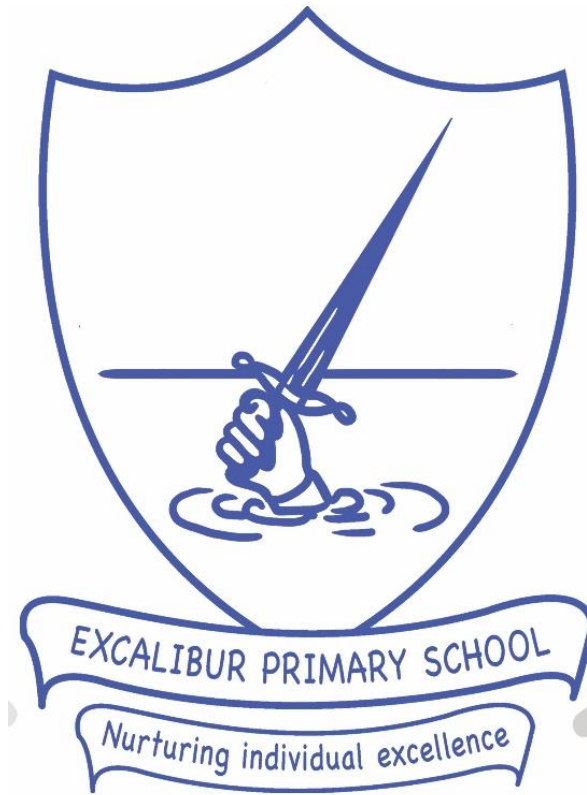


PSHE  
Association



Excalibur Primary  
School Relationships  
and Health Education  
Curriculum

# Excalibur Primary School: Relationships and Health Education LONG-TERM OVERVIEW

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends and getting along	Recognising strengths and respecting differences	Our special people	The importance of family	Amazing bodies	Growing and changing
Year 2	What makes a happy friendship?	Strengths, abilities and stereotypes	Special people in our communities	The diversity of families	Staying safe and healthy	Growing up and setting goals
Year 3	Being a good friend	Valuing and respecting one another	Responsibility and boundaries	Different types of committed relationships	Sleep, food and hygiene	Coping with feelings when things change
Year 4	Solving friendship difficulties	Identity and diversity	Rights and responsibilities	Families and other relationships	Influences and personal choices	Puberty and hygiene
Year 5	Changing friendships	Celebrating strengths and setting goals	Caring in the community	Healthy, committed relationships	Valuing our bodies and minds	Puberty and emotions
Year 6	Relationships and feelings	Respectful behaviour online and offline	Responsible behaviour as we get older	Starting a family (sex education)	Being the best me	Coping with emotional effects of life changes

YEAR 1	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> Making friends and getting along	1. <a href="#">Forming friendships</a> 2. <a href="#">Kindness</a> 3. <a href="#">Getting along, sharing and turn taking</a>	<ul style="list-style-type: none"> <li>How to form friendships</li> <li>How kind and unkind behaviour impact other people</li> <li>To understand that even though we may not be friends with everyone, we can still work together and be kind to one another.</li> </ul>
<b>Autumn 2</b> Recognising strengths and weaknesses	1. <a href="#">I am special</a> 2. <a href="#">Who I am makes me unique</a> 3. <a href="#">We don't all feel the same way</a>	<ul style="list-style-type: none"> <li>About what makes each of us special</li> <li>About similarities and differences between people</li> <li>How to respect and celebrate differences, including the ways people feel and respond to things.</li> </ul>
<b>Spring 1</b> Our special people	1. <a href="#">My special people</a> 2. <a href="#">How our special people care for us</a> 3. <a href="#">Keeping safe</a>	<ul style="list-style-type: none"> <li>About the special people in their lives and how they care for them</li> <li>How their special people set rules that keep them safe</li> <li>How their special people can help them when they are feeling worried, scared or nervous.</li> </ul>
<b>Spring 2</b> <b>The importance of family</b>	1. <a href="#">My family</a> 2. <a href="#">Our families</a> 3. <a href="#">Superhero families</a>	<ul style="list-style-type: none"> <li>To explore the importance of family and the stability and love that a family brings.</li> <li>To look at similarities and differences between different family units and think about all the things that their families do to love, support and help them.</li> </ul>
<b>Summer 1</b> <b>Amazing bodies</b>	1. <a href="#">My amazing body</a> 2. <a href="#">Private body parts</a> 3. <a href="#">Looking after our bodies</a>	<ul style="list-style-type: none"> <li>To celebrate their bodies and all the amazing things that they can do</li> <li>How to keep their bodies healthy</li> <li>How all bodies are different and that some body parts are private</li> <li>The correct names for these parts and know that we use these names at school</li> </ul>
<b>Summer 2</b> <b>Growing and changing</b>	1. <a href="#">Animal babies</a> 2. <a href="#">How have we changed?</a> 3. <a href="#">A future me</a>	<ul style="list-style-type: none"> <li>About the needsa that babies have</li> <li>Tol consider how they have changed since they were born</li> <li>To explore and celebrate their abilities</li> <li>To share ideas of what they hope to be like in the future</li> </ul>

