

Ryhope Junior School

PSHE & RSE Curriculum



Lower Key Stage 2 PSHE & RSE Curriculum Overview

Yasmine and Tom RSE SOW embedded within RJS PSHE SOW - **modules are highlighted in Yellow.** The following modules are taught with lessons enhanced by resources using this accredited scheme [\[click here\]](#)

Keeping Safe			Relationships			Understanding the Law			
RSHE: Online Relationships and Being Safe			RSHE: Caring Friendships, Respectful relationships			RSHE: Families and people who care for me			
Healthy Lifestyles		Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emotions	Valuing Difference	Rights & Responsibilities	Taking Care of the Environment	Money Matters
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2			
Whole School Assemblies	Halloween	Bonfire Night Anti-bullying Week	Happy Mind Happy You – Mental Health	Keeping Safe Online	Human Rights	Summer Water Safety			
Year 3	Who are my key people? How can I share my worries? What is the law & why do we have it? What is mental health?	How should we treat people? What are emergency services? How do we enforce law? RSE - Intro to Yasmine & Tom (module 2)	What is bullying? What are emergency situations? What am I good at? RSE - Personal & private body parts	What can you do when friendship goes wrong? When should I break a secret? How can intense feeling feel?	What do we mean by consent in friendship? What do we mean by risk? What words can I use to talk about my feelings?	How does school help me? How can I be a responsible citizen? How can vaccinations support our health? RSE - Me, myself and I			
Year 4	How can we be role models? How can I keep safe in my local area? How can I respect my environment? RSE - What makes a good friend?	What is healthy friendship? How can we keep safe on the road? What can I be? How does school build my character?	What is discrimination? What are hazards in the home? What are protected characteristics? Why is food fuel?	What is diversity? Who do I encounter? What is hate crime? RSE - Gender stereotypes and aspirations	What makes up my community? What is first aid? What are healthy habits? RSE - Families and getting on	What is peer influence? How can I be a hygiene hero? How do my choices help me to be healthy? What is my body trying to tell me?			

Upper Key Stage 2 PSHE & RSE Curriculum Overview

Yasmine and Tom RSE SOW embedded within RJS PHSE SOW - **modules are highlighted in Yellow.** The following modules are taught with lessons enhanced by resources using this accredited scheme [\[click here\]](#)

Keeping Safe			Relationships			Understanding the Law			
RSHE: Online Relationships and Being Safe			RSHE: Caring Friendships, Respectful relationships			RSHE: Families and people who care for me			
Healthy Lifestyles		Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emotions	Valuing Difference	Rights & Responsibilities	Taking Care of the Environment	Money Matters
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2			
Whole School Assemblies	Halloween	Bonfire Night Anti-bullying Week	Happy Mind Happy You – Mental Health	Keeping Safe Online	Human Rights	Summer Water Safety			
Year 5	What are my personal boundaries? How can we keep our things safe? How do rules help our community? RSE - Intro to Yasmine & Tom (module 3)	How can my adult relationships affect my future? How can we use our phones sensibly? What can and can't I do on the internet? What is my personal identity?	What are online friendships? Why are our special people important? How do words have power? RSE - Keeping safe – safe and unsafe touch	What is grooming? What are deep fakes? How might my activity levels impact the way I feel? How might school impact the way I feel?	What is media influence? What are the risks with money? RSE - How might puberty impact the way I feel? (Delivery supported by the School Nursing Team)	What is peer pressure? What do I know about drugs? How can drugs/alcohol make people feel? How might being online impact the way I feel?			
Year 6	How can we respect different relationships? Why does media have age restrictions? What is anti-social behaviour? What is grief?	What is my relationship with authority? What is shop theft? How can I seek support for my mental health? RSE - Equality & the law	What is debate? What is the issue with addiction (smoking/vaping)? How can I reframe my thinking?	How can we be allies against racism? How is my data shared? What is a weapon? RSE - Identity & prejudice	How can we challenge sexism? What does the law say about marriage? What does adulthood look like? RSE – Making babies: sexual intercourse	How can I get ready for secondary relationships? What is spiking? What does the law say about legal drugs? How can I manage moving to secondary school positively?			

