Bollington St John’s PSHE/RSE/Wellbeing Curriculum Map- Class 1

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | **EYFS Chris Winters Lesson:** FamiliesIdentify different members of the familyRecognise that all families are different |  | **EYFS Chris Winters Lesson:** Our DayConsider the routines and patterns of a typical dayDressing and undressing independently |  |  | **EYFS Chris Winters Lesson:** Keeping ourselves cleanWhy is hygiene important?Understand hygiene routines |
| **No Outsiders Lesson:** You Choose | **No Outsiders Lesson:** The Family Book | **No Outsiders Lesson:**  | **No Outsiders Lesson:**  | **No Outsiders Lesson:** Blue ChameleonRed Rockets and Rainbow Jelly | **No Outsiders Lesson:**  |
| **PSHE Lessons:** Self-Regulation: My Feelings.1. Identifying my feelings
2. Feeling jars
3. Coping strategies
4. Facial expressions
5. Calm corner
 | **PSHE Lessons:** Building Relationships: Special Relationships.1. My family
2. Special people
3. Sharing
4. I am unique
5. My interests
6. Similarities and differences
 | **PSHE Lessons:** Managing Self: Taking on Challenges.1. Why do we have rules?
2. Building towers
3. Team den building
4. Grounding
5. Team races
6. Circus skills
 | **PSHE Lessons**Self-Regulation: Listening and Following Instructions.1. Simon says
2. Listening to a story
3. Pass the whisper
4. Obstacle race
5. Blindfold walk
6. Treasure hunt
 | **PSHE Lessons:** Building Relationships: My Family and Friends.1. Festivals
2. Sharing
3. What makes a good friend?
4. Teamwork
5. Celebrating friendships
 | **PSHE Lessons:**Managing Self: My Wellbeing.1. What is exercise?
2. Yoga and relaxation
3. Looking after ourselves
4. Being safe as a pedestrian
5. Eating healthily
6. A rainbow of food
 |
|  | **Wellbeing:**Trying something new | **Wellbeing:**My surroundings | **Wellbeing:**Similarities and differences | **Wellbeing:**Kind words | **Wellbeing:**Being animals | **Wellbeing:** |

Bollington St John’s PSHE/RSE/Wellbeing Curriculum Map- Class 2

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1/2****Year A** | **Y1 Chris Winters Lesson:** Different friends **Y2 Chris Winters Lesson:** Differences  |  | **Y1 Chris Winters Lesson:** Growing and changing**Y2 Chris Winters Lesson:** Male and female animals |  | **Y1 Chris Winters Lesson:** Families and care **Y2 Chris Winters Lesson:** Naming body parts  |  |
| **No Outsiders Lesson:** Elmer (Y1) | **No Outsiders Lesson:** The Odd Egg (Y2) | **No Outsiders Lesson:** My Grandpa is Amazing (Y1) | **No Outsiders Lesson:** Blown Away (Y2) | **No Outsiders Lesson:**My World, Your World (Y1) | **No Outsiders Lesson:**  |
| **PSHE Lessons:** Family and Relationships.1. Introduction
2. Family
3. Friendships
4. Families are all different
5. Other people’s feelings
6. Getting along with others
7. Friendship problems
8. Gender stereotypes
 | **PSHE Lessons:** Health & Well-Being1. Understanding my feelings
2. Relaxation and laughter
3. What am I like?
4. Ready for bed
5. Personal hygiene
6. Sun safety
7. Allergies
8. People who help us stay healthy
 | **PSHE Lessons:** Safety and the changing body. 1. Communicating with adults
2. People who keep us safe in our local community
3. Road safety
4. Safety with medicines
5. Calling the emergency services
6. Secrets and surprises
7. Appropriate contact
8. My private parts are private
9. Respecting personal boundaries