YEAR 2	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> What makes a happy friendship	1. <a href="#">What makes a happy friendship?</a> 2. <a href="#">Personal boundaries</a> 3. <a href="#">Resilience</a>	<ul style="list-style-type: none"> <li>About the characteristics of a happy friendship</li> <li>To explore personal boundaries and recognise safe and unsafe situations</li> <li>To practise how to respond to unwanted touch</li> <li>To reach out to someone they can trust whenever they feel worried or unsafe</li> </ul>
<b>Autumn 2</b> Strengths, abilities and stereotypes	1. <a href="#">My strengths and abilities</a> 2. <a href="#">Stereotypes</a> 3. <a href="#">Whose job?</a>	<ul style="list-style-type: none"> <li>To reflect on how different people have different strengths and abilities</li> <li>About the concept of stereotypes and why these are unhelpful and unfair</li> <li>About gender stereotypes and how these can be challenged</li> </ul>
<b>Spring 1</b> Special people in our communities	1. <a href="#">Community helpers</a> 2. <a href="#">When we need help</a> 3. <a href="#">Our communities and groups</a>	<ul style="list-style-type: none"> <li>About the communities to which children belong and who helps them in the communities</li> <li>To reflect on their own role in the community and how they can offer help and support, as well as where to turn for help</li> </ul>
<b>Spring 2</b> The diversity of families	1. <a href="#">Who is in a family?</a> 2. <a href="#">A happy family</a> 3. <a href="#">Families of all kinds</a>	<ul style="list-style-type: none"> <li>To explore the diversity of families</li> <li>That other families may look different from theirs</li> <li>To respect the difference between families and to recognise that others' families are also characterised by love and care</li> <li>To investigate ways for caring for each other within a family</li> </ul>
<b>Summer 1</b> Staying safe and healthy	1. <a href="#">Healthy feelings</a> 2. <a href="#">Staying safe at home</a> 3. <a href="#">Feeling poorly</a>	<ul style="list-style-type: none"> <li>To investigate different ways of staying healthy</li> <li>To explore a range of emotions,</li> <li>About the safe and unsafe use of medicines and household products</li> <li>How to help someone who is feeling physically or emotionally poorly</li> </ul>
<b>Summer 2</b> Growing up and setting goals	1. <a href="#">When I am older</a> 2. <a href="#">Looking at the changes ahead</a> 3. <a href="#">Goals</a>	<ul style="list-style-type: none"> <li>About growth and change</li> <li>About celebrating achievements and setting goals</li> <li>To explore how they develop in terms of their abilities, likes and dislikes</li> <li>To discuss their future aspirations and how to achieve them</li> </ul>

YEAR 3	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> Being a good friend	<ol style="list-style-type: none"> <li>1. <a href="#">What makes a good friend?</a></li> <li>2. <a href="#">Personal space</a></li> <li>3. <a href="#">Resilience</a></li> </ol>	<ul style="list-style-type: none"> <li>• To reflect on how they can be good friends to others, exploring the concept of personal space and what to do when someone's space is being invaded</li> <li>• About the idea of resilience and develop strategies for being resilient</li> </ul>
<b>Autumn 2</b> Valuing and respecting one another	<ol style="list-style-type: none"> <li>1. <a href="#">Different but equal</a></li> <li>2. <a href="#">Our school community</a></li> <li>3. <a href="#">Valuing one another and considering people's feelings</a></li> </ol>	<ul style="list-style-type: none"> <li>• To explore differences that can or cannot be seen and the importance of respecting and valuing these differences</li> <li>• To look at the different communities they belong to in order to further understand the similarities and shared values</li> </ul>
<b>Spring 1</b> Responsibilities and boundaries	<ol style="list-style-type: none"> <li>1. <a href="#">Being responsible</a></li> <li>2. <a href="#">Responsibility and personal space</a></li> <li>3. <a href="#">Caring and empathy</a></li> </ol>	<ul style="list-style-type: none"> <li>• To explore their own responsibilities towards others and why it important to act responsibly</li> <li>• About the importance of showing empathy and recognising and respecting personal boundaries</li> </ul>
<b>Spring 2</b> Different types of committed relationships	<ol style="list-style-type: none"> <li>1. <a href="#">Commitment and marriage</a></li> <li>2. <a href="#">All change</a></li> <li>3. <a href="#">Family changes: when parents separate</a></li> </ol>	<ul style="list-style-type: none"> <li>• About different kinds of committed relationships</li> <li>• To explore the meaning of the word commitment and consider the characteristics of a happy relationship</li> <li>• To explore feelings around changes in relationships, including the breaking-up of family structures and develop the skills to know when and how to seek support if they are feeling unhappy</li> </ul>
<b>Summer 1</b> Sleep, food and hygiene	<ol style="list-style-type: none"> <li>1. <a href="#">The power of sleep</a></li> <li>2. <a href="#">Making healthy food choices</a></li> <li>3. <a href="#">Germs!</a></li> </ol>	<ul style="list-style-type: none"> <li>• About different ways of keeping healthy, including sleeping and eating well</li> <li>• How to get rid of germs by washing and by brushing their teeth regularly</li> <li>• How to develop good routines and habits that support their wellbeing</li> </ul>
<b>Summer 2</b> Coping with feelings when things change	<ol style="list-style-type: none"> <li>1. <a href="#">New changes</a></li> <li>2. <a href="#">Feeling sad and showing empathy</a></li> <li>3. <a href="#">Happiness</a></li> </ol>	<ul style="list-style-type: none"> <li>• To explore feelings around the change in their lives</li> <li>• To explore how changes can affect them in different ways and to different degrees</li> <li>• About ways to help themselves feel happier and more positive if they are experiencing challenges</li> </ul>

