

St Osmund's PSHE Curriculum

Health and Wellbeing
Living In The Wider World
Relationships

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p>The importance of respect at St Osmund's</p> <p>Showing respect to others; rules and laws; working as a team</p>	<p>Mental wellbeing:</p> <p>Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others</p>	<p>Friendships and relationships</p> <p>Characteristics of a healthy friendship; managing relationships; trust and seeking help with unhealthy relationships</p>	<p>Personal Safety</p> <p>Setting boundaries in friendships; keeping our bodies safe; responding to adults; recognising and reporting unsafe feelings.</p>	<p>Substances:</p> <p>Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws</p>	<p>Careers:</p> <p>Career types; challenging career stereotypes; goal setting; exploring ideas about future careers</p>
	<p>What is respect and how can I show it?</p>	<p>What is mental health?</p>	<p>What is a healthy friendship?</p>	<p>How can I keep myself safe?</p>	<p>What are the effects of substances?</p>	<p>How can I be enterprising?</p>
Year 6	<p>Respect and bullying:</p> <p>Understanding what is bullying; successful friendships: mediating and managing problems between friends; bullying online / cyberbullying.</p>	<p>Mental health and wellbeing:</p> <p>Physical and mental wellbeing; the importance of sleep, physical activity and managing a routine.</p>	<p>Online safety:</p> <p>How data is shared and used online; evaluating reliability of sources; misinformation and targeted information; age-appropriate TV, games and online content.</p>	<p>Puberty & reproduction:</p> <p>Body changes for boys and girls; understanding our bodies and changes in feelings; where to find support.</p>	<p>Relationships and identities:</p> <p>Exploring British values, diversity and make up of different family units; loving relationships</p>	<p>Personal safety:</p> <p>Exploring a range of issues around personal safety including coping with peer pressure; relationships with adults; basic road safety; water safety Water safety covered by RNLI</p>
	<p>What is bullying?</p>	<p>What do I know about health?</p>	<p>How can I keep myself safe online?</p>	<p>What do I know about puberty?</p>	<p>How are people different?</p>	<p>What are the risks to my personal safety at home and about?</p>
Year 7	<p>Respecting Differences:</p> <p>Prejudice and stereotypes; difference and diversity in families; family and gender roles.</p>	<p>Healthy lifestyles:</p> <p>Rights and responsibilities online; using the internet safely; safe and unsafe sharing; how information is gathered and used.</p>	<p>Economic Wellbeing – The Value of Money:</p> <p>Understanding how to look after money; use of debit, credit and store cards; digital wallets; how to use a bank account and online banking.</p>	<p>Puberty and Healthy Relationships:</p> <p>Emotional changes during puberty; healthy and unhealthy relationships Managing strong feelings; introduction to consent.</p>	<p>Substances:</p> <p>Social norms regarding drugs, alcohol and tobacco; myths and misconceptions; Influence and risks relating to substance use.</p>	<p>Economic Wellbeing and Careers:</p> <p>Identifying values and aligning actions; career choices; target setting and aspirations.</p>
	<p>What is mutual respect?</p>	<p>How can I access appropriate material on the internet safely?</p>	<p>How can I protect my money?</p>	<p>How does it feel?</p>	<p>How are substances harmful?</p>	<p>What is work?</p>
Year 8	<p>Relationships: rights and responsibilities</p> <p>Rights and responsibilities within a relationship; responsibilities in school and as part of the wider community.</p>	<p>Mental health and wellbeing:</p> <p>Physical and mental wellbeing; mental health and social media; dealing with change</p>	<p>Diversity, Identity and Heritage:</p> <p>Diversity and discrimination; diversity and migration; identity and heritage.</p>	<p>Friendships and healthy relationships:</p> <p>Managing social pressures and peer pressure; challenging stereotypes; healthy and unhealthy relationships.</p>	<p>Sexual Health</p> <p>Healthy relationships and responsibilities; starting relationships; sexual consent; contraception.</p>	<p>Transition:</p> <p>Dealing with change; understanding pressures in society (Countylines); personal goals and aspirations moving into year 9.</p>
	<p>What rights and responsibilities do I have?</p>	<p>How do I feel inside?</p>	<p>Where do we come from and why are we different?</p>	<p>How can I resist pressure?</p>	<p>Sexual relationships – what is appropriate?</p>	<p>Skills for Transition</p>