

Montgomery Infant School and Nursery

PSHE and Relationships Education



Autumn: Relationships			Spring: Health and Wellbeing			Summer: Living in the wider world			
Families and friendships	Safe relationships	Belonging to a community	Physical health and Mental wellbeing	Growing and changing	Keeping safe	Media literacy and digital resilience	Money and work	Respecting ourselves and others	
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	What rules are; caring for others' needs; looking after the environment	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	How behaviour affects others; being polite and respectful
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Belonging to a group; roles and responsibilities; being the same and different in the community	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Recognising things in common and differences; playing and working cooperatively; sharing opinions

YEAR 1 — AUTUMN MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Autumn	Families and friendships Roles of different people; families; feeling cared for PoS Refs: R1, R2, R3, R4, R5	<ul style="list-style-type: none"> about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers the role these different people play in children's lives and how they care for them what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. about the importance of telling someone – and how to tel them – if they are worried about something in their family 	Medway Primary Reosurces –KS 1 lesson 1 plan file Metro – Love and respectful relationships resource file
	Safe relationships Recognising privacy; staying safe; seeking permission PoS Refs: R10, R13, R15, R16, R17 Also - Online relationships H12, H15, H22, H23	<ul style="list-style-type: none"> about situations when someone's body or feelings might be hurt and whom to go to for help about what it means to keep something private, including parts of the body that are private to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) how to respond if being touched makes them feel uncomfortable or unsafe when it is important to ask for permission to touch others how to ask for and give/not give permission 	NSPCC – The underwear Rule (PANTS)
	Respecting ourselves and others How behaviour affects others; being polite and respectful PoS Refs: R21, R22	<ul style="list-style-type: none"> what kind and unkind behaviour mean in and out school how kind and unkind behaviour can make people feel about what respect means about class rules, being polite to others, sharing and taking turns 	

YEAR 1 — SPRING MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Summer — Health and wellbeing	<p>Physical health and Mental wellbeing</p> <p>Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p>PoS Refs: H1, H2, H3, H5, H8, H9, H10</p>	<ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun 	<p>Mental health and wellbeing resources file (lesson 1)</p> <p>Medway resource file – lesson 2</p>
	<p>Growing and changing</p> <p>Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24</p>	<ul style="list-style-type: none"> • to recognise what makes them special and unique including their likes, dislikes and what they are good at • how to manage and whom to tell when finding things difficult, or when things go wrong both in the real world and online • how they are the same and different to others • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave 	<p>Thinkuknow website – Jessie and friends https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends</p>
	<p>Keeping safe</p> <p>How rules and age restrictions help us; keeping safe online</p> <p>PoS Refs: H12, H15, H22, H23H28, H34</p>	<ul style="list-style-type: none"> • how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared 	

YEAR 1 — SPRING MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Spring — Living in the wider world	<p>Belonging to a community</p> <p>What rules are; caring for others' needs; looking after the environment</p> <p>PoS Refs: L1, L2, L3</p>	<ul style="list-style-type: none"> • about examples of rules in different situations, e.g. class rules, rules at home, rules outside • that different people have different needs • how we care for people, animals and other living things in different ways • how they can look after the environment, e.g. recycling 	<p>Living with Dementia/Alzheimer Society resource file</p>
	<p>Media literacy and Digital resilience</p> <p>Using the internet and digital devices; communicating online</p> <p>PoS Refs: L7, L8</p> <p>Important to always link back to Online relationships</p> <p>H12, H15, H22, H23</p>	<ul style="list-style-type: none"> • how and why people use the internet • the benefits of using the internet and digital devices • how people find things out and communicate safely with others online 	
	<p>Money and Work</p> <p>Strengths and interests; jobs in the community</p> <p>PoS Refs: L14, L16, L17</p>	<ul style="list-style-type: none"> • that everyone has different strengths, in and out of school • about how different strengths and interests are needed to do different jobs • about people whose job it is to help us in the community • about different jobs and the work people do 	

