



Journey of Learning

PSHE

Changing Bodies:
Recap male and female body parts. What is Puberty?
Periods and how to manage them
What is consent? Permission, boundaries and inappropriate + appropriate touching
How your body changes through puberty; Growing and changing

Playing Safe:
Reporting abuse; Help and advise managing safety and risks

Online Safety:
Understanding unrealistic expectations online; What people can we trust online?

Mind + Body:
Helpful and unhelpful worries; Stress – dealing with emotions and changes; Bereavement;

Me, Myself and You:
Rude, Mean, Bullying? Courtesy and manners; Good and bad peer pressure

Life Skills:
Practising emergency calls; What is an emergency? Should I call 999?

Changing Bodies:
Recap male and female body parts. Puberty, Relationships and contraception
What is consent? Permission, boundaries and inappropriate + appropriate touching

The 3 R's:
What are drugs and how are they harmful?

Playing Safe:
Reporting abuse; Help and advise
Assessing risks and managing safety;

Online Safety:
Understanding what not to share online; What content can we trust online?

Life Skills:
Helping to save lives with 999
Costing the Earth
I Pledge

Me, Myself and You:
Rude, Mean, Bullying?
Essentials of a healthy family; Healthy and unhealthy friendships

Mind + Body:
Eating healthily and keeping your teeth clean; The Food Wheel; What is an active lifestyle and how to prevent illnesses
Bereavement;

Me, Myself and You:
Rude, Mean, Bullying?
Importance of clear communication and managing conflict; Understanding differences in families

Changing Bodies:
Recap male and female body parts. What is Puberty? Periods and how to manage them
What is consent? Permission, boundaries and inappropriate + appropriate touching

Life Skills:
Risks, hazards and how to stay safe; Reducing risks when helping others
I want it
Exploring needs/wants

The 3 R's:
Why are vaccinations important?

Me, Myself and You:
Rude, Mean or bullying? Understanding differences and similarities in people; Feeling safe and unsafe in families; Who we can turn to

Mind + Body:
Benefits of exercise and physical and emotional health; Where emotions are felt; Dealing with negative emotions; The importance of sleep; Bereavement

Me, Myself and You:
Rude, Mean or bullying? Understanding body language; What is a family? Empathy, being a good friend and asking for help

Mind + Body:
Physical and emotional health; Eating healthily and keeping your teeth clean; How our bodies react to emotions; Bereavement

Changing Bodies:
PANTS Rule
Know that we have private parts of the body and what they are called. Personal space and trusted adults. What do we call different parts of the girls' and boys' bodies? Understanding that growing and changing is natural
What is consent? Asking for permission

Playing Safe:
Reporting abuse; Help and advise

Online Safety:
Risks online and how to avoid them; What not to share online and why

Playing Safe:
Reporting abuse; Help and advise

Life Skills:
Keeping safe at home & when do you use 999? Do the right thing. What is the right thing? Things that money can't buy.

Me, Myself and You:
Rude, Mean or Bullying? Understanding body language; What is a family? Empathy, being a good friend and asking for help

Mind + Body:
Physical and emotional health; Eating healthily and keeping your teeth clean; How our bodies react to emotions; Bereavement

Online Safety:
What is the internet?; How to stay safe online

Changing Bodies:
PANTS Rule
Know that we have private parts of the body and where they are. What is personal space? Who are trusted adults? How are girls and boys bodies different?