YEAR 4	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> Solving friendship difficulties	1. <a href="#">Qualities of a good friend</a> 2. <a href="#">Solving friendship difficulties</a> 3. <a href="#">Personal boundaries and permission</a>	<ul style="list-style-type: none"> <li>To build on what they already know about good friends by picking out qualities and values</li> <li>To investigate the skills needed to manage and solve issues that arise between friends and understand what to do if someone doesn't respect their privacy or personal boundaries</li> </ul>
<b>Autumn 2</b> Identity and diversity	1. <a href="#">Being British</a> 2. <a href="#">Making a judgement</a> 3. <a href="#">A different point of view</a>	<ul style="list-style-type: none"> <li>To examine similarities and differences within society</li> <li>To focus on the importance of valuing and respecting everybody equally and explore the dangers of making judgements based on appearance</li> <li>To see see that people have different perspectives and ways of looking at the world</li> </ul>
<b>Spring 1</b> Rights and responsibilities	1. <a href="#">Our rights, our responsibilities</a> 2. <a href="#">The UN Convention on the Rights of the Child</a> 3. <a href="#">Family roles and responsibilities</a>	<ul style="list-style-type: none"> <li>About the links between rights and responsibilities</li> <li>About the UN Convention on the Rights of the Child</li> <li>About the roles and responsibilities help within a family</li> </ul>
<b>Spring 2</b> Families and other relationships	1. <a href="#">Different relationships: boundaries and behaviour</a> 2. <a href="#">Belonging</a> 3. <a href="#">Caring families</a>	<ul style="list-style-type: none"> <li>To explore what it means to belong to a family or other group, and what people in that unit have in common</li> <li>About setting boundaries for safe and appropriate behaviour and discuss the relationship between caring and rules within a family or other group</li> </ul>
<b>Summer 1</b> Influences and personal choices	1. <a href="#">Healthy influences</a> 2. <a href="#">Making healthy choices</a> 3. <a href="#">Dealing with feelings</a>	<ul style="list-style-type: none"> <li>About the choices they can make in relation to their health and wellbeing</li> <li>To explore the external influences that can affect their choices</li> <li>About the consequences of the choices they make and the importance of recognising and managing feelings</li> </ul>
<b>Summer 2</b> Puberty and hygiene	1. <a href="#">What is puberty?</a> 2. <a href="#">Understanding periods</a> 3. <a href="#">Keeping clean as we grow and change</a>	<ul style="list-style-type: none"> <li>How their bodies start to change as they enter puberty, including girls starting their periods</li> <li>How these changes affect their hygiene needs</li> <li>How to take responsibility for maintaining good hygiene and the products that are available</li> </ul>

