

Whole School Unit Overview: PSHE

Underpinned by Statutory Guidance:

Relationships Education, Relationships and Sex Education (RSE) and Health Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SCHOOL VALUES	RESPECT	KINDNESS	DETERMINATION	RESPONSIBILITY	FRIENDSHIP	INDEPENDENCE
SCHOOL THEME	Understanding Relationships	Keeping Safe	Looking after Myself	Responsible Citizens	Wider Community	Dealing with Change
SMSC LINKS	Spiritual: Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.	Moral: Recognise right and wrong; respect the law; understand consequences; investigate moral and ethical issues; offer reasoned views.	Spiritual: Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.	Social: Use a range of social skills; participate in the local community; appreciate diverse viewpoints; participate, volunteer and cooperate; resolve conflict; engage with the ' British values ' of democracy, the rule of law, liberty, respect and tolerance.	Cultural: Appreciate cultural influences; appreciate the role of Britain's parliamentary system; participate in culture opportunities; understand, accept, respect and celebrate diversity.	Spiritual: Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.
1	Unit <ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid
2	Unit <ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid
3	Unit <ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid

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4	Unit	<ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid
5	Unit	<ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid
6	Unit	<ul style="list-style-type: none"> Families & People who care for me including friends Respectful Relationships 	<ul style="list-style-type: none"> Being Safe, including online Internet Safety & Harms 	<ul style="list-style-type: none"> Mental Wellbeing Physical Health; fitness, diet, sleep 	<ul style="list-style-type: none"> Environment The Consumer Using the right words 	<ul style="list-style-type: none"> Rights of others Diversity: compare and contrast 	<ul style="list-style-type: none"> Life Changes Changing Adolescent Body (CW Scheme) Health, Prevention & First Aid