

Key Stage 2 PSHE and RSE Curriculum

PSHE is Personal, Social, Health and Economic Education and RSE is Relationships and Sex Education.

At The Observatory School we believe that teaching personal, social, health education (PSHE) and citizenship is vital in providing a broad and balanced curriculum. Statutory RSE helps children to become confident, responsible and independent young people, who are developing vital skills to keep themselves safe.

we have tailored the PSHE Associations' programme to suit the needs of our pupils, school and community. We follow three core themes: Health and Wellbeing; Relationships; and Living in the Wider World. Where possible, cross-curricular links are made between Learning for Life lessons (RSHE/PSHE) and other subjects, for example in Science and English.

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Relationships (RSE)</u>					
KS2 ** from RSE National Curriculum guidance	<u>Families and people who care for me</u> <ul style="list-style-type: none"> What a family is- not always blood related Time together as a family- idea list created 	<u>Caring friendships</u> <ul style="list-style-type: none"> Good and bad friendships, how to choose and make friends Characteristics of good friendships 	<u>Respectful relationships</u> <ul style="list-style-type: none"> Respecting others Practical steps to improve respectful relationships Courtesy and manners 	<u>Online relationships</u> <ul style="list-style-type: none"> Know people behave differently online Same principles to face to face friendships 	<u>Being safe</u> <ul style="list-style-type: none"> Boundaries for peers and teachers Concept of privacy and implications Each person's body is their own Stranger 	<u>Sex Education</u> <p>Following the National Curriculum guidance: the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some</p>

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<p>*from SEND programme of study- PSHE Assoc*</p>	<ul style="list-style-type: none"> • Different types of family and how love should be at the heart • Marriage and lifelong commitment • What to do if relationships are making you unhappy. 	<ul style="list-style-type: none"> • Healthy friendships • Ups and downs and how to work through • Judging good friends 	<ul style="list-style-type: none"> • Self-respect • Showing respect to authority • Bullying including online • Stereotypes • Permission seeking respect 	<p>as online</p> <ul style="list-style-type: none"> • Being anonymous online • Rules to staying safe and respectful online • How to report unsafe behaviour • Critically consider online friendships • How information and data is shared online 	<p>encounters</p> <ul style="list-style-type: none"> • Recognise and report feelings of being unsafe • Asking for advice for themselves or others • Report abuse and get advice 	<p>plants and animals.</p>
	<u>PSHE</u>					
	<p><u>Self- Awareness</u></p> <p>Things we are good at Kind and unkind behaviours Playing and working together</p>	<p><u>Self-care, support and safety</u></p> <p>Taking care of ourselves Keeping safe Trust</p>	<p><u>Managing feelings</u></p> <p>Identifying and expressing feelings Managing strong feelings</p>	<p><u>Changing and growing</u></p> <p>Baby to adult Changes at puberty Dealing with touch Different types of</p>	<p><u>Healthy Lifestyles</u></p> <p>Healthy Eating Taking care of physical health Keeping well</p>	<p><u>The world I live in</u></p> <p>Respecting differences between people Jobs people do Rules and Laws</p>

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	People who are special to us Getting on with others	Keeping safe online Public and private		relationships		Taking care of the environment Belonging to a community Money
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