

PSHE and RSE at Bomere Heath

At Bomere Heath, PSHE is an important part of the curriculum as we feel it is vital that children learn about themselves, their feelings and how to build relationships. We follow the award winning Shropshire's 'Respect Yourself' programme which includes the 'Eat better, move more' curriculum.

We are pleased to be using the PSHE Association planning framework to support teaching and learning in PSHE. Through its three core themes (Health and Wellbeing, Relationships, and Living in the Wider World) the PSHE Association Programme of Study provides us with a framework for creating a programme which matches their pupils' needs. It covers the breadth of PSHE from relationships and sex education (RSE) and health, to economic wellbeing and careers, setting out suggested content for each key stage. Each class follows a rolling programme. We were part of the government Early Adopters programme for RSE and led in supporting others to set up their PSHE/RSE and mental health programmes.

Pimhill Yr R/1	Autumn Term	Spring Term	Summer Term
Mental Health	Lesson 1: We all have feelings Y1/2	Lesson 2: Good and not so good feelings Y1/2	Lesson 3: Big Feelings Y1/2
Health and Wellbeing	<p>H1 Healthy Lifestyles health, wellbeing, healthy eating, physical activity, sleep, dental health</p> <p>H2 Healthy Lifestyles health, likes, dislikes, choices</p> <p>H3 Growing and Changing achievements, strengths, goals, target-setting</p> <p>H4 Healthy Lifestyles feelings, managing feelings</p> <p>H5 Growing and Changing change, loss</p>	<p>H6 / H7 Healthy Lifestyles hygiene, cleanliness, germs</p> <p>H8 / H9 Growing and Changing growing, changing, young to old, independence</p> <p>H10 Growing and Changing correct terminology, body parts, external genitalia</p> <p>H11 Keeping Safe medicines, household products, safety, risk</p>	<p>H12 Keeping Safe safety, road, water rail, fire, online, rules</p> <p>H13 / H14 / H15 Keeping Safe asking for help</p> <p>H16 Keeping Safe privacy, respecting privacy</p>
Relationships	<p>R1 Feelings and Emotions communicating, feelings, empathy</p> <p>R2 / R4 / R12 Feelings and Emotions behaviour, fair/unfair, right/wrong</p> <p>R3 Healthy Relationships secrets, surprises, safety</p>	<p>R5 Valuing Difference sharing, discussion, views, opinions</p> <p>R6 / R7 Healthy Relationships cooperating, resolving arguments</p> <p>R8 Valuing Difference people, similarities, differences</p>	<p>R9 Healthy Relationships special people, caring</p> <p>R10 Healthy Relationships physical contact, touch, acceptable, unacceptable BEING SAFE</p> <p>R11 Feelings and Emotions feelings, bodies, hurt, comfortable, teasing, bullying</p> <p>R13 / R14 Feelings and Emotions teasing, bullying</p>
Living in the Wider World	<p>L1 / L2 Rights and Responsibilities classroom rules</p> <p>L3 Rights and Responsibilities rights, responsibilities, needs</p> <p>L4 Rights and responsibilities groups, communities, roles</p> <p>L5 Taking Care of the Environment</p>	<p>L6 / L7 Money money, spending, saving, safety</p>	<p>L8 Rights and Responsibilities everybody, individual, unique, special</p> <p>L9 Rights and Responsibilities people, similarities, commonalities</p> <p>L10 Rights and Responsibilities community, special people, help, emergencies</p>

