



Long Term Overview – PSHE and RSHE



	YEAR A		
EYFS	Autumn 1 All About Me, My Wishes and Dreams - I know how to describe and show friendly behaviour. - I know how to take turns with my friends. - I understand the need for rules and show how I can follow them. - I know the effect my behaviour has on others. - I know how to encourage others to follow the rules too. - I know that friendships can make me feel happy. * - I know some ways I can make new friends feel welcome. * - I know that families are all different. * - I know that families help each other. * Autumn 2 Celebrations and Festivals-A World of Colour - I know the importance of saying sorry and forgiveness. * - I know that arguing with friends and then making up can make friendships stronger. * - I know ways to resolve conflicts using kind words and kind hands and feet. * - I know how to stay safe around fire and what to do in an emergency involving fire. - I know how to be respectful about how people celebrate things in different ways. - I know that friends can help each other. - I can name the different emotions that I feel and understand that they can change throughout the day. - I know how to work as part of a team.	Spring 1 Superheroes/ People Who Help Us - I know that I need to work towards a simple goal. - I know that sometimes I have to wait for what I want. - I am confident to share my own ideas and interests. - I know how to show respect to others during 'Follow me Friday' activities. - I know and can talk about the different factors that support my health and wellbeing. - I know the importance of brushing my teeth. Spring 2 Once Upon a Time, Spring and Easter - I am confident to share my own ideas and interests. - I know how to show respect to others during 'Follow me Friday' activities. - I know that some things can be challenging and understand the importance of not giving up. - I know how to do some things without help.	Summer 1 Growing, Lifecycles and In the Garden - I know how to care for caterpillars and other wildlife. - I know that my actions can affect the feelings of others. - I know right from wrong and that there are consequences to my actions. - I can explain the reason for rules to others. - I know that eating healthy food has a positive impact on my body and mind. - I know which foods I should eat often and which foods I shouldn't eat so much of. - I can describe a balanced meal. Summer 2 Oh I Do Like to be Beside the Seaside! - I understand the impact of pollution and what I can do to help. - I can say what I like and dislike and why. - I can talk about something I have achieved over the last year that I am proud of. - I can set myself goals for Year 1. - I know how to take turns with others. - I know how to consider the opinion of others when reaching a decision. - I know that things don't always go my way.

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KS1	Autumn 1 Making Friends: playing and learning together - Know what friendship is and what makes a good friend - Learn how people make friends and how to be kind and caring in friendships - Understand that friends can argue, and they can also make up; consider simple, positive ways to resolve arguments - Know how to ask for help if a friendship is making them unhappy. - Learn what makes them unique and special - Respect differences between themselves and others e.g. different likes and dislikes - Learn how to play cooperatively, take turns and include others - Consider kind and unkind behaviour, when to ask/be asked for permission and how to recognise bullying Autumn 2 Celebrating me, you and our families - Know that family is one of the groups they belong to, as well as school. Friends and clubs etc. Know about the different people in their family/those that love and care for them. - Understand what family members (special people) do to make them feel loved and cared for. Know there are different types of families. - Know that it is important to tell someone if something about their family makes them unhappy or worried.	Spring 1 Mental Health and Wellbeing All pupils will: - Recognise, name and describe a range of feelings in themselves and others - Know that being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well - Know how feelings can affect people in their bodies and their behaviour. - Know ways to manage strong feelings and the importance of sharing feelings with someone we trust. - Consider simple strategies to manage distractions and feelings - Know what helps to make us feel good, or better if not feeling good. - To recognise when they might need help with feelings and how to ask for help when they need it Year 2 Pupils will also: - Learn about different kinds of change and loss, how change and loss can affect people and who can help Spring 2 Safety at Home - Learn about people who help us stay healthy and who can help if feeling unwell or hurt - Know what rules are, some basic safety rules and how different rules can help people to stay safe in different situations - Know how to recognise potentially harmful and hazardous situations in everyday life, including at home - Learn about people whose job it is to help keep children safe and how to get help from an adult if there is an accident or emergency - Learn that medicines can help people to stay healthy or feel better if they are unwell - Know that some things that go into our bodies can be harmful and how we might know if something is harmful - Recognise risk in relation to medicines, cleaning fluids and other potentially harmful products that might be in the home; know what to do and who to tell if they think they are at risk	Summer 1 Money and Work - Know that everyone has different strengths and interests; identify what they enjoy, are good at or feel proud of - Know that people can earn money to pay for things by having a job - Learn about the different jobs people do, including roles and responsibilities