YEAR 1 — SPRING MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Summer — Health and wellbeing	<p>Physical health and Mental wellbeing</p> <p>Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p>PoS Refs: H1, H2, H3, H5, H8, H9, H10</p>	<ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun 	<p>Mental health and wellbeing resources file (lesson 1)</p> <p>Medway resource file – lesson 2</p>
	<p>Growing and changing</p> <p>Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24</p>	<ul style="list-style-type: none"> • to recognise what makes them special and unique including their likes, dislikes and what they are good at • how to manage and whom to tell when finding things difficult, or when things go wrong both in the real world and online • how they are the same and different to others • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave 	<p>Thinkuknow website – Jessie and friends https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends</p>
	<p>Keeping safe</p> <p>How rules and age restrictions help us; keeping safe online</p> <p>PoS Refs: H12, H15, H22, H23H28, H34</p>	<ul style="list-style-type: none"> • how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared 	

YEAR 2 — AUTUMN MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Autumn	Families and friendships Making friends; feeling lonely and getting help PoS Refs: R6, R7 R8, R9, R24	<ul style="list-style-type: none"> • how to be a good friend, e.g. kindness, listening, honesty • about different ways that people meet and make friends • strategies for positive play with friends, e.g. joining in, including others, etc. • about what causes arguments between friends • how to positively resolve arguments between friends • how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else 	
	Safe relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour PoS Refs: R11, R12, R14, R18, R19, R20	<ul style="list-style-type: none"> • how to recognise hurtful behaviour, including online • what to do and whom to tell if they see or experience hurtful behaviour, including online • about what bullying is and different types of bullying • how someone may feel if they are being bullied • about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help • how to resist pressure to do something that feels uncomfortable or unsafe • how to ask for help if they feel unsafe or worried and what vocabulary to use 	NSPCC – The underwear Rule (PANTS) Thinkuknow website – Jessie and friends https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends
	Important to always link back to Online relationships H12, H15, H22, H23	<ul style="list-style-type: none"> • about the things they have in common with their friends, classmates, and other people • how friends can have both similarities and differences • how to play and work cooperatively in different groups and situations • how to share their ideas and listen to others, take part in discussions, and give reasons for their views 	Sameness and difference resources - lesson 1
	Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions PoS Refs: R23, R24, R25		

YEAR 2 — SPRING MEDIUM-TERM OVERVIEW



Term	Topic	In this unit of work, students learn...	Resources to support planning
Summer — Health and wellbeing	<p>Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>PoS Refs: H4, H6, H7, H16, H17, H18, H19, H20</p>	<ul style="list-style-type: none"> • about routines and habits for maintaining good physical and mental health • why sleep and rest are important for growing and keeping healthy • that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies • the importance of, and routines for, brushing teeth and visiting the dentist • about food and drink that affect dental health • how to describe and share a range of feelings • ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others • how to manage big feelings including those associated with change, loss and bereavement • when and how to ask for help, and how to help others, with their feelings 	<p>Mental Health and Wellbeing resources (lesson 2 & 3)</p>
	<p>Growing and changing Growing older; naming body parts; moving class or year</p> <p>PoS Refs: H20, H25, H26, H27</p>	<ul style="list-style-type: none"> • about the human life cycle and how people grow from young to old • how our needs and bodies change as we grow up • to identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) • about change as people grow up, including new opportunities and responsibilities • preparing to move to a new class and setting goals for next year 	<p>Medway resource file – lesson 3</p>