Haughmond Y1/2	Autumn Term	Spring Term	Summer Term
Mental Health	Lesson 1: We all have feelings Y1/2	Lesson 2: Good and not so good feelings Y1/2	Lesson 3: Big Feelings Y1/2
Health and Wellbeing	<p>H1 Healthy Lifestyles health, wellbeing, healthy eating, physical activity, sleep, dental health</p> <p>H2 Healthy Lifestyles health, likes, dislikes, choices</p> <p>H3 Growing and Changing achievements, strengths, goals, target-setting</p> <p>H4 Healthy Lifestyles feelings, managing feelings</p> <p>H5 Growing and Changing change, loss</p>	<p>H6 / H7 Healthy Lifestyles hygiene, cleanliness, germs</p> <p>H8 / H9 Growing and Changing growing, changing, young to old, independence</p> <p>H10 Growing and Changing correct terminology, body parts, external genitalia</p> <p>H11 Keeping Safe medicines, household products, safety, risk</p>	<p>H12 Keeping Safe safety, road, water rail, fire, online, rules</p> <p>H13 / H14 / H15 Keeping Safe asking for help</p> <p>H16 Keeping Safe privacy, respecting privacy</p>
Relationships	<p>R1 Feelings and Emotions communicating, feelings, empathy</p> <p>R2 / R4 / R12 Feelings and Emotions behaviour, fair/unfair, right/wrong</p> <p>R3 Healthy Relationships secrets, surprises, safety</p>	<p>R5 Valuing Difference sharing, discussion, views, opinions</p> <p>R6 / R7 Healthy Relationships cooperating, resolving arguments</p> <p>R8 Valuing Difference people, similarities, differences</p>	<p>R9 Healthy Relationships special people, caring</p> <p>R10 Healthy Relationships physical contact, touch, acceptable, unacceptable</p> <p>R11 Feelings and Emotions feelings, bodies, hurt, comfortable, teasing, bullying</p> <p>R13 / R14 Feelings and Emotions teasing, bullying</p>
Living in the Wider World	<p>L1 / L2 Rights and Responsibilities classroom rules</p> <p>L3 Rights and Responsibilities rights, responsibilities, needs</p> <p>L4 Rights and responsibilities groups, communities, roles</p> <p>L5 Taking Care of the Environment</p>	<p>L6 / L7 Money money, spending, saving, safety</p>	<p>L8 Rights and Responsibilities everybody, individual, unique, special</p> <p>L9 Rights and Responsibilities people, similarities, commonalities</p> <p>L10 Rights and Responsibilities community, special people, help, emergencies</p>

Grinshill Y3/4	Autumn Term	Spring Term	Summer Term
Mental Health	Lesson 1: Everyday feelings Y3/4	Lesson 2: Expressing feelings Y3/4	Lesson 3: Managing feelings Y3/4
Health and Wellbeing	<p>H1 / H2 Healthy Lifestyles balanced lifestyles, choices, health, wellbeing</p> <p>H3 Healthy Lifestyles balanced diet, choices, food, influences</p> <p>H4 Healthy lifestyles media, images, reality/fantasy, true/false</p> <p>H5 Growing and Changing achievements, aspirations, goals, strengths target-setting</p> <p>H6 / H7 Growing and Changing conflicting emotions, feelings, managing feelings</p> <p>H8 Growing and Changing change, transitions, loss, separation, divorce, bereavement</p>	<p>H9 / H10 / H11 Keeping Safe risk, danger, hazard, responsibility, safety</p> <p>H12 Healthy Lifestyles bacteria, viruses, hygiene routines</p> <p>H13 / H14 Keeping Safe pressure, managing pressure, influences, media, peer</p> <p>H15 Keeping Safe emergency aid, help, safety, rules</p> <p>H16 Healthy Lifestyles habits</p> <p>H17 Healthy Lifestyles drugs, alcohol, tobacco, medicines, caffeine</p>	<p>H18 Growing and Changing puberty, physical and emotional changes</p> <p>H21 Keeping Safe safety, roads, cycle, rail, water, fire</p> <p>H22 / H25 Keeping Safe safety, online, personal information, passwords, images</p> <p>H23 Keeping Safe advice, support, asking for help</p>

Relationships	<p>R1 Feelings and Emotions feelings, empathy, recognising others' feelings</p> <p>R2 / R4 Healthy Relationships friendships, families, couples, positive relationships</p> <p>R7 Healthy Relationships actions, behaviour, consequences</p> <p>R8 Healthy Relationships physical contact, touch, acceptable, unacceptable</p>	<p>R9 Feelings and Emotions confidentiality, secrets, surprises, personal safety</p> <p>R10 Valuing Difference listening, viewpoints, opinions, respect</p> <p>R11 Healthy Relationships collaborative working, shared goals</p> <p>R12 Healthy Relationships disputes, conflict, feedback, support, negotiation, compromise</p> <p>R13 Valuing Difference people, identity, similarities, differences, equality</p> <p>R14 / R18 Valuing Difference bullying, discrimination, aggressive behaviour</p>	<p>R15 Feelings and Emotions dares, challenges</p> <p>R16 Valuing Difference stereotypes</p> <p>R21 Healthy Relationships privacy, sharing, personal boundaries</p>
Living in the Wider World	<p>L1 Rights and Responsibilities discussion, debate, topical issues, problems, events</p> <p>L2 Rights and Responsibilities rules, laws, making and changing rules</p> <p>L3 / L4 Rights and Responsibilities human rights, children's rights</p> <p>L6 Rights and Responsibilities anti-social behaviour, aggression, bullying, discrimination</p> <p>L7 Rights and Responsibilities / Taking Care of the Environment rights, duties, home, school, environment</p>	<p>L8 Rights and Responsibilities resolving difference, points of view, decisions, choices</p> <p>L9 / L10 Rights and Responsibilities communities, volunteers, pressure groups, health, wellbeing</p> <p>L11 Rights and Responsibilities people, difference, diversity, identity, UK</p> <p>L12 Rights and Responsibilities people, places, values, customs</p>	<p>L13 Money money, spending, saving, budgeting</p> <p>L14 Money money, interest, loan, tax, debt</p> <p>L15 Money / Taking Care of the Environment resources, sustainability, economics, choices, environment</p> <p>L16 Money enterprise, enterprise skills, entrepreneurs</p> <p>L17 / L18 Rights and Responsibilities media, social media, information, forwarding</p>