people have within their community - Consider some of the strengths and interests someone might need to do different jobs - Know what money is, how people get money, and what it is used for - Learn that money needs to be looked after, different ways of doing this and different ways of paying for things - Learn that money can be saved or spent and the differences between wants and needs; people may not always be able to have the things they want Summer 2 Year 1 – Growing and Caring for Ourselves at babies need care and support * at older children can do more by themselves. * (KS1 Growing and Caring for Ourselves CWP Lesson 2) Year 2 – Me, my body and staying safe - Know about growing and changing from young to old and how people's needs change - Know that everyone's body belongs to them - Recognise safe and unsafe touch Know that some parts of the body are private and be able to name these private parts of the body (KS1 Naming Body Parts CWP Lesson) - Know how to identify a trusted adult and what to do if they feel unsafe or worried (including NSPCC PANTS rule) (NSPCC: Talk Pants Year 2 Unit) Looking Back and Moving On - Prepare to move to a new year group or class - Consider how to manage feelings during times of change
LKS2	Autumn 1 Me, My Friends and Belonging	Spring 1 Building Healthy Habits Know how to maintain good oral hygiene	Summer 1 Families and Growing Together Learn how and why families differ

	- Learn about the importance of friendships and what makes a positive, healthy friendship - Develop skills for building caring, kind friendships and recognise that everyone can have more than one friend – safe friendships make people feel included, safe and happy - Develop strategies for recognising and managing peer influence - Understand that friendships can have ups and downs but working through difficulties can strengthen friendships - Know how to recognise if a friendship is making them feel unhappy, unsafe or uncomfortable, how to manage this and how to ask for help - Know the importance of seeking help and support if feeling lonely or excluded Autumn 2 What makes a community? - Know they belong to different groups and communities e.g. Faith, clubs etc. - Understand what is meant by a diverse community; how different groups make up the wider/local community around school. - Understand how a community helps everyone feel included and value the different contributions that people make. - Know how to be respectful towards people who may live differently to them.	- Learn about the roles of adults and medical professionals in supporting their health and who to talk to if worried - Learn what good physical health means and the characteristics of a balanced, healthy lifestyle Spring 2 Mental Health and Wellbeing All pupils will: - Learn about the importance of taking care of mental health and wellbeing as well as physical health - Identify, name and describe a wide range of emotions; how emotions range in intensity and can change over time - Consider how feelings can impact people's behaviour and how they respond; develop skills in managing strong emotions, reactivity and responses - Understand that everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing; consider the benefits of talking to someone; when, why and how to seek help and who they can speak to at home and at school - Know how to direct attention and manage distractions - Develop self-regulation strategies and know how to use them - Learn about change, loss and grief, including bereavement; know that people feel, express, and manage grief in different ways; develop strategies that can help with change, grief and loss	- Know that families should provide love, care, protection and safety for children as they grow up - Learn about committed, stable relationships, including marriage and civil partnerships - Know there are different types of relationships (e.g. friendships, family and romantic relationships) - Consider that families can go through changes and experience difficult times - Know what to do and who to talk to if someone is worried about their family or feels unsafe (KS2 Valuing Difference and Keeping Safe Lessons) Summer 2 Me, My Body and Growing Up All pupils will: - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact * (KS2 Valuing Difference and Keeping Safe Lesson 2) - Recognise pressure from others to do something that is unsafe or makes them feel uncomfortable and strategies for managing that - Know that some relationships can be harmful, dangerous or abusive and how to recognise and report abuse - Learn how to identify trusted adults and other trusted sources of support and advice, in different contexts - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact - Recognise pressure from others to do something that is unsafe or makes them feel uncomfortable and strategies for managing that - Know that some relationships can be harmful, dangerous or abusive and how to recognise and report abuse - Learn how to identify trusted adults and other trusted sources of support and advice, in different contexts Year 3 Pupils will: - Know and respect the body differences between ourselves and others and name males and female body parts. * (KS2 Valuing Difference and Keeping Safe Lesson 1) Year 4 Pupils will: - Know and name external and internal male and female body parts