  | **PSHE Lessons:** Citizenship 1. Rules
2. Similar but different
3. Belonging
4. Job roles in the community
5. Our school environment
6. Our local environment
 | **PSHE Lessons:** Economic Wellbeing 1. Money
2. Needa and wants
3. Looking after money
4. Banks and building societies.
5. Jobs
 | **PSHE Lessons:**Transition 1. Transition lesson
 |
|  | **Wellbeing:**Making Mistakes  | **Wellbeing:**Perseverance  | **Wellbeing:** Understanding others  | **Wellbeing:**Compliments  | **Wellbeing:**Gardening  | **Wellbeing:** |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1/2****Year B** | **Y1 Chris Winters Lesson:** Different friends **Y2 Chris Winters Lesson:** Differences  |  | **Y1 Chris Winters Lesson:** Growing and changing**Y2 Chris Winters Lesson:** Male and female animals |  | **Y1 Chris Winters Lesson:** Families and care  |  |
| **No Outsiders Lesson:**  | **No Outsiders Lesson:** Ten Little Pirates (Y1) | **No Outsiders Lesson:** Just Because (Y2) | **No Outsiders Lesson:** Blown Away (Y2) | **No Outsiders Lesson:** The Great Big Book of Families (Y2) | **No Outsiders Lesson:**  |
| **PSHE**Family and relationships 1. Introduction
2. Family
3. Friendships
4. Other people’s feelings
5. Getting along with others
6. Friendships
7. Gender stereotypes
8. Change and loss
 | **PSHE**Health and well being 1. Understanding my feelings
2. Steps to success
3. Growth mindset
4. Being active
5. Relaxation and breathing exercises
6. Healthy diet
7. Looking after our teeth
 | **PSHE**Safety and the changing body1. Communicating with adults
2. Road safety
3. Safety at home
4. Safety with medicines
5. What do I do if I get lost
6. Internet
7. Appropriate Contact
8. My private parts are private
9. Respecting boundaries
 | **PSHE**Citizenship1. Rules
2. Similar yet different
3. Caring for animals
4. The needs of others
5. Democratic decisions
6. School council
7. Giving my opinion
 | **PSHE**Economic Wellbeing 1. Money
2. Needs and wants
3. Saving and spending
4. Banks and building societies
5. Jobs
 | **PSHE**Transition 1. Transition lesson
 |
| **Wellbeing:**Sound | **Wellbeing:**Personal expression  | **Wellbeing:**Sharing  | **Wellbeing:**Generosity  | **Wellbeing:** | **Wellbeing:** |