Year 3



Keeping Safe			Relationships			Understanding the Law		
Healthy Lifestyles	Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emotions	Valuing Difference	Rights & Responsibilities	Taking care of the environment	Money Matters
Term	Objectives Covered					Whole School Awareness Links		
Autumn 1	Relationships Who are my key people? Pol-Ed Passport Focus: Respect - Learn about why key people are important. - Consider how different key people can help us in different ways. - Consider who our key people are. Keeping Safe How can I share my worries? Pol-Ed Passport Focus: Fact Finding - Consider how different people respond to feeling worried. - Consider why it is important to share our worries with others. - Learn about the different people and places that we can go to for appropriate support. Understanding the Law What is the law & why do we have it? Pol-Ed Passport Focus: Respecting Others - Consider why rules are important. - Explore the difference between rules and laws. - Understand what the law is. - Explore the potential impact and consequences of breaking the law.					Democracy – head boy/head girl elections School council vote Black History Month World Mental Health Day Show Racism the Red Card		

	<u>Well-being</u> <u>What is mental health?</u> Pol-Ed Passport Focus: Self-Worth & Resilience • Learn what mental health means and how it can change over time. • Learn who we can talk to when we feel worried, sad, or need help. • Consider ways to look after our mental health.	
Autumn 2	<u>Relationships</u> <u>How should we treat people?</u> Pol-Ed Passport Focus: Informed Decision-Making & Empathy • Learn about how people in the home should behave towards each other. • Discuss why it can be difficult to talk about problems at home. • Challenge ideas that everything happening at home should be kept a secret. <u>Keeping Safe</u> <u>What are emergency services?</u> Pol-Ed Passport Focus: Respect • Learn what the emergency services are and what they do. • Learn how to make a call to the emergency services. <u>Understanding the Law</u> <u>How do we enforce the law?</u> Pol-Ed Passport Focus: Informed Decision Making • Understand the role of the police. • Learn about police powers and why they might be used. • Consider how people might feel if they are stopped by the police.	Armistice Day Anti-Bullying Week

	RSE - An introduction to Yasmine & Tom (module 2) • To contribute to small group discussions. • To identify one person I can talk to about growing up. • To identify something that will make us feel safe to discuss our bodies and relationships.	
Spring 1	Relationships <u>What is bullying?</u> Pol-Ed Passport Focus: Decision-Making • Learn what is meant by bullying. • Explore the difference between bullying and falling out. • Discuss ways to be an 'upstander' – not a bystander. Keeping Safe <u>What are emergency situations?</u> Pol-Ed Passport Focus: Risk • Learn what an emergency is and the different types of emergencies there are. • Consider what we need to do during a fire alarm, evacuation and during a medical emergency. • Consider why it is important to follow instructions from our trusted adults. Well-being <u>What am I good at?</u> Pol-Ed Passport Focus: Self-Worth • Learn to identify what our strengths and qualities are. • Learn that everyone has different talents and strengths. • Learn to value and appreciate our own abilities and those of others.	Safer Internet Day Children's Mental Health Week Chinese New Year

	RSE - Personal and private body parts - To label the personal and private parts of bodies. - To explain the difference between safe and unsafe touches. - To know that no one has the right to touch us in a way that feels unsafe, not even someone in our family.	
Spring 2	Relationships <u>What can you do when friendship goes wrong?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn what friendship means. - Consider when friendships can be tricky. - Consider what to do if friendships go wrong. Keeping Safe <u>When should I break a secret?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn about different types of secrets. - Consider what safe secrets are and how these might feel. - Consider what unsafe secrets and how these might feel. Well-being <u>How can intense feeling feel?</u> Pol-Ed Passport Focus: Empathy & Resilience - Learn how to recognise and describe a range of intense feelings. - Learn that how we feel can affect how we behave. - Reflect to judge when our feelings or behaviour might not be proportionate.	Autism Awareness Day
Summer 1	Relationships <u>What do we mean by consent in friendship?</u> Pol-Ed Passport Focus: Informed Decision-Making Learn what is meant by consent.	Mental Health Awareness

