li>• basic rules for keeping safe online</li> <li>• whom to tell if they see something online that makes them feel unhappy, worried, or scared</li> </ul>	<p>Thinkuknow: Jessie and Friends</p> <p>1 decision - Computer safety/Hazard watch (£)</p> <p>BBFC - 'Watch Out! Helping to make good viewing choices'</p>
<b>Spring Term Living in the Wider World</b>	<b>Belonging to a community</b> What rules are; caring for others' needs; looking after the environment	<ul style="list-style-type: none"> <li>• about examples of rules in different situations, e.g. class rules, rules at home, rules outside</li> <li>• that different people have different needs</li> <li>• how we care for people, animals and other living things in different ways</li> <li>• how they can look after the environment, e.g. recycling</li> </ul>	<p>1 decision - Being responsible (£)</p> <p>Experian - Values, Money and Me (KS1)</p> <p>Environment Agency – Caring for the Environment and Careers</p>
	<b>Media literacy and Digital resilience</b> Using the internet and digital devices; communicating online	<ul style="list-style-type: none"> <li>• how and why people use the internet</li> <li>• the benefits of using the internet and digital devices</li> <li>• how people find things out and communicate safely with others online</li> </ul>	<p>BBFC - 'Watch Out! Helping to make good viewing choices'</p>
	<b>Money and Work</b> Strengths and interests; jobs in the community	<ul style="list-style-type: none"> <li>• that everyone has different strengths, in and out of school</li> </ul>	<p>BBFC - 'Watch Out! Helping to make good viewing choices'</p>

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		<ul style="list-style-type: none"> <li>• about how different strengths and interests are needed to do different jobs</li> <li>• about people whose job it is to help us in the community</li> <li>• about different jobs and the work people do</li> </ul>	
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Aspect	Date covered
Circle time – fortnightly, Emotional wellbeing - Ishi, Mission statement	
<u>Class values – Friendship</u> Kindness and Love	
<u>All are Welcome – Book Titles</u> To like the way I am To play with boys and girls To recognise that people are different ages To understand that our bodies work in different ways To understand that we share the world with lots of people	
<u>RSE – Journey in Love</u> We meet God’s love in our family	
<u>Healthy Family Relationships</u> Expect Respect Toolkit – PPT Is it alright to keep secrets?	