S'tones Y4/5	Autumn Term	Spring Term	Summer Term
Mental Health	Lesson 1: Everyday feelings Y3/4	Lesson 2: Expressing feelings Y3/4	Lesson 3: Managing feelings Y3/4
Health and Wellbeing	<p>H1 / H2 Healthy Lifestyles balanced lifestyles, choices, health, wellbeing</p> <p>H3 Healthy Lifestyles balanced diet, choices, food, influences</p> <p>H4 Healthy lifestyles media, images, reality/fantasy, true/false</p> <p>H5 Growing and Changing achievements, aspirations, goals, strengths target-setting</p> <p>H6 / H7 Growing and Changing conflicting emotions, feelings, managing feelings</p> <p>H8 Growing and Changing change, transitions, loss, separation, divorce, bereavement</p>	<p>H9 / H10 / H11 Keeping Safe risk, danger, hazard, responsibility, safety</p> <p>H12 Healthy Lifestyles bacteria, viruses, hygiene routines</p> <p>H13 / H14 Keeping Safe pressure, managing pressure, influences, media, peer</p> <p>H15 Keeping Safe emergency aid, help, safety, rules</p> <p>H16 Healthy Lifestyles habits</p> <p>H17 Healthy Lifestyles drugs, alcohol, tobacco, medicines, caffeine</p>	<p>H18 Growing and Changing puberty, physical and emotional changes</p> <p>H21 Keeping Safe safety, roads, cycle, rail, water, fire</p> <p>H22 / H25 Keeping Safe safety, online, personal information, passwords, images</p> <p>H23 Keeping Safe advice, support, asking for help</p>
Relationships	<p>R1 Feelings and Emotions feelings, empathy, recognising others' feelings</p> <p>R2 / R4 Healthy Relationships friendships, families, couples, positive relationships</p> <p>R7 Healthy Relationships actions, behaviour, consequences</p> <p>R8 Healthy Relationships physical contact, touch, acceptable, unacceptable</p>	<p>R9 Feelings and Emotions confidentiality, secrets, surprises, personal safety</p> <p>R10 Valuing Difference listening, viewpoints, opinions, respect</p> <p>R11 Healthy Relationships collaborative working, shared goals</p> <p>R12 Healthy Relationships disputes, conflict, feedback, support, negotiation, compromise</p> <p>R13 Valuing Difference people, identity, similarities, differences, equality</p> <p>R14 / R18 Valuing Difference bullying, discrimination, aggressive behaviour</p>	<p>R15 Feelings and Emotions dares, challenges</p> <p>R16 Valuing Difference stereotypes</p> <p>R21 Healthy Relationships privacy, sharing, personal boundaries</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Living in the Wider World</p>	<p>L1 Rights and Responsibilities discussion, debate, topical issues, problems, events</p> <p>L2 Rights and Responsibilities rules, laws, making and changing rules</p> <p>L3 / L4 Rights and Responsibilities human rights, children's rights</p> <p>L6 Rights and Responsibilities anti-social behaviour, aggression, bullying, discrimination</p> <p>L7 Rights and Responsibilities / Taking Care of the Environment rights, duties, home, school, environment</p>	<p>L8 Rights and Responsibilities resolving difference, points of view, decisions, choices</p> <p>L9 / L10 Rights and Responsibilities communities, volunteers, pressure groups, health, wellbeing</p> <p>L11 Rights and Responsibilities people, difference, diversity, identity, UK</p> <p>L12 Rights and Responsibilities people, places, values, customs</p>	<p>L13 Money money, spending, saving, budgeting</p> <p>L14 Money money, interest, loan, tax, debt</p> <p>L15 Money / Taking Care of the Environment resources, sustainability, economics, choices, environment</p> <p>L16 Money enterprise, enterprise skills, entrepreneurs</p> <p>L17 / L18 Rights and Responsibilities media, social media, information, forwarding</p>
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Wrekin Y5/6	Autumn Term	Spring Term	Summer Term
Mental Health	Lesson 1: Mental health and keeping well Y5/6	Lesson 2: Managing challenges and change Y5/6	Lesson 3: Feelings and common anxieties when transitioning to secondary school Y5/6
Health and Wellbeing	<p>H1 / H2 Healthy Lifestyles balanced lifestyles, choices, health, wellbeing</p> <p>H3 Healthy Lifestyles balanced diet, choices, food, influences</p> <p>H4 Healthy lifestyles media, images, reality/fantasy, true/false</p> <p>H5 Growing and Changing achievements, aspirations, goals, strengths target-setting</p> <p>H6 / H7 Growing and Changing conflicting emotions, feelings, managing feelings</p> <p>H8 Growing and Changing change, transitions, loss, separation, divorce, bereavement</p> <p>H9 / H10 / H11 Keeping Safe risk, danger, hazard, responsibility, safety</p>	<p>H12 Healthy Lifestyles bacteria, viruses, hygiene routines</p> <p>H13 / H14 Keeping Safe pressure, managing pressure, influences, media, peer</p> <p>H15 Keeping Safe emergency aid, help, safety, rules</p> <p>H16 Healthy Lifestyles habits</p> <p>H17 Healthy Lifestyles drugs, alcohol, tobacco, medicines, caffeine</p> <p>H21 Keeping Safe safety, roads, cycle, rail, water, fire</p> <p>H22 / H25 Keeping Safe safety, online, personal information, passwords, images</p> <p>H23 Keeping Safe advice, support, asking for help</p> <p>H24 Keeping Safe mobile phones, responsibility, safe use</p>	<p>H18 Growing and Changing puberty, physical and emotional changes</p> <p>H19 Growing and Changing human reproduction, babies, sexual intercourse, pregnancy, contraception, parents/carers</p> <p>H20 Keeping Safe FGM, bodies, safety, abuse</p>