YEAR 5	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> Changing friendships	1. <a href="#">Identity</a> 2. <a href="#">Peer pressure</a> 3. <a href="#">Emotional health and wellbeing</a>	<ul style="list-style-type: none"> <li>To explore the concept of “identity” and how we use it to define us</li> <li>To explore how peer pressure can affect us in real life and online</li> <li>How to make informed choices</li> <li>About the importance of positive emotional health and wellbeing, including where to turn for support</li> </ul>
<b>Autumn 2</b> Celebrating strengths and setting goals	1. <a href="#">Strengths and abilities</a> 2. <a href="#">Setting goals</a> 3. <a href="#">Online safety</a>	<ul style="list-style-type: none"> <li>To investigate what strengths and abilities are, appreciating how these are different for different people</li> <li>To explore their own future goals and aspirations</li> <li>To discuss and reflect on the risks and benefits of the internet and how they can keep themselves safe</li> </ul>
<b>Spring 1</b> Caring in the community	1. <a href="#">Changing needs</a> 2. <a href="#">Feeling lonely</a> 3. <a href="#">Why volunteer?</a>	<ul style="list-style-type: none"> <li>About the way of and reasons for caring</li> <li>How our care needs change as we grow older</li> <li>About the effects of isolation and loneliness and investigate what we, as members of a community, can do to help and support others, including through volunteering</li> </ul>
<b>Spring 2</b> <b>Healthy, committed relationships</b>	1. <a href="#">Values of healthy relationships</a> 2. <a href="#">Diversity in relationships</a> 3. <a href="#">It's all about commitment</a>	<ul style="list-style-type: none"> <li>To explore the characteristics of healthy, happy families and committed relationships</li> <li>About the diversity of families and to respect children who come from family background different to their own</li> <li>To consider the values that make people want to commit to one another and what makes a stable, caring family life, including spending time together and giving each other support</li> </ul>
<b>Summer 1</b> <b>Valuing our bodies and minds</b>	1. <a href="#">Valuing ourselves</a> 2. <a href="#">Alcohol, tobacco and drugs</a> 3. <a href="#">Keeping well (viruses, bacteria and immunisation)</a>	<ul style="list-style-type: none"> <li>To explore ways of maintaining their mental and physical wellbeing</li> <li>To explore the connections between self-image, feelings and behaviour</li> <li>To practise describing themselves using positive attributes</li> <li>About the risks associated with legal and illegal harmful substances, and find out about viruses, bacteria, vaccinations and immunisation</li> </ul>

**Summer 2**

**Puberty and emotions**

1. [Puberty](#)
2. [Puberty and emotions](#)
3. [Emotional changes: managing well](#)

- About the changes that occur during puberty
- To explore the emotona; impact of puberty and work out their own strategies for managing well



YEAR 6	Lessons	In this unit of work, children will know...
<b>Autumn 1</b> Personal safety	1. <a href="#">Emotional health and wellbeing</a> 2. <a href="#">Relationships and change</a> 3. <a href="#">Wider emotions</a>	<ul style="list-style-type: none"> <li>To explore how relationships evolve as they grow</li> <li>How to develop skills for coping with changes and managing a wider range of emotions</li> <li>To recognise risk and stay safe</li> </ul>
<b>Autumn 2</b> Respectful behaviour online and offline	1. <a href="#">Identity online</a> 2. <a href="#">Online bullying</a> 3. <a href="#">Identities and belonging</a>	<ul style="list-style-type: none"> <li>To consider their own and others' online identities and behaviour, including how to identify and respond to bullying</li> <li>To reflect on how people feel when they don't "fit in"</li> </ul>
<b>Spring 1</b> Responsible behaviour as we get older	1. <a href="#">Taking care of myself</a> 2. <a href="#">Looking after our money</a> 3. <a href="#">Transition to secondary</a>	<ul style="list-style-type: none"> <li>About starting to take more responsibility for self-care, including our physical health, our mental wellbeing and our money</li> <li>To explore the people who are there to help and support us as we move on to secondary school</li> </ul>
<b>Spring 2</b> Starting a family (sex education)	1. <a href="#">Starting a family</a> 2. <a href="#">The impact of having a baby</a> 3. <a href="#">When is it right?</a>	<ul style="list-style-type: none"> <li>About human reproduction</li> <li>The facts about how human life starts and some common questions will be answered in an age-appropriate manner</li> <li>About the legal age of consent for sexual intercourse and the many factors that a committed couple would have to consider before having a baby</li> <li>About consent and the importance of being ready before you make big decisions in your life</li> </ul>
<b>Summer 1</b> Being the best me	1. <a href="#">Being the best me</a> 2. <a href="#">Social media and our wellbeing</a> 3. <a href="#">Taking care of our mental health</a>	<ul style="list-style-type: none"> <li>To further explore mental wellbeing, including ways to maintain it and the factors that can affect it</li> <li>About the importance of self-respect and how social media and other online experiences can impact our personal feelings and our sense of self-worth</li> <li>That it is common for people to experience mental ill health and that there is help and support available</li> </ul>

Summer 2 Coping with emotional effects of life changes	<ol style="list-style-type: none"><li>1. <a href="#">Body image</a></li><li>2. <a href="#">Puberty and changing relationships</a></li><li>3. <a href="#">Moving on</a></li></ol>	<ul style="list-style-type: none"><li>• To explore the increase in their level of responsibility and the emotional effects of life changes as they grow older</li><li>• To explore things that can influence how they view themselves and how close relationships can change as they grow and go through puberty</li><li>• To look back at their time in Year 6, share their hopes and concerns and prepare to move to secondary school</li></ul>
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