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:**  Families  Identify different members of the family  Recognise that all families are different |  | **EYFS Chris Winters Lesson:** Our Day  Consider the routines and patterns of a typical day  Dressing and undressing independently |  |  | **EYFS Chris Winters Lesson:** Keeping ourselves clean  Why 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 Chameleon  Red 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE Lessons:**  Health & Well-Being   1. 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   Spiritual-  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Economic Wellbeing   1. Money 2. Needa and wants 3. Looking after money 4. Banks and building societies. 5. Jobs   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE**  Safety and the changing body   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE**  Citizenship   1. Rules 2. Similar yet different 3. Caring for animals 4. The needs of others 5. Democratic decisions 6. School council 7. Giving my opinion   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE**  Economic Wellbeing   1. Money 2. Needs and wants 3. Saving and spending 4. Banks and building societies 5. Jobs   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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:**  Family differences  **Y4 Chris Winters lesson:** Puberty changes and reproduction |  |
| **No Outsiders Lesson:** Dogs Don’t Do Ballet (Y4) | **No Outsiders Lesson:** This is Our House (Y3) | **No Outsiders Lesson:**  The Way Back Home (Y4) | **No Outsiders Lesson:**  Huey’s in the New Jumper (Y3) | **No Outsiders Lesson:**  Red: A Crayon’s Story (Y4) | **No Outsiders Lesson:** |
| **PSHE Lessons:**  Families and Relationships   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE Lessons:**  Health and Wellbeing   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Sense of enjoyment and fascination in learning about themselves, others and the world around them | **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   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE Lessons**  Citizenship   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Economic wellbeing   1. Spending choices 2. Budgeting 3. Money and emotions 4. Jobs and careers 5. Genders and careers   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Tradition   1. 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** | **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:**  Family differences  **Y4 Chris Winters lesson:** Puberty changes and reproduction |  |
| **No Outsiders Lesson:** Oliver (Y3) | **No Outsiders Lesson:** King and King (Y4) | **No Outsiders Lesson:**  Two Monsters (Y3) | **No Outsiders Lesson:**  The Flower (Y4) | **No Outsiders Lesson:**  Beegu (Y3) |  |
| **PSHE Lessons:**  Families and Relationships   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE Lessons:**  Health and Wellbeing   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Sense of enjoyment and fascination in learning about themselves, others and the world around them | **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   Spiritual-  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **PSHE Lessons:**  Citizenship   1. Recycling/reusing 2. Local community groups 3. Local council and democracy 4. Diverse communities 5. Rights of the child 6. Charity   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Economic Wellbeing   1. Spending choices 2. Budgeting 3. Money and emotions 4. Jobs and careers 5. Jobs for me   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Identity   1. 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 Relationships   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Health and Wellbeing   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Safety   1. Online friendships 2. Staying safe online 3. First aid: choking 4. Alcohol 5. Drugs, alcohol and tobacco: influences   Spiritual-  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons**  Citizenship   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Economic wellbeing   1. Borrowing 2. Income and expenditure 3. Prioritising spending 4. Risks with money 5. Careers   Spiritual-  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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 Mother  Vera Williams |
| **PSHE Lessons:**  Families and Relationships   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the  Willingness to reflect on their experiences | **PSHE Lessons:**  Health and Wellbeing   1. 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   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Safety   1. Critical digital consumers 2. Social media 3. First aid: bleeding 4. First aid: basic life support   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Citizenship   1. Pressure groups 2. Valuing diversity 3. Food choices and the environment 4. Caring for others 5. Rights and responsibilities 6. Parliament and national democracy   Spiritual-  Ability to reflect about their own beliefs (religious and otherwise) and perspective on life  Knowledge of, and respect for, different people’s faiths, feeling and values  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Willingness to reflect on their experiences | **PSHE Lessons:**  Economic Wellbeing   1. Attitudes to money 2. Keeping money safe 3. Stereotypes in the workplace 4. Gambling 5. Careers   Spiritual-  Sense of enjoyment and fascination in learning about themselves, others and the world around them  Use of imagination and creativity in their learning  Willingness to reflect on their experiences | **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:** |