



Personal, Social, Health and Economic

Physical health and wellbeing, Drug, alcohol and tobacco education, Identity, Society and Equality, Keeping safe and Managing Risk, Mental Health and Emotional Wellbeing, Careers, Financial Capability and Economic Wellbeing, Sex and relationship education



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn						
<p>Development Matters – Reception</p> <p>Self-Regulation</p> <ul style="list-style-type: none"> - See themselves as a valuable individual. - Express their feelings and consider the feelings of other <p>Managing Self</p> <ul style="list-style-type: none"> - Show resilience and perseverance in the face of challenge. - Identify and moderate their own feelings socially and emotionally <p>Manage their own needs.</p> <ul style="list-style-type: none"> - Personal Hygiene Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • tooth brushing • sensible amounts of ‘screen time’ • having a good sleep routine • being a safe pedestrian <p>Building Relationships</p> <ul style="list-style-type: none"> - Think about the perspectives of others. - Build constructive and respectful relationships 	<p>Physical health and wellbeing: Fun times</p> <p>Lesson 1 To know about food that is associated with special times in different cultures.</p> <p>Lesson 2 To know about active playground games from around the world.</p> <p>Lesson 3 To know about sun-safety.</p> <p>No Outsiders <i>Ten Little Pirates</i> To know how to play with boys and girls.</p> <p>Keeping safe and managing risk: Feeling safe</p> <p>Lesson 1 To know about safety in familiar situations.</p> <p>Lesson 2 To know about personal safety.</p> <p>Lesson 3 To know about people who keep them safe outside the home.</p> <p>No Outsiders <i>Elmer</i> To like the way that I am</p>	<p>Physical health and wellbeing: What keeps me healthy?</p> <p>Lesson 1 To know about eating well.</p> <p>Lesson 2 To know about the importance of physical activity, sleep and rest.</p> <p>Lesson 3 To know about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well.</p> <p>No Outsiders <i>What the Jackdaw Saw</i> To know how to communicate in different ways.</p> <p>Mental health and emotional wellbeing: Friendship</p> <p>Lesson 1 To know about the importance of special people in their lives.</p> <p>Lesson 2 To know about making friends and who can help with friendships (on and offline).</p> <p>Lesson 3</p>	<p>Keeping safe and managing risk: Bullying – see it, say it, stop it</p> <p>Lesson 1 To recognise bullying (including online) and how it can make people feel.</p> <p>Lesson 2 To know about different types of bullying and how to respond to incidents of bullying.</p> <p>Lesson 3 To know about what to do if they witness bullying.</p> <p>No Outsiders <i>Beegu</i> To be welcoming.</p> <p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Lesson 1 To know the definition of a drug and that drugs (including medicines) can be harmful to people.</p> <p>Lesson 2 To know about the effects and risks of smoking tobacco and second-hand smoke.</p> <p>Lesson 3 To know about the help available for people to</p>	<p>Identity, society and equality: Democracy</p> <p>Lesson 1 To know about Britain as a democratic society.</p> <p>Lesson 2 To know about how laws are made.</p> <p>Lesson 3 To learn about the local council.</p> <p>No Outsiders <i>The Way Back Home</i> To overcome language as a barrier.</p> <p>Drug, alcohol and tobacco education: Making choices</p> <p>Lesson 1 To know that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them.</p> <p>Lesson 2 To know about the effects and risks of drinking alcohol.</p> <p>Lesson 3 To know about different patterns of behaviour that are related to drug use.</p> <p>No Outsiders <i>The Flower</i></p>	<p>Physical health and wellbeing: In the media</p> <p>Lesson 1 To know that messages given on food adverts can be misleading.</p> <p>Lesson 2 To know about role models.</p> <p>Lesson 3 To know about how the media can manipulate images and that these images may not reflect reality.</p> <p>No Outsiders <i>Rose Blanche</i> To justify my actions.</p> <p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Lesson 1 To learn about stereotyping, including gender stereotyping.</p> <p>Lesson 2 To complete a workshop about diversity.</p> <p>Lesson 3 To know about prejudice and discrimination and how this can make people feel.</p>	<p>Sex and relationship education: Healthy relationships / How a baby is made</p> <p>Lesson 1 To learn about the changes that occur during puberty.</p> <p>Lesson 2 To consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact.</p> <p>Lesson 3 To know what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships.</p> <p>Lesson 4 To know about human reproduction in the context of the human lifecycle.</p> <p>Lesson 5 To know how a baby is made and grows (conception and pregnancy).</p> <p>Lesson 6 To know about roles and responsibilities of parents and carers.</p> <p>Lesson 7 To answer each other’s questions about sex and relationships with</p>

		<p>To know about solving problems that might arise with friendships (on and offline).</p> <p>No Outsiders <i>Blown Away</i></p> <p>To be able to work with everyone in my class.</p>	<p>remain smoke free or stop smoking.</p>	<p>To ask questions.</p>	<p>No