	• Explore what permission seeking and permission giving means to us. • Understand that they may feel conflicting emotions when seeking and giving permission. • Develop skills of informed decision-making. Keeping Safe <u>What do we mean by risk?</u> Pol-Ed Passport Focus: Informed Decision-Making • Learn what is meant by risk. • Explore what risk means to us. • Learn about the importance of asking questions when in risky situations. • Learn what is meant by 'gut feeling' and explore our own gut feelings. Well-being <u>What words can I use to talk about my feelings?</u> Pol-Ed Passport Focus: Empathy & Resilience • Learn that there are a wide range of emotions we can experience. • Learn how to recognise and talk about emotions using a varied vocabulary. • Learn strategies such as talking about feelings that can help.	
Summer 2	Well-being <u>How does school help me?</u> Pol-Ed Passport Focus: Fact Finding • Learn the different ways school helps us learn, grow and feel safe. • Learn about the people that help us in school and how they support us. • Reflect on what we enjoy about school and what makes us feel happy and confident.	RSE Day Transition

Understanding the Law

How can I be a responsible citizen?

Pol-Ed Passport Focus: Informed Decision-Making

- Understand what is meant by a responsible citizen.
- Consider the type of person we want to be.
- Consider why doing the right thing is not always easy.
- Develop our personal responsibility plan of action.

RSE - Me, myself and I

- To show respect to others who are different to me.
- To share at least one thing I am good at.
- To share one thing I can do to make myself better if I am feeling down.

Well-being

How can vaccinations support our health?

Pol-Ed Passport Focus: Fact Finding

- Learn how the body fights germs and how vaccinations help.
- Learn how vaccines help protect us and others from illnesses.
- Learn when and where we can have vaccines and that we can choose not to.

Year 4



Keeping Safe			Relationships			Understanding the Law		
Healthy Lifestyles	Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emocallctions	Valuing Difference	Rights & Responsibilities	Taking care of the environment	Money Matters
Term	Objectives Covered					Whole School Awareness Links		
Autumn 1	Relationships <u>How can we be role models?</u> Pol-Ed Passport Focus: Self-Worth & Respect - Learn what is meant by a 'role model'. - Explore what makes someone a role model. - Consider how we can be role models. Keeping Safe <u>How can I keep safe in my local area?</u> Pol-Ed Passport Focus: Risk & Informed Decision-Making - Learn ways to keep safe in our local area. - Explore scenarios and consider how the characters can keep safe. - Consider local places that we go to and how we can keep ourselves safe. Understanding the Law <u>How can I respect my environment?</u> Pol-Ed Passport Focus: Respect & Empathy - Learn what respect means. - Explore different ways that people can demonstrate respect. - Consider how we can show respect for shared spaces and those in them.					Democracy – head boy/head girl elections School council vote Black History Month World Mental Health Day Show Racism the Red Card		

	RSE - What makes a good friend? - To know two things that make a good friend. - To know two things that would make me think someone is not a good friend. - To explain what I need to do to be a good friend.	
Autumn 2	Relationships What is healthy friendship? Pol-Ed Passport Focus: Self-Worth & Empathy - Learn what is meant by a healthy friendship. - Explore ways I can express my feelings. - Consider what makes a healthy friendship and how I can be a good friend. Keeping Safe How can we keep safe on the road? Pol-Ed Passport Focus: Informed Decision-Making - Share what we already know about road safety. - Explore scenarios that could cause us to be unsafe when using the road. - Evaluate our personal road safety awareness. - Set road safety goals. Understanding the Law What can I be? Pol-Ed Passport Focus: Future Planning - Learn what jobs and careers are and that there are different types of jobs. - Explore different reasons for choosing jobs, including how having stereotypes can impact decisions. - Consider different ways that people can prepare for the world of work.	Armistice Day Anti-Bullying Week