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UKS2	Autumn 1 Friendships, stereotypes and bullying - Understand the shared responsibilities everyone has to take care for other people and living things; know how to show respect, care and concern for others - Learn about diversity, personal identity and self-respect; what contributes to who someone is, the benefits of living in a diverse community and that everyone should be treated with respect - Learn how to communicate effectively and assertively, including expressing needs and boundaries; how being assertive differs from being controlling - Learn about different types of bullying, its influences and impact - Know what stereotypes are and how they can be unfair; how stereotypes can negatively influence behaviours and attitudes towards others, including leading to bullying; develop strategies for challenging stereotypes - Consider how people choose and make friends - Know that healthy friendships are not controlling or possessive, that everyone can have more than one friend - Know that healthy friendships make people feel included, safe and happy and how to recognise when they or others feel lonely or excluded; develop strategies to include others and seek support if feeling lonely or excluded - Develop strategies for recognising and managing peer influence and the desire for peer approval in friendships Autumn 2 Managing Money and Spending	Spring 1 Positively Engaging with Our World - Know the shared responsibilities everyone has to care for other people and living things; how to show respect, care and concern for others - Know that different cultures can use different customs and behaviours to show courtesy - Learn to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own - How text and images in the media and online can be manipulated or fabricated; develop strategies to critically engage with what they see, read or hear online and identify misinformation and disinformation and fake news - Know how the media, including online experiences, can affect people's wellbeing- their thoughts, feelings and actions. - Develop strategies to manage feelings about the news and understand that the news is targeted - learn how connecting to nature, and using other strategies, can help our wellbeing - learn about actions that people can take to help look after the environment - learn about the importance of community and working together to look after nature and our local environment (Climate Change – empathy and agency KS2)	Summer 1 Drug Education: assessing risk and managing influences - Learn the facts, risks and effects of legal drug products common to everyday life (e.g. alcohol, caffeine, cigarettes, vapes, nicotine, over-the-counter and prescription medicines) - Know how when used responsibly medicines contribute to health - Recognise there are laws surrounding the use of legal drugs and some drugs are illegal to use and give to others - Consider what can influence people to use and not use drugs - Know who they can talk to if they are worried about people they know Summer 2 Respecting Boundaries, Changes in Puberty and Sex Education All pupils will: - Understand how growing up and becoming more independent comes with increased opportunities and responsibilities. - Learn about seeking and giving permission (consent) in different situations with friends, peers and adults - Know what is meant by boundaries; how to set and communicate appropriate boundaries in friendships and other relationships; the importance of respecting others boundaries - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact - Learn how sleep quality and quantity support a healthy lifestyle; the effects of lack of sleep on the body, feelings,

	- Know how to assess and manage risks relating to online gaming, including the impact of compulsive gaming on health and wellbeing; the risks relating to video game monetisation and loot boxes, as well as other online financial harms including scams and fraud, and their impact on wellbeing - Know that people have different attitudes to saving and spending money and what influences these decisions - Consider how money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to - Know that what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics) - Know different ways to keep track of money, including in a bank account and the advantages and disadvantages of different ways of paying for things		behaviour, and ability to learn, and routines for good quality sleep - Know why and how to maintain personal hygiene; about bacteria and viruses and ways to limit the spread of infection. Year 5 pupils will: - Explain the main physical and emotional changes that happen during puberty. * - Ask questions about puberty with confidence. * - Understand how puberty affects the reproductive organs. * - Describe what happens during the menstruation and sperm production. * - Explain how to keep clean during puberty* Explain how emotions/relationships change during puberty. * Year 6 Pupils will: - Describe how and why the body changes during puberty in preparation for reproduction. * - Talk about puberty and reproduction with confidence. * - Know about the decisions that have to be made before having children. * - Understand basic facts about conception and pregnancy. * - Know that people can develop crushes and be attracted to others romantically; that people may be attracted to someone of the same sex or of a different sex to them Looking Back and Moving On - Know how to manage change including moving to secondary school; how to ask for support and know where to seek further information regarding growing up and changing.
	YEAR B		
EYFS	Autumn 1 All About Me, My Wishes and Dreams - I know how to describe and show friendly behaviour. - I know how to take turns with my friends. - I understand the need for rules and show how I can follow them. - I know the effect my behaviour has on others.	Spring 1 Superheroes/ People Who Help Us - I know that I need to work towards a simple goal. - I know that sometimes I have to wait for what I want. - I am confident to share my own ideas and interests. - I know how to show respect to others during 'Follow me Friday' activities.	Summer 1 Growing, Lifecycles and In the Garden - I know how to care for caterpillars and other wildlife. - I know that my actions can affect the feelings of others. - I know right from wrong and that there are consequences to my actions. - I can explain the reason for rules to others.

