

Linton Heights Curriculum Progression RSE and PSHE

UKS2 Families and Relationships

Pupils learn:

Families: Families – what might make children feel unsafe. Marriage – a choice and legal commitment. ChildLine number

Friendships: Impact of bullying & reasons for it. What a bystander can do. Friendship issues. Conflict resolution – negotiation and compromise.

Respectful relationships: Appearance assumptions. Unfairness of stereotyping. Injustice of stereotyping and links to bullying and discrimination. Importance of respect and how to challenge stereotypes.

Change and loss: Exploring the process of grief and the range of emotions it causes.

UKS2 Citizenship

Pupils learn:

Developing an understanding of how parliament and Government work. Role of House of Commons, the House of Lords and the Monarch.

MPs functions. That the prime minister appoints ministers' who have responsibility for different areas, such as healthcare and education.

How education and other human rights protect us. How people can influence what happens in parliament and challenge prejudice (making assumptions about someone based on certain information.) and discrimination (treating someone differently because of certain factors).

Appropriate ways to share views and ideas with others.

Identity: Exploring how the media might influence our identity.

Year 6

Family and Friendships
Health and Wellbeing,
Economic Wellbeing,
Citizenship. Safety and
changing the body,
Transition lessons

UKS2 Safety and the Changing Body

Pupils learn:

Being safe (including online): Safe relationships online. Steps to take before sending a message online (using the THINK mnemonic). Online risks.

Drugs, alcohol and tobacco: 'For' and 'against' arguments. Strategies to overcome peer pressure.

Why adults do/ do not drink alcohol.

The changing adolescent body: How to deal with puberty. Menstrual cycle. Names of external sexual parts of the body and internal reproductive organs. Puberty problems and available help. How a baby is conceived.

Basic first aid: Assessing a casualty's condition. How to deal with someone who is bleeding. Recovery position. Primary survey – DRSABC.

Year 5

Well being and Mental
Health, Family and
Friendships, Economic
wellbeing, Citizenship, Safety
and changing the body,
Transition lessons (From year
4 unit) & Health and
wellbeing

UKS2 Health and Wellbeing

Pupils learn:

Health and prevention: Sun protection & exposure risks. Illness prevention and actions to be taken for health worries. Vaccination importance. Body changes due to illness.

Physical health and wellbeing: Meaning of calories. Need for quality sleep. Goals for a healthy lifestyle. Physical health – diet, exercise, rest, dental health.

Mental wellbeing: Managing feelings. Resilience. What makes good mental health. Effects of technology on mental health.

LKS2 Citizenship

Pupils learn:

UN Convention Rights of the Child – responsibility of all to preserve.

Role of local council; elections; local councillors and role of community charities.

How to protect human rights; different groups in the local community.

Diversity in the community.

Groups which protect human rights – police, judges and politicians.

Year 4

Family and Friendships
Health and Wellbeing,
Economic Wellbeing,
Citizenship. Safety and
changing the body,
Transition developing from
Y3 unit

LKS2 Health and Wellbeing

Pupils learn:

Health and prevention: Teeth care. Independence in self-care. Dental health facts.

Physical health and wellbeing: Healthy lifestyle – physical activity, balanced diet and rest. Food groups and a balanced diet.

Mental wellbeing: Breaking down & overcoming problems. Importance of belonging. How to make ourselves happier. Appreciation of others' emotions.

Developing a growth mindset. Mental health is our emotional wellbeing. Mistakes help us to learn. Poor mental health – who can help.

LKS2 Economic Wellbeing:

Pupils learn:

Negative and positive influences that can affect our career choices.

The importance of tracking money and

Overcoming stereotypes in the workplace.

Year 3

Family and Friendships
Health and Wellbeing,
Economic Wellbeing,
Citizenship. Safety and
changing the body,
Transition

LKS2 Safety and the Changing Body

Pupils learn:

Being safe (including online): Responding to cyber bullying. Becoming a responsible digital citizen. Road safety. How to seek help. How to respond to an adult who makes me feel uncomfortable. Risks of online sharing. Knowing the difference between private and public.

Drugs, alcohol and tobacco: Things that influence me. Choices that I make. Health benefits of not smoking. Tobacco risks.

The changing adolescent body: Physical and emotional changes during puberty. Male/ female body differences.

Basic first aid: What to do in a medical emergency. Self-preservation in an emergency

LKS2 Families and Relationships

Pupils learn:

Families: Problems families face and where to find help – trusted adults/ Childline etc

Friendships: Resolving friendship problems. Impact of bullying and what to do. Bullying – physical, verbal or cyber. Definition of bullying. Violence is never right. Roles within bullying – victim, bully, bystander. Exploring physical and emotional boundaries in friendships

Respectful relationships: Who I can trust. Danger of stereotyping. Similarities/ differences between people. Expectation of courtesy and manners. Stereotypes related to disability.

Change and loss: Bereavement discussions