Bollington St John’s PSHE/RSE/Wellbeing Curriculum Map- Class 3

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3/4****Year A** | **Y3 Chris Winters Lesson:** Body differences**Y4 Chris Winters Lesson:** Changes  |  | **Y3 Chris Winters:** Personal space**Y4 Christ Winters:** What is puberty? |  | **Y3 Chris Winters lesson:** Help and support**Y4 Chris Winters lesson:** Healthy relationships | **Y4 Chris Winters Lesson:** Online relationships |
| **No Outsiders Lesson:** Oliver | **No Outsiders Lesson:**  | **No Outsiders Lesson:** Two monsters | **No Outsiders Lesson:**  | **No Outsiders Lesson:** Beegu | **No Outsiders Lesson:** |
| **PSHE Lessons:** Families and Relationships1. Setting ground rules
2. Friendship issues and Bullying
3. The effects of bullying and the responsibility of the bystander
4. Stereotyping: gender
5. Stereotyping: Age/Disability
6. Healthy friendships – Boundaries
7. Learning who to trust
8. Respecting differences
9. Change and loss – bereavement
 | **PSHE Lessons:** Health and Wellbeing1. My healthy diary
2. Diet and dental health
3. Relaxation and stretches
4. Wonderful me
5. My superpowers
6. Celebrating mistakes
7. Communicating my feelings
8. My happiness
 | **PSHE Lessons:** Safety and the changing body. 1. Be kind online
2. Cyberbullying
3. Share Aware
4. Privacy and secrecy
5. First aid: Bites and stings
6. Choices and influences
7. First aid: emergencies and calling for help
8. Introducing puberty
9. Road safety
 | **PSHE Lessons**Citizenship1. Recycling/reusing
2. Local community buildings and groups/
3. Local council and democracy
4. Rules
5. Rights of the child.
6. What are human rights
 | **PSHE Lessons:** Economic wellbeing1. Spending choices
2. Budgeting
3. Money and emotions
4. Jobs and careers
5. Genders and careers
 | **PSHE Lessons:**Tradition1. Coping strategies
 |
|  | **Wellbeing:**Practice makes progress | **Wellbeing:**Making a difference | **Wellbeing:**Shared interests | **Wellbeing:**Appreciation | **Wellbeing:**Motion detection | **Wellbeing:** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3/4****Year B** | **Y5 Chris Winters Lesson:** Talking about puberty **Y6 Chris Winters Lesson:** Puberty and reproduction |  | **Y5 Chris Winters Lesson:** The reproductive system **Y6 Chris Winters Lesson:** Communication in relationships  |  | **Y5 Chris Winters Lesson:** Help and support**Y6 Chris Winters Lesson:** Families conception and pregnancy  | **Y6 Chris Winters Lesson:** Online relationships |
| **No Outsiders Lesson:** Dogs Don’t do Ballet | **No Outsiders Lesson:** King and King | **No Outsiders Lesson:**The Way Back Home | **No Outsiders Lesson:** The Flower | **No Outsiders Lesson:** Red: A crayon’s story |  |
| **PSHE Lessons:** Families and Relationships1. Setting ground rules and signposting
2. Friendship issues and bullying
3. Healthy families.
4. Stereotyping: Gender
5. Stereotyping: Age/Disability
6. How behaviour affects others
7. Effective communication to support relationships
8. Respect and manners
9. Respecting differences
 | **PSHE Lessons:** Health and Wellbeing1. My healthy diary
2. Looking after our teeth
3. Relaxation: Visualisation.
4. Meaning and purpose: my role
5. Resilience: breaking down problems
6. Emotions
7. Communicating my feelings
 | **PSHE Lessons:** Safety and the changing body.1. Fake emails
2. Internet safety: Age restrictions
3. Consuming information online
4. Tobacco
5. First aid: asthma
6. Choices and influences
7. First aid: emergencies and calling for help
8. Introducing puberty
9. Road safety
 | **PSHE Lessons:** Citizenship1. Recycling/reusing
2. Local community groups
3. Local council and democracy
4. Diverse communities
5. Rights of the child
6. Charity
 | **PSHE Lessons:** Economic Wellbeing1. Spending choices
2. Budgeting
3. Money and emotions
4. Jobs and careers
5. Jobs for me
 | **PSHE Lessons:** Identity1. Coping strategies
 |
|  | **Wellbeing:**Resilience | **Wellbeing:**My thoughts | **Wellbeing:**Pen Pals | **Wellbeing:**Giving to my community | **Wellbeing:**Making a beat | **Wellbeing:** |