	<u>Well-being</u> <u>How does school build my character?</u> Pol-Ed Passport Focus: Self-Worth • Learn to identify what is meant by character. • Learn different ways that school helps develop character. • Reflect on your own experiences in school that have helped develop your character.	
Spring 1	<u>Relationships</u> <u>What is discrimination?</u> Pol-Ed Passport Focus: Respect & Empathy • Learn about discrimination. • Discuss why it is wrong. • Consider ways that we can be more inclusive. <u>Keeping Safe</u> <u>What are hazards in the home?</u> Pol-Ed Passport Focus: Risk & Informed Decision-Making • Learn the meaning of 'hazard'. • Explore different hazards in the home and why they can be dangerous. • Learn how we can keep ourselves safe around these hazards. <u>Understanding the Law</u> <u>What are protected characteristics?</u> Pol-Ed Passport Focus: Respect • Learn about protected characteristics. • Consider our identity. • Discuss how we can be peer educators.	Safer Internet Day Children's Mental Health Week Chinese New Year

	<u>Well-being</u> <u>Why is food fuel?</u> Pol-Ed Passport Focus: Fact Finding • Learn to identify different food groups and how they provide energy. • Learn to explain how our bodies use food. • Learn the importance of having enough food for a healthy lifestyle.	
Spring 2	<u>Relationships</u> <u>What is diversity?</u> Pol-Ed Passport Focus: Respect • Learn what diversity means. • Explore the benefits of diversity within school, family and local communities. • Learn what is meant by prejudice and discrimination and why we should report these. <u>Keeping Safe</u> <u>Who do I encounter?</u> Pol-Ed Passport Focus: Risk • Learn what encounters mean. • Explore the difference between planned encounters, unexpected encounters and new encounters. • Learn how we can keep ourselves safe during different encounters. <u>Understanding the Law</u> <u>What is hate crime?</u> Pol-Ed Passport Focus: Respect • Learn about hate crime. • Explore the difference between crime and hate crime. • Consider how our actions can be a force for good.	Autism Awareness Day

	RSE - Gender stereotypes and aspirations - To take part in a discussion and respond respectfully to someone I don't agree with. - To describe what a stereotype is.	
Summer 1	Relationships <u>What makes up my community?</u> Pol-Ed Passport Focus: Respect - Learn what community means. - Explore the different people and groups that make up communities. - Consider how we can contribute and demonstrate responsibility towards communities. Keeping Safe <u>What is first aid?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn what first aid means. - Explore different reasons why people might need first aid. - Consider what we should and shouldn't do in a first aid situation. Well-being <u>What are healthy habits?</u> Pol-Ed Passport Focus: Fact Finding - Learn what a habit is and how the habits are formed. - Learn to recognise healthy habits that support physical and mental wellbeing. - Learn to understand how small daily choices build daily habits.	Mental Health Awareness

	<u>RSE - Families and getting on</u> • To share one thing that most families have in common and one way in which families can be different. • To explain how I would respond to unkind, mean or bullying behaviour about my family or someone else's. • To identify who I talk to if I am worried about anyone or anything in my family.	
Summer 2	<u>Relationships</u> <u>What is peer influence?</u> Pol-Ed Passport Focus: Respect & Self-Worth • Learn what is meant by peer influence. • Explore how peer influence can be good and bad. • Consider how we can deal with peer influence, including how we influence others in a good way. <u>Well-being</u> <u>How can I be a hygiene hero?</u> Pol-Ed Passport Focus: Understanding Risk • Learn why hygiene is important for staying healthy. • Learn to identify daily hygiene habits that keep themselves and others safe. • Learn to appreciate the similarities and differences between people. <u>Well-being</u> <u>How do my choices help me to be healthy?</u> Pol-Ed Passport Focus: Fact Finding • Learn to identify how different choices impact health. • Learn to explain how healthy and unhealthy choices impact our body and mind. • Learn on our own daily choices and set health goals.	RSE Day Transition

Well-being

What is my body trying to tell me?

Pol-Ed Passport Focus: Fact Finding

- Learn to recognise some common signs that show the body might be unwell.
- Learn that its normal for our bodies to feel different sometimes and know when to ask for help.
- Learn who we can ask for support with our health.