Relationships	<p>R1 Feelings and Emotions feelings, empathy, recognising others' feelings</p> <p>R2 / R4 Heathy Relationships friendships, families, couples, positive relationships</p> <p>R3 Heathy Relationships relationships, unhealthy, pressure</p> <p>R5 / R19 Healthy Relationships committed loving relationships, civil partnerships, marriage</p> <p>R6 / R20 Healthy Relationships forced marriage</p> <p>R7 Healthy Relationships actions, behaviour, consequences</p>	<p>R8 Healthy Relationships physical contact, touch, acceptable, unacceptable</p> <p>R9 Feelings and Emotions confidentiality, secrets, surprises, personal safety</p> <p>R10 Valuing Difference listening, viewpoints, opinions, respect</p> <p>R11 Healthy Relationships collaborative working, shared goals</p> <p>R12 Healthy Relationships disputes, conflict, feedback, support, negotiation, compromise</p>	<p>R13 / R16 / R17 Valuing Difference people, equality, identity, stereotypes, discrimination</p> <p>R14 / R18 Valuing Difference bullying, discrimination, aggressive behaviour</p> <p>R15 Feelings and Emotions dares, challenges</p> <p>R21 Healthy Relationships privacy, sharing, personal boundaries</p>
Living in the Wider World	<p>L1 Rights and Responsibilities discussion, debate, topical issues, problems, events</p> <p>L2 Rights and Responsibilities rules, laws, making and changing rules</p> <p>L3 / L4 Rights and Responsibilities human rights, children's rights</p> <p>L5 Rights and Responsibilities practices against human rights, FGM</p> <p>L6 Rights and Responsibilities anti-social behaviour, aggression, bullying, discrimination</p> <p>L7 Rights and Responsibilities / Taking Care of the Environment rights, duties, home, school, environment</p>	<p>L8 Rights and Responsibilities resolving difference, points of view, decisions, choices</p> <p>L9 / L10 Rights and Responsibilities communities, volunteers, pressure groups, health, wellbeing</p> <p>L11 Rights and Responsibilities people, difference, diversity, identity, UK</p> <p>L12 Rights and Responsibilities people, places, values, customs</p> <p>L13 Money money, spending, saving, budgeting</p> <p>L14 Money money, interest, loan, tax, deb</p>	<p>L15 Money / Taking Care of the Environment resources, sustainability, economics, choices, environment</p> <p>L16 Money enterprise, enterprise skills, entrepreneurs</p> <p>L17 / L18 Rights and Responsibilities media, social media, information, forwarding</p>