Keeping safe

Safety in different environments; risk and safety at home; emergencies

PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27

- how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines
- how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'
- to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger
- how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products
- about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel
- how to respond if there is an accident and someone is hurt
- about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say

downloadable resources from <https://lifeliveit.redcross.org.uk/>



YEAR 2 — SUMMER MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, students learn...	Resources to support planning
Spring - Living in the Wider World	Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community PoS Refs: L2, L4, L5, L6	<ul style="list-style-type: none"> about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups about different rights and responsibilities that they have in school and the wider community about how a community can help people from different groups to feel included to recognise that they are all equal, and ways in which they are the same and different to others in their community 	Sameness and difference resources - lesson 1
	Media literacy and Digital resilience The internet in everyday life; online content and information PoS Refs: L8, L9	<ul style="list-style-type: none"> the ways in which people can access the internet e.g. phones, tablets, computers to recognise the purpose and value of the internet in everyday life to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos that information online might not always be true 	
	Money and Work What money is; needs and wants; looking after money PoS Refs: L10, L11, L12, L13, L15	<ul style="list-style-type: none"> about what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments how money can be kept and looked after about getting, keeping and spending money that people are paid money for the job they do how to recognise the difference between needs and wants how people make choices about spending money, including thinking about needs and wants 	

Other useful websites

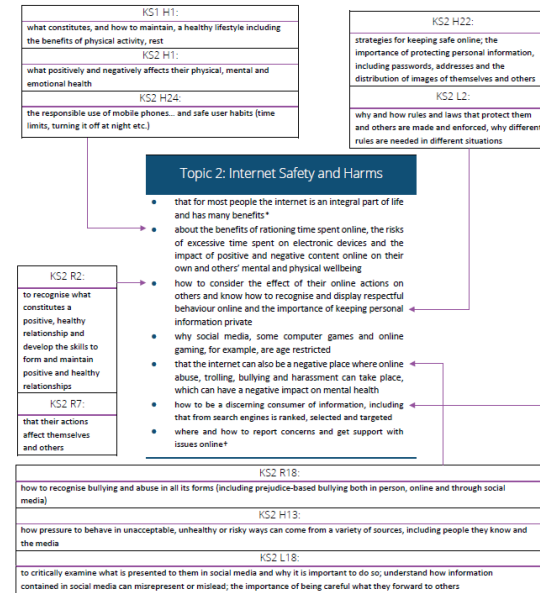
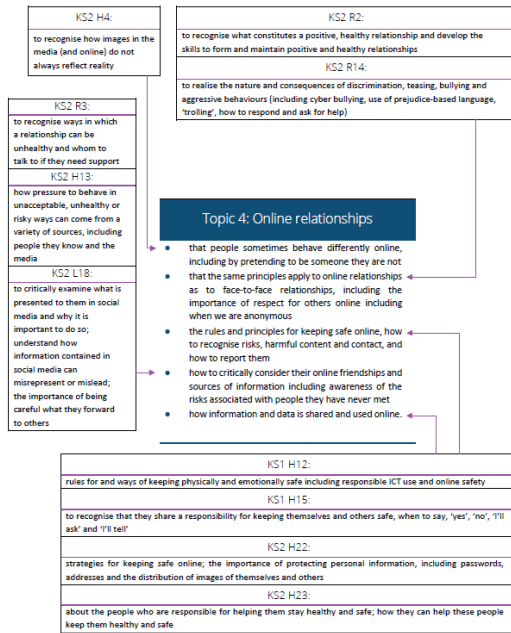
<https://www.1decision.co.uk/>

“We’ve got it covered!!!” – The PSHE PoS covers and goes beyond the new statutory guidance for Health Education and Relationships Education.

To ensure effective provision , the new compulsory elements of PSHE should be integrated within a broader PSHE education programme.

Physical Health and mental Wellbeing – may be taught alongside Science, D&T and PE curriculums

Teaching of online relationships, being safe online and internet safety and harms are distinct areas within PSHE and Relationships Education that need to be constantly addressed, by both being taught in discrete and indiscrete ways. The continuing of “drip feeding” safety and information is paramount, thus ensuring the curriculum is delivered and successful.



* Implicit within many learning opportunities in the programme of study. See also: KS 1&2 Life Online planning framework: https://www.pshs-association.org.uk/curriculum_and_resources/resources/life_online_planning_resource_your_pshs