Year 5



Keeping Safe			Relationships			Understanding the Law		
Healthy Lifestyles	Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emocallctions	Valuing Difference	Rights & Responsibilities	Taking care of the environment	Money Matters
Term	Objectives Covered					Whole School Awareness Links		
Autumn 1	Relationships <u>What are my personal boundaries?</u> Pol-Ed Passport Focus: Respect, Empathy & Self-Worth - Learn what personal boundaries are. - Consider how and why there are different types of boundaries. - Explore how differing boundaries can be respected. Keeping Safe <u>How can we keep our things safe?</u> Pol-Ed Passport Focus: Risk & Informed Decision-Making - Learn what is meant by crime prevention. - Learn tips that we can use to support crime prevention. Understanding the Law <u>How do rules help our community?</u> Pol-Ed Passport Focus: Respect & Empathy - Learn about different communities we are part of. - Learn about different rules and laws that help our communities. - Consider what the impact can be if these laws are not followed. RSE - An introduction to Yasmine & Tom (module 3) - To share two things that change as we get older. - To explain what ground rules are and why they are important.					Democracy – head boy/head girl elections School council vote Black History Month World Mental Health Day Show Racism the Red Card		

Autumn 2	<u>Relationships</u> <u>How can my adult relationships affect my future?</u> Pol-Ed Passport Focus: Respect & Self-Worth • Learn what a role model is. • Learn how role model influence can be positive or negative. • Consider who we view as role models and why. <u>Keeping Safe</u> <u>How can we use our phones sensibly?</u> Pol-Ed Passport Focus: Respect & Fact Finding • Evaluate the use of mobile phones • Identify and explain solutions to potential problems. • Learn how to use a mobile phone safely and smartly. <u>Understanding the Law</u> <u>What can and can't I do on the internet?</u> Pol-Ed Passport Focus: Risk • Learn what children can do whilst using the internet. • Learn what restrictions apply to children when using the internet. • Consider why these restrictions exist. <u>Well-being</u> <u>What is my personal identity?</u> Pol-Ed Passport Focus: Respect & Self-Worth • Learn the meaning of personal identity. • Learn that identity is shaped by many different factors. • Learn to appreciate the similarities and differences between people.	Armistice Day Anti-Bullying Week
Spring 1	<u>Relationships</u> <u>What are online friendships?</u> Pol-Ed Passport Focus: Risk • Learn what friendship is.	Safer Internet Day Children's Mental Health Week

	- Consider how we can trust our friends. - Learn about online friendships. Keeping Safe <u>Why are our special people important?</u> Pol-Ed Passport Focus: Self-Worth - Learn why our special people are important. - Explore how our special people can help us. - Consider how we can be a positive special person to others. Relationships <u>How do words have power?</u> Pol-Ed Passport Focus: Respect & Self-Worth - Learn how words can have a positive and negative impact. - Learn the difference between physical and emotional hurt. - Consider how we can use our words kindly. <u>RSE - Keeping safe – safe and unsafe touch</u> - Explain the need to ask and receive permission (consent) for some types of touch. - Identify when physical contact feels unsafe and describe how to ask for help. - Evaluate the importance of choice, control and time limit in making safer choices.	Chinese New Year
Spring 2	Relationships <u>What is grooming?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn what is grooming. - Reflect on the difference between surprises and secrets. - Discuss who to speak to in a difficult situation. - Discuss possible solutions grooming situations.	Autism Awareness Day

	• Create top tips for keeping ourselves safe. Keeping Safe <u>What are deep fakes?</u> Pol-Ed Passport Focus: Fact Finding • Learn what deep fakes and artificial intelligence are. • Explore different types of deep fakes and the reasoning for them. • Learn how we can protect ourselves from deep fakes. Well-being <u>How might my activity levels impact the way I feel?</u> Pol-Ed Passport Focus: Fact Finding • Learn how physical activity affects the body and the brain. • Learn the connection between movement and emotions. • Reflect on personal activity levels and how they impact feelings of well-being. Well-being <u>How might school impact the way I feel?</u> Pol-Ed Passport Focus: Resilience • Learn to identify the different feelings, we might experience at school. • Learn how different school situations might impact how I feel. • Learn positive ways to manage difficult feelings at school.	
Summer 1	Relationships <u>What is media influence?</u> Pol-Ed Passport Focus: Fact-Finding & Informed Decision-Making • Learn what the media is. • Explore how the media can influence us positively and negatively. • Learn to be more self-aware of media influence.	Mental Health Awareness