	- I know how to encourage others to follow the rules too. - I know that friendships can make me feel happy. * - I know some ways I can make new friends feel welcome. * - I know that families are all different. * - I know that families help each other. * Autumn 2 Celebrations and Festivals-A World of Colour - I know the importance of saying sorry and forgiveness. * - I know that arguing with friends and then making up can make friendships stronger. * - I know ways to resolve conflicts using kind words and kind hands and feet. * - I know how to stay safe around fire and what to do in an emergency involving fire. - I know how to be respectful about how people celebrate things in different ways. - I know that friends can help each other. - I can name the different emotions that I feel and understand that they can change throughout the day. - I know how to work as part of a team.	- I know and can talk about the different factors that support my health and wellbeing. - I know the importance of brushing my teeth. Spring 2 Once Upon a Time, Spring and Easter - I am confident to share my own ideas and interests. - I know how to show respect to others during 'Follow me Friday' activities. - I know that some things can be challenging and understand the importance of not giving up. I know how to do some things without help.	- I know that eating healthy food has a positive impact on my body and mind. - I know which foods I should eat often and which foods I shouldn't eat so much of. - I can describe a balanced meal. Summer 2 Oh I Do Like to be Beside the Seaside! - I understand the impact of pollution and what I can do to help. - I can say what I like and dislike and why. - I can talk about something I have achieved over the last year that I am proud of. - I can set myself goals for Year 1. - I know how to take turns with others. - I know how to consider the opinion of others when reaching a decision. - I know that things don't always go my way.
KS1	Autumn 1 How can we look after each other and the world? - Know how any unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively (Showing kindness to ourselves and others Year 1 Unit) - Know the responsibilities they have in and out of the classroom. - Understand how people and animals need to be looked after and cared for. - Understand what can harm the local and global environment - Know how they and others can help care for the environment. (Environment Agency: Caring for the environment Year 2 Unit)	Spring 1 Keeping Safe Outside the Home - Know what rules are, some basic safety rules and how different rules can help people to stay safe in different situations - Know how to recognise potentially harmful and hazardous situations in everyday life - Learn ways to keep safe when out and about e.g. near railways, on the street and in busy places - Know how to cross the road safely with adult support - Know how to keep safe around water, using the water safety code - Learn about the people whose job it is to help keep children safe and to distinguish between trusted adults who are familiar to them, adults they recognise in the community and adults they don't know	Summer 1 Being Healthy Learn what being healthy means including: - Physical health and being physically active every day - Keeping healthy with food and drink including where foods come from, sharing food together at mealtimes and special occasions, how to make healthy choices and who can help them - Keeping safe and well in the sun - Why sleep is important, bedtime routines and ways to rest and relax - Simple hygiene routines that can stop germs from spreading - How to brush their teeth correctly, visiting the dentists and how food and drink can affect dental health

	Autumn 2 What is bullying? - Recognise, name and describe a range of feelings in themselves and others - Know that being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well - Know how feelings can affect people in their bodies and their behaviour. - Know how words and actions affect how people feel. - Understand why name calling, hurtful teasing, bullying and deliberately excluding others in unacceptable. - Know how to respond if this happens in different situations. - Know how to report bullying or other hurtful behaviour, including online. (Link to National Anti-Bullying Week, November)	- Know how to get help from an adult if there is an accident or emergency including how to dial 999 (including from a locked mobile phone) and what to say Spring 2 Keeping Safe Online - Know different ways people use the internet in everyday life - Understand that not everything on the internet is true or real - Learn how the internet and digital devices can be used to safely and respectfully communicate with others - Understand that it is important to be kind online and that sometimes people can behave differently online, including pretending to be someone they are not or saying things that aren't true - Know basic rules to keep safe online - Consider some benefits and risks of watching videos or playing games online - Know how to tell a trusted adult if they are worried about something online	Summer 2 Year 1 – Growing and Caring for Ourselves at babies need care and support * at older children can do more by themselves. * (KS1 Growing and Caring for Ourselves CWP Lesson 2) Year 2 – Me, my body and staying safe - Know about growing and changing from young to old and how people's needs change - Know that everyone's body belongs to them - Recognise safe and unsafe touch Know that some parts of the body are private and be able to name these private parts of the body (KS1 Naming Body Parts CWP Lesson) - Know how to identify a trusted adult and what to do if they feel unsafe or worried (including NSPCC PANTS rule) (NSPCC: Talk Pants Year 2 Unit) Looking Back and Moving On - Prepare to move to a new year group or class - Consider how to manage feelings during times of change
LKS2	Autumn 1 Forming Respectful Relationships - Know the importance of friendships and that positive friendships support wellbeing - Recognise what constitutes a positive, healthy friendship - Consider how people choose and make friends and develop skills for building caring, kind friendships - Know that healthy friendships are not controlling or possessive and that everyone can have more than one friend - Know that friendships can have ups and downs and can change over time and that working through differences can strengthen friendships; identify ways to reconcile differences and conflict positively and safely - Know how to recognise if a friendship is making them feel unsafe, unhappy or uncomfortable, how to manage this and ask for help - Learn about diversity, personal identity and self-respect	Spring 1 Money Matters and News Literacy - Consider how to manage emotional responses to events outside of their control e.g. climate change or distressing events - Recognise how text and images in the media and online can be manipulated or fabricated; develop strategies to engage critically with what they see, read or hear online and identify misinformation and disinformation - Consider how someone's online behaviour can affect other people and the importance of maintaining positive, kind and respectful communication online, including when anonymous - Know the importance of telling a trusted adult and getting support with anything that worries, scares or concerns them online and when, why and how to report concerns online - Learn that people have different attitudes towards saving and spending and what influences people's decisions - Learn different ways to keep track of money and how to keep money safe at home, outside the home and in a bank account - Consider the advantages and disadvantages of different ways of paying for things	Summer 1 Keeping Safe out and about and Looking out for each other - Know when and how to make a clear and efficient call to the emergency services - Learn what is meant by basic first aid and basic techniques for dealing with common injuries Summer 2 Me, My Body and Growing Up All pupils will: - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact * (KS2 Valuing Difference and Keeping Safe Lesson 2) - Recognise pressure from others to do something that is unsafe or makes them feel uncomfortable and strategies for managing that

	- Know how courtesy and manners can be used to show respect - Learn about different types of bullying, how bullying behaviours can be influenced by others and what to do if witnessing bullying online or offline including how to report and seek help for themselves Autumn 2 Making Choices Online - Know ways in which the internet can be used both positively and negatively as part of daily life - Learn about their rights and responsibilities online and in relation to sharing personal data, privacy and consent - Learn how content on the internet is ranked and targeted at specific individuals and groups and how to make safe, reliable choices about search results or the content they see - Understand reasons for following rules and age restrictions and how these help promote personal safety and wellbeing - Know the benefits of limiting time spent online and choosing online activities carefully - Know where and how to get help if they feel worried, concerned, upset, embarrassed or frightened about something they have seen online - Develop strategies for managing peer influence on their online behaviour, the importance of not pressuring others, and how to resist pressure from others to share personal information or images online (Link to National Anti-Bullying Week, November)	Spring 2 Exploring Ways to Manage Risk - Learn strategies for recognising and managing peer influence and the desire for peer approval in friendships - Learn about the role of rules and laws in keeping people safe - Learn about hazards that may cause harm or injury in the home e.g. fire risk; how to keep themselves safe, including around electrical appliances - Know how to predict, assess and manage risk in different situations - Learn strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, and adult (e.g. rail, water, road, cycle and firework safety) - Learn the facts, risks and effects of legal drug products common to everyday life (e.g. alcohol, caffeine, cigarettes, vapes, nicotine, over-the-counter and prescription medicines) - Know how when used responsibly medicines contribute to health - Recognise there are laws surrounding the use of legal drugs and some drugs are illegal to use and give to others - Consider what can influence people to use and not use drugs - Know who they can talk to if they are worried about people they know	- Know that some relationships can be harmful, dangerous or abusive and how to recognise and report abuse - Learn how to identify trusted adults and other trusted sources of support and advice, in different contexts - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact - Recognise pressure from others to do something that is unsafe or makes them feel uncomfortable and strategies for managing that - Know that some relationships can be harmful, dangerous or abusive and how to recognise and report abuse - Learn how to identify trusted adults and other trusted sources of support and advice, in different contexts Year 3 Pupils will: - Know and respect the body differences between ourselves and others and name males and female body parts. * (KS2 Valuing Difference and Keeping Safe Lesson 1) Year 4 Pupils will: - Know and name external and internal male and female body parts - Learn about the emotional and physical changes that occur during puberty in both males and females including the menstrual cycle Looking Back and Moving On - Prepare to move to a new year group or class - Consider how to manage feelings during times of change
UKS2	Autumn 1 Mental Health and Wellbeing - Know how to identify, name and describe a wide range of emotions; how emotions range in intensity and can change over time - Learn that when someone practices self-regulation strategies, over time their brain will help them to use these strategies automatically and effectively - Learn that if unpleasant thoughts and feelings are strong, last a long time, or cause problems that affect daily wellbeing, this can be a sign of a mental health difficulty, and there is support available to help people manage this	Spring 1 Embedding Healthy Habits and Learning First Aid - Learn about the benefits and risks of sun exposure; how to keep safe and well in the sun and cool during heatwaves - Know the benefits of regular physical activity for mental and physical health and wellbeing - Know what is meant by basic first aid and basic techniques for dealing with common injuries (e.g. burns, bruises, bleeds, scalds) - Know how medicines, when used responsibly, contribute to health and ways to manage common health conditions such as allergies and asthma - Identify and build skills that might help them in their future careers	Summer 1 Understanding AI - Learn what AI is (including generative AI) and where it might be encountered in everyday life - Know how AI chatbots work; similarities and differences between interacting with an AI chatbot and a human, and the implications for wellbeing - Know how text and images in the media and online can be manipulated or fabricated; strategies to critically engage with what they see, read or hear online and identify misinformation and disinformation including deep fakes - Consider the ethics of AI images

	- Learn about change, loss and grief, including bereavement; that people manage grief in different ways; strategies that can help with change, loss and grief. Autumn 2 Safe Connections - Know why and how to use privacy and location settings to protect information - Consider the similarities and differences between communicating with someone online and offline; the importance of meaningful in-person relationships; that while online communication might enhance some relationships, purely online relationships may be less fulfilling - Learn about why someone may behave differently online, including pretending to be someone they are not; develop and learn strategies for evaluating online relationships, recognising risks, harmful content and contact; know how to report concerns to trusted adults and reliable sources of support - Know how to recognise pressure from others to do something that is unsafe or makes them feel uncomfortable (Link to National Anti-Bullying Week, November)	Spring 2 Looking to the future - Recognise their own achievements and personal strengths; how to set targets and achieve their goals - Identify and build skills that might help them in the future - Know that there is a broad range of different jobs that people can have; that people often have more than one type of job during their career - Learn that a person's career aspirations should not be limited by stereotypes about particular jobs or career pathways - Know how different factors (e.g. personal interests, values and aspirations, family connections to certain trades or businesses, strengths and qualities, stereotypical assumptions) might influence people's decisions about a job or career - Learn that people doing different jobs are paid different salaries and money is one factor that may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid - Learn that there are different routes into careers (e.g. college, apprenticeship, university) - Learn about the kind of job that they might like to do when they are older, whilst recognising that they may do a job that does not yet exist, due to societal, environmental and technological changes	Summer 2 Respecting Boundaries, Changes in Puberty and Sex Education All pupils will: - Understand how growing up and becoming more independent comes with increased opportunities and responsibilities. - Learn about seeking and giving permission (consent) in different situations with friends, peers and adults - Know what is meant by boundaries; how to set and communicate appropriate boundaries in friendships and other relationships; the importance of respecting others boundaries - Learn the difference between public and private and how to identify acceptable/appropriate physical contact and how to identify and respond to inappropriate or unwanted physical contact - Learn how sleep quality and quantity support a healthy lifestyle; the effects of lack of sleep on the body, feelings, behaviour, and ability to learn, and routines for good quality sleep - Know why and how to maintain personal hygiene; about bacteria and viruses and ways to limit the spread of infection. Year 5 pupils will: - Explain the main physical and emotional changes that happen during puberty. * - Ask questions about puberty with confidence. * - Understand how puberty affects the reproductive organs. * - Describe what happens during the menstruation and sperm production. * - Explain how to keep clean during puberty* Explain how emotions/relationships change during puberty. * Year 6 Pupils will: - Describe how and why the body changes during puberty in preparation for reproduction. * - Talk about puberty and reproduction with confidence. * - Know about the decisions that have to be made before having children. * - Understand basic facts about conception and pregnancy. * - Know that people can develop crushes and be attracted to others romantically; that people may be attracted to someone of the same sex or of a different sex to them Looking Back and Moving On
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