

PSHE Programme Builders- Key Stage 1

	Autumn 1: Relationships	Autumn 2: Living in the Wider World	Spring 1: Relationships	Spring 2: Health and Wellbeing	Summer 1: Living in the Wider World	Summer 2: Health and Wellbeing
KS1- Year 2	Thematic Model (K1+2) Recognising privacy; staying safe; seeking permission	Thematic Model (K1+2) Strengths and interests; jobs in the community	Thematic Model (K1+2) How behaviour affects others; being polite and respectful	Thematic Model (K1+2) Keeping healthy; food and exercise, hygiene routines; sun safety	Thematic Model (K1+2) What money is; needs and wants; looking after money	Thematic Model (K1+2) Growing older; naming body parts; moving class or year
KS1- Year 3	Thematic Model (K1+2) Making friends; feeling lonely and getting help	Thematic Model (K1+2) What rules are; caring for others' needs; looking after the environment	Thematic Model (K1+2) Recognising things in common and differences; playing and working cooperatively; sharing opinions	Thematic Model (K1+2) Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Thematic Model (K1+2) The internet in everyday life; online content and information	Thematic Model (K1+2) Safety in different environments; risk and safety at home; emergencies

PSHE Programme Builders- Key Stage 2

	Autumn 1: Relationships	Autumn 2: Living in the Wider World Health and Wellbeing	Spring 1: Relationships	Spring 2: Health and Wellbeing Living in the Wider World	Summer 1: Living in the Wider World	Summer 2: Health and Wellbeing
KS2- Year 2	Thematic Model (K1+2) What makes a family; features of family life	Thematic Model (K1+2) Protecting the environment; compassion towards others	Thematic Model (K1+2) Responding respect- fully to a wide range of people; recognising prejudice and discrimination	Thematic Model (K1+2) Health choices and habits; what affects feelings; expressing feelings	Thematic Model (K1+2) Different jobs and skills; job stereotypes; setting personal goals or Identifying job interests and aspirations; what influences career choices; workplace stereo- types	Thematic Model (K1+2) Personal strengths and achievements; managing and re- framing setbacks
KS2- Year 3	Thematic Model (K1+2) Physical contact and feeling safe.	Thematic Model (K1+2) Medicines and household products; drugs common to everyday life	Thematic Model (K1+2) Respecting differences and similarities; discussing difference sensitively	Thematic Model (K1+2) Valuing diversity; challenging discrimination and stereo- types	Thematic Model (K1+2) How data is shared and used or How information online is targeted; different media types, their role and impact	Thematic Model (K1+2) Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty

PSHE Programme Builders- Key Stage 3

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Autumn 2 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
KS3 Year 1	Thematic Model (K3+4) Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Thematic Model (K3+4) Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Thematic Model (K3+4) Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Cross Phase Model (Y3-8) Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Thematic Model (K3+4) Diversity Diversity, prejudice, and bullying	Thematic Model (K3+4) Financial decision making Saving, borrowing, budgeting and making financial choices or Cross Phase Model (Y3-8) Economic wellbeing: Budgeting; Saving; Spending decisions; How managing money makes us feel; How spending choices affect others
KS3 Year 2	Thematic Model (K3+4) Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Thematic Model (K3+4) Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Thematic Model (K3+4) Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Thematic Model (K3+4) Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation and Cross Phase Model (Y3-8) Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Thematic Model (K3+4) Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Thematic Model (K3+4) Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
KS3 Year 3	Thematic Model (K3+4) Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Thematic Model (K3+4) Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Thematic Model (K3+4) Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Thematic Model (K3+4) Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid and Cross Phase Model (Y3-8) Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Thematic Model (K3+4) Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Thematic Model (K3+4) Work experience Preparation for and evaluation of work experience and readiness for work

PSHE Programme Builders- Key Stage 4

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Autumn 2 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
KS4 Year 1	<p>Thematic Model (K3+4) Independence Responsible health choices, and safety in independent contexts</p>	<p>Thematic Model (K3+4) Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p>Thematic Model (K3+4) Employability skills Employability and online presence</p>	<p>Thematic Model (K3+4) Exploring influence The influence and impact of drugs, gangs, role models and the media</p> <p>Cross Phase Model (Y3-8) Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made</p>	<p>Thematic Model (K3+4) Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p>Thematic Model (K3+4) Year 10's once year 11's leave school Work experience Preparation for and evaluation of work experience and readiness for work</p>
KS4 Year 2	<p>Thematic Model (K3+4) Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Thematic Model (K3+4) Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p>Thematic Model (K3+4) Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Thematic Model (K3+4) Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM</p> <p>Cross Phase Model (Y3-8) Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made</p>	<p>Thematic Model (K3+4) Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Thematic Model (K3+4) Year 10's once year 11's leave school Work experience Preparation for and evaluation of work experience and readiness for work</p>

RSE Stand Alone Lesson Topics

Choose the topics most pertinent to your pupils' current needs.

SOAP OPERA- Lift or adapt the scenarios and translate into your class soap opera.

SEX FACTOR- Adapt the scenarios if necessary and follow the Sex Factor planning/resourcing.

KS2 UPPER UPWARDS		
<u>Crush</u>	<u>Deodorant</u>	<u>Growing Hair (puberty) 1</u>
<u>Growing Hair (puberty) 2</u>	<u>Periods</u>	<u>Erections</u>
<u>Spots</u>	<u>Voice change</u>	<u>Moods</u>
<u>Masturbation and privacy (boys)</u>	<u>Masturbation and privacy (girls)</u>	<u>Shaving</u>
<u>Bad Secret (1)</u>	<u>Bad Secret (2)</u>	<u>Kissing- ok and not ok</u>
<u>Bullying relationships</u>	<u>Say 'No'</u>	

ALL KEY STAGES		
<u>Cross Dressing</u>	<u>Diversity</u>	<u>Good vs bad problems</u>
<u>Good touch</u>	<u>Public v Private touch</u>	<u>Bad touch</u>
<u>Bad Secret (1)</u>		

KS3 UPWARDS		
<u>An introduction to Olivia and Jonny</u>	<u>Friends</u>	<u>Jealousy</u>
<u>Boyfriend and girlfriend</u>	<u>Falling out (within a relationship)</u>	<u>Experiencing problems within a relationship</u>
<u>Make up</u>	<u>Showing love</u>	<u>Split up (1)</u>
<u>Split up (2)</u>	<u>First love/crush</u>	<u>Asking someone out</u>
<u>RSE story of Olivia and Jonny</u>		