	<u>Keeping Safe</u> <u>What are the risks with money?</u> Pol-Ed Passport Focus: Risk • Learn about the different ways to pay for things. • Explore the risks associated with money. • Learn how we can make safe and respectful decisions about money. <u>Well-being</u> <u>How might puberty impact the way I feel? (delivery supported by the School Nursing Team)</u> Pol-Ed Passport Focus: Fact Finding & Self-Worth • Learn that puberty brings emotional as well as physical changes. • Learn to identify a range of feelings that may arise during puberty. • Learn healthy strategies for managing new and strong emotions.	
Summer 2	<u>Relationships</u> <u>What is peer pressure?</u> Pol-Ed Passport Focus: Informed Decision-Making • Learn what is meant by peer pressure. • Explore what might or might not be discrimination. • Understand that discrimination is wrong. <u>Keeping Safe</u> <u>What do I know about drugs?</u> Pol-Ed Passport Focus: Fact Finding & Informed Decision-Making • Learn what drugs are. • Learn facts about medicines, alcohol and nicotine. • Consider how to make informed decisions about drugs.	RSE Day Transition

Well-being

How can drugs/alcohol make people feel?

Pol-Ed Passport Focus: Understanding Risk

- Learn to recognise how alcohol, drugs and medicines can affect how people feel and behave.
- Learn about the age restrictions for drugs and alcohol and why they exist.
- Learn about how to get help if you are worried about drugs or alcohol.

Well-being

How can drugs/alcohol make people feel?

Pol-Ed Passport Focus: Resilience & Self-Worth

- Learn to recognise how online activity can affect wellbeing.
- Learn how to balance screen time with other activities.
- Reflect strategies to look after our emotions while being online.

Year 6



Keeping Safe			Relationships			Understanding the Law		
Healthy Lifestyles	Keeping Safe	Growing & Changing	Healthy Relationships	Feelings & Emotions	Valuing Difference	Rights & Responsibilities	Taking care of the environment	Money Matters
Term	Objectives Covered					Whole School Awareness Links		
Autumn 1	Relationships <u>How can we respect different relationships?</u> Pol-Ed Passport Focus: Respect - Learn about different types of relationships. - Consider how relationships might be different to one another. - Consider why it is important to respect other people's relationships. Keeping Safe <u>Why does media have age restrictions?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn what age restrictions are. - Consider why age restrictions exist. - Consider decisions we can make about our media usage. Understanding the Law <u>What is anti-social behaviour?</u> Pol-Ed Passport Focus: Empathy & Informed Decision-Making - Consider how we behave around others. - Learn what is meant by 'antisocial behaviour'. - Consider the impact of antisocial behaviour. Well-being <u>How can I seek support for my mental health?</u> Pol-Ed Passport Focus: Empathy - Learn to define grief and understand it is a natural response to loss. - Learn to recognise different emotions people may feel when grieving. - Learn healthy ways to cope with and express grief.					Democracy – head boy/head girl elections School council vote Black History Month World Mental Health Day Show Racism the Red Card		

Autumn 2

Relationships

What is my relationship with authority?

Pol-Ed Passport Focus: Respect

- Learn what authority means.
- Consider how authority can make us feel.
- Consider how we can deal with situations involving authority.

Understanding the Law

What is shop theft?

Pol-Ed Passport Focus: Respect & Informed Decision-Making

- Understand what is meant by theft from a shop.
- Consider how theft from a shop impacts us.
- Consider how peer pressure can influence us.
- Develop an understanding of how our words can impact on people.

Well-being

How can I seek support for my mental health?