Bollington St John’s PSHE/RSE/Wellbeing Curriculum Map- Class 4

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 5/6****Year A** | **Y5 Chris Winters Lesson:** Talking about puberty **Y6 Chris Winters Lesson:** Puberty and reproduction |  | **Y5 Chris Winters Lesson:** The reproductive system **Y6 Chris Winters Lesson:** Communication in relationships  |  | **Y5 Chris Winters Lesson:** Help and support**Y6 Chris Winters Lesson:** Families conception and pregnancy  | **Y6 Chris Winters Lesson:** Online relationships |
| **No Outsiders Lesson:** Where the Poppies Now Grow (Y5) | **No Outsiders Lesson:** The Whisperer (Y6) | **No Outsiders Lesson:** How to Heal a Broken Wing (Y5) | **No Outsiders Lesson:** Love You Forever (Y6) | **No Outsiders Lesson:** And Tango Makes Three (Y5) | **No Outsiders Lesson:** |
| **PSHE Lessons:** Families and Relationships1. Introduction lesson: Setting rules and signposting\*
2. Build a friend - what makes a good friend
3. Respect
4. Respecting myself
5. Marriage
6. Bullying
7. Stereotypes
8. Challenging stereotypes
 | **PSHE Lessons:** Health and Wellbeing1. Relaxation- yoga
2. The importance of rest
3. Embracing failure
4. Going for goals
5. Taking responsibility for my feelings
6. Healthy meals
7. Sun safety
 | **PSHE Lessons:** Safety1. Online friendships
2. Staying safe online
3. First aid: choking
4. Alcohol
5. Drugs, alcohol and tobacco: influences
 | **PSHE Lessons**Citizenship1. Breaking the law
2. Prejudice and discrimination
3. Protecting the planet
4. Contributing to the community
5. Rights and responsibilities
6. Parliament and national democracy
 | **PSHE Lessons:** Economic wellbeing1. Borrowing
2. Income and expenditure
3. Prioritising spending
4. Risks with money
5. Careers
 | **PSHE Lessons:**Identity (Year 6)1. What is identity?
2. Identity and body image

Transition (Year 6)1. Roles and responsibilities
 |
|  | **Wellbeing:**Growth Mindset | **Wellbeing:**Myself | **Wellbeing:**Working together | **Wellbeing:**Apologising | **Wellbeing:**Adaptive sports | **Wellbeing:** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 5/6****Year B** | **Y5 Chris Winters Lesson:** Talking about puberty **Y6 Chris Winters Lesson:** Puberty and reproduction |  | **Y5 Chris Winters Lesson:** The reproductive system **Y6 Chris Winters Lesson:** Communication in relationships  |  | **Y5 Chris Winters Lesson:** Help and support**Y6 Chris Winters Lesson:** Families conception and pregnancy  | **Y6 Chris Winters Lesson:** Online relationships |
| **No Outsiders Lesson:** My Princess Boy (Y6) | **No Outsiders Lesson:** Rose Blanche (Y5) | **No Outsiders Lesson:**The Island (Y6) | **No Outsiders Lesson:** The Artist who Painted a Blue Horse (Y5) | **No Outsiders Lesson:** Dreams of Freedom (Y6) | **No Outsiders Lesson:**A Chair for My MotherVera Williams |
| **PSHE Lessons:** Families and Relationships1. Introduction lesson: Setting rules and signposting
2. Friendship skills
3. Respect
4. Resolving conflict
5. Family life
6. Stereotypes
7. Challenging stereotypes
8. Change and loss
 | **PSHE Lessons:** Health and Wellbeing1. Relaxation- mindfulness
2. What can I be?
3. Taking responsibility for my health
4. The impact of technology on health
5. Resilience toolkit
6. Immunisation
7. Physical health concerns
8. Good and bad habits
 | **PSHE Lessons:** Safety1. Critical digital consumers
2. Social media
3. First aid: bleeding
4. First aid: basic life support
 | **PSHE Lessons:** Citizenship1. Pressure groups
2. Valuing diversity
3. Food choices and the environment
4. Caring for others
5. Rights and responsibilities
6. Parliament and national democracy
 | **PSHE Lessons:** Economic Wellbeing1. Attitudes to money
2. Keeping money safe
3. Stereotypes in the workplace
4. Gambling
5. Careers
 | **PSHE Lessons:** Identity (Year 6)1. What is identity?
2. Identity and body image

Transition (Year 6)1. Roles and responsibilities
 |
|  | **Wellbeing:**Goal setting | **Wellbeing:**Others around me | **Wellbeing:**Community | **Wellbeing:**Pay it forward | **Wellbeing:**Brain breaks | **Wellbeing:** |