



The Eliot Bank and Gordonbrock Schools Federation



Curriculum Map for Personal, Social and Health Education at Eliot Bank and Gordonbrock Schools (from 2020+) Including Relationships and Sex Education and Health Education

Please note: Many of the RSE requirements are met in the Relationships and Sex Education units; however, some of the requirements are met in other units, such as Internet Safety and Mental Health and Emotional Wellbeing.

There may be changes to the order of these units in 2020 – 21 as part of the recovery curriculum following Covid-19 school closures in 2020.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 PSHE	Physical Health And Wellbeing: Fun Times Pupils learn: <ul style="list-style-type: none"> - about food that is associated with special times in different cultures - about active playground games from around the world - about sun-safety 	Keeping Safe And Managing Risk: Feeling Safe Pupils learn: <ul style="list-style-type: none"> - about safety in familiar situations - about personal safety - about people who help keep them safe outside the home 	Drug, Alcohol And Tobacco Education: Medicines and People Who Help Us Pupils learn: <ul style="list-style-type: none"> - to identify how to stay healthy - to explore when and how to take medicines safely - to identify who should be able to give us medicine 	Relationships And Sex Education: Growing And Caring For Ourselves Pupils learn: <ul style="list-style-type: none"> - to understand some basic hygiene principles - to introduce the concept of growing and changing and the difference between boy babies and girl babies - to explore different types of families 	Mental Health And Emotional Wellbeing: Feelings Pupils learn: <ul style="list-style-type: none"> - about different types of feelings - about managing different feelings - about change or loss and how this can feel 	Careers, Financial Capability And Economic Wellbeing: My Money Pupils learn: <ul style="list-style-type: none"> - about where money comes from and making choices when spending money - about saving money and how to keep it safe - about the different jobs people do
Year 1 Internet safety	Online relationships 3	Managing Online information 2 Online Bullying 2*	Online Reputation 1	Copyright & Ownership 1	Self-image & identify 3&4	Health, wellbeing and lifestyle 1

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*Activity to be completed in 'Anti-Bullying Week' in November

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2 PSHE	Physical health and wellbeing: What keeps me healthy? Pupils learn: <ul style="list-style-type: none"> - about eating well - about the importance of physical activity, sleep and rest - about people who help us to stay healthy and well and about basic health and hygiene routines (include the role of vaccinations) 	Mental health and emotional wellbeing: Friendship Pupils learn: <ul style="list-style-type: none"> - about the importance of special people in their lives - about making friends and who can help with friendships - about solving problems that might arise with friendships 	Identity, society and equality: Me and others Pupils learn: <ul style="list-style-type: none"> - about what makes themselves and others special - about roles and responsibilities at home and school - about being co-operative with others - 	Relationships and Sex Education: Differences Pupils learn: <ul style="list-style-type: none"> - to introduce the concept of male and female and gender stereotypes - to identify differences between males and females - to explore some of the differences between males and females and to understand that this is part of the lifecycle 	Keeping safe and managing risk: Indoors and outdoors Pupils learn: <ul style="list-style-type: none"> - about keeping safe in the home, including fire safety - about keeping safe - about road safety 	Drug, alcohol and tobacco education: Keeping Safe Pupils learn: <ul style="list-style-type: none"> - to explore substances and situations that are safe or unsafe - to be able to identify some hazardous substances - to consider safety rules for at home and at school
Year 2 Internet Safety	Privacy and security 2	Copyright & Ownership 1 Online Bullying 4*	Online Reputation 2	Self-image and identity 5	Online Relationships 5	Managing information 3

*Activity to be completed in 'Anti-Bullying Week' in November

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 PSHE	Keeping safe and managing risk: Bullying – see it, say it, stop it Pupils learn: <ul style="list-style-type: none"> - to recognise bullying and how it can make people feel - about different types of bullying and how to respond to incidents of bullying - about what to do if they witness bullying 	Drug, alcohol and tobacco education: Smoking Pupils learn: <ul style="list-style-type: none"> - to consider smoking and its effects - to understand the impact of smoking and passive smoking - to know some strategies to prevent starting smoking 	Mental health and emotional wellbeing: Strengths and challenges Pupils learn: <ul style="list-style-type: none"> - about celebrating achievements and setting personal goals - about dealing with put-downs - about positive ways to deal with set-backs 	Relationships and Sex Education: Valuing difference and keeping safe Pupils learn: <ul style="list-style-type: none"> - to explore the differences between males and females and to name the body parts - to consider touch and to know that a person has the right to say what they like and dislike - to explore different types of families and who to go to for help and support 	Identity, society and equality: Celebrating difference Pupils learn: <ul style="list-style-type: none"> - about valuing the similarities and differences between themselves and others - about what is meant by community - about belonging to groups 	Physical health and wellbeing: What helps me choose? Pupils learn: <ul style="list-style-type: none"> - about making healthy choices about food and drinks - about the facts and science relating to allergies - about keeping active and some of the challenges of this
Year 3 Internet Safety	Self-image and identify 1 & 2	* Online Bullying 4	Online Relationships 1 (a,c,d)	Health, wellbeing and lifestyle 1	Online Reputation 1	Privacy and security 1

*Activity to be completed in 'Anti-Bullying Week' in November

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 PSHE	Identity, society and equality: Democracy Pupils learn: <ul style="list-style-type: none"> - about Britain as a democratic society - about how laws are made - learn about the local council 	Drug, alcohol and tobacco education: Alcohol Pupils learn: <ul style="list-style-type: none"> - to understand the effect alcohol has on the body - to understand the risks related to drinking alcohol - to consider how society limits the drinking of alcohol 	Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn: <ul style="list-style-type: none"> - about what influences people's choices about spending and saving money - how people can keep track of their money - about the world of work 	Relationships and Sex Education: Growing up Pupils learn: <ul style="list-style-type: none"> - to explore the human lifecycle - to identify some basic facts about puberty - to explore how puberty is linked to reproduction 	Physical health and wellbeing: What is important to me? Pupils learn: <ul style="list-style-type: none"> - why people may eat or avoid certain foods (religious, moral, cultural or health reasons, including allergies) - about the facts and science relating to immunisation and vaccination - how to recognise early signs of physical illness, such as weight loss, or unexpected changes to the body - about the importance of getting enough sleep 	Keeping safe and managing risk: Playing safe Pupils learn: <ul style="list-style-type: none"> - how to be safe in their computer gaming habits - about keeping safe near roads, rail, water, building sites and around fireworks - about what to do in an emergency and basic emergency first aid procedures
Year 4 Internet Safety	Self-image and identify 3	Online Reputation 3 * Online Bullying 2	Copyright & Ownership 1	Online Relationships 2	Health, wellbeing and lifestyle 3	Privacy and security 2

*Activity to be completed in 'Anti-Bullying Week' in November

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 PSHE	Physical health and wellbeing: In the media Pupils learn: <ul style="list-style-type: none"> - that messages given on food adverts can be misleading - about role models - about how the media can manipulate images and that these images may not reflect reality 	Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) Pupils learn: <ul style="list-style-type: none"> - about stereotyping, including gender stereotyping - about prejudice and discrimination and how this can make people feel 	Drug, alcohol and tobacco education: Legal and illegal drugs Pupils learn: <ul style="list-style-type: none"> - to explore a range of legal and illegal drugs, their risks and effects - to consider attitudes and beliefs about drug use and drug users - some strategies to resist drug use and peer pressure 	Mental health and emotional wellbeing: Dealing with feelings Pupils learn: <ul style="list-style-type: none"> - about a wide range of emotions and feelings and how these are experienced in the body - about times of change and how this can make people feel - about the feelings associated with loss, grief and bereavement 	Relationships and Sex Education: Puberty Pupils learn: <ul style="list-style-type: none"> - to explore the emotional and physical changes occurring in puberty - to understand male and female puberty changes in more detail - to explore the impact of puberty on the body and the importance of physical hygiene - to explore ways to get support during puberty 	Keeping safe and managing risk: When things go wrong Pupils learn: <ul style="list-style-type: none"> - about keeping safe online - that violence within relationships is not acceptable - about problems that can occur when someone goes missing from home
Year 5 Internet Safety	Managing Online information 2	Self-image and identify 4 *Online Bullying 4	Health, wellbeing and lifestyle 4	Online Reputation 5	Online Relationships 4	Privacy and security 3

*Activity to be completed in 'Anti-Bullying Week' in November

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6 PSHE	Identity, society and equality: Human rights Pupils learn: <ul style="list-style-type: none"> - about people who have moved to London from other places, (including the experience of refugees) - about human rights and the UN Convention on the Rights of the Child - about homelessness 	Drug, alcohol and tobacco education: Preventing Early Use Pupils learn: <ul style="list-style-type: none"> - to understand the effects, risks and law relating to cannabis - to understand the risk of volatile substance abuse (VSA) - to be aware of the options for getting help, advice and support 	Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn: <ul style="list-style-type: none"> - that money can be borrowed but there are risks associated with this - about enterprise - what influences people's decisions about careers 	Relationships and Sex Education: Puberty, relationships and reproduction Pupils learn: <ul style="list-style-type: none"> - to consider puberty and reproduction - to consider physical & emotional behaviour in relationships - to explore the process of conception and pregnancy - to explore positive and negative ways of communicating in a relationship 	Mental health and emotional wellbeing: Healthy minds Pupils learn: <ul style="list-style-type: none"> - what mental health is - about what can affect mental health and some ways of dealing with this - about some everyday ways to look after mental health - about the stigma and discrimination that can surround mental health 	Keeping safe and managing risk: Keeping safe - out and about Pupils learn: <ul style="list-style-type: none"> - about feelings of being out and about in the local area with increasing independence - about recognising and responding to peer pressure - about the consequences of anti-social behaviour (including gangs and gang related behaviour)
Year 6 Internet Safety	Self-image and Identify 5	*KS3 Online Bullying 4	Online Relationships 6	Privacy and security 4	Health, wellbeing and lifestyle 2	Copyright & Ownership 2

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Key Resources Used In Relationships And Sex Education

Teaching SRE with Confidence, Christopher Winter Project

Online Safety Activities, National Online Safety

All About Us: Living and Growing, Alternative (DVD), Channel 4 Learning
Changes (Year 5)

How Babies are Made (Year 6)

The Family Book, Todd Parr

(Year 1 and Year 3)

Hair in Funny Places, Babette Cole

(Year 4)