Pol-Ed Passport Focus: Resilience

- Learn what mental health means.
- Learn how to identify a range of emotions and how they can impact well-being.
- Learn practical ways to support our own mental health including seeking help and support.

RSE - Equality & the law

- To describe discrimination.
- To explain that groups of people are protected by the Equality Act.
- To describe ways to challenge prejudice and discriminatory behaviour.

Armistice Day

Anti-Bullying Week

Spring 1	<u>Relationships</u> <u>What is debate?</u> Pol-Ed Passport Focus: Respect • Learn what a debate is. • Learn what a debate should and shouldn't include. • Develop our debating skills. <u>Keeping Safe</u> <u>What is the issue with addiction (smoking/vaping)?</u> Pol-Ed Passport Focus: Respect & Informed Decision-Making • Understand what is meant by addiction. • Consider how addiction can start and take hold. • Consider the impacts of addiction. • Develop our own knowledge of addiction. <u>Well-being</u> <u>How can I reframe my thinking?</u> Pol-Ed Passport Focus: Resilience • Learn how to recognise negative thinking patterns. • Learn the difference between fixed and growth mindset. • Learn how to reframe negative thinking by using a growth mindset.	Safer Internet Day Children's Mental Health Week Chinese New Year
Spring 2	<u>Relationships</u> <u>How can we be allies against racism?</u> Pol-Ed Passport Focus: Respect & Empathy • Learn what the word ally means. • Learn key words and definitions to do with racism. • Consider how we can be an ally against racism.	Autism Awareness Day

	<u>Keeping Safe</u> <u>How is my data shared?</u> Pol-Ed Passport Focus: Risk & Informed Decision-Making • Learn what online data is. • Learn how and why online data is shared. • Consider our digital footprint. <u>Understanding the Law</u> <u>What is a weapon?</u> Pol-Ed Passport Focus: Risk • Learn what a weapon is. • Learn who can and cannot carry a weapon. • Consider why young people might carry a weapon. RSE - Identity and prejudice • To define what sexual orientation and gender mean. • To identify things that shape our personal identity. • To explain what prejudice means.	
Summer 1	<u>Relationships</u> <u>How can we challenge sexism?</u> Pol-Ed Passport Focus: Respect & Empathy • Learn what sexism means. • Consider what sexism may look like. • Consider how we can challenge sexism. <u>Understanding the Law</u> <u>What does the law say about marriage?</u> Pol-Ed Passport Focus: Fact-Finding • Learn what the law says about marriage. • Learn who can and cannot get married.	Mental Health Awareness

	- Learn the difference between arranged marriage and forced marriage. RSE – Making babies – sexual intercourse - Describe fertilisation through sexual intercourse. - Explain how a baby is made and that different people use different methods to do this. - Describe what consent means. - Know the age of consent. Well-being <u>What does adulthood look like?</u> Pol-Ed Passport Focus: Future Planning - Learn what the law says about who is an adult. - Learn about the rights and responsibilities of adults. - Reflect on aspirations and hopes for the future.	
Summer 2	<u>Relationships</u> <u>How can I get ready for secondary relationships?</u> Pol-Ed Passport Focus: Future Planning - Learn what new relationships may look like at secondary school. - Consider our feelings about new secondary relationships. - Consider how we can deal with any negative feelings. <u>Keeping Safe</u> <u>What is spiking?</u> Pol-Ed Passport Focus: Informed Decision-Making - Learn what is meant by spiking. - Consider the impact of being spiked. - Understand the different ways you can be spiked. - Reflect on longer term impacts that might come from being spiked.	RSE Day Transition

Understanding the Law

What does the law say about legal drugs?

Pol-Ed Passport Focus: Fact-Finding & Informed Decision-Making

- Learn what legal drugs are.
- Learn about the dangers of legal drugs.
- Consider how we can make decisions about legal drugs.

Well-being

How can I manage moving to secondary school positively?

Pol-Ed Passport Focus: Resilience

- Learn how to recognise feelings relating to change.
- Learn coping strategies to handle change and build confidence.
- Reflect on how to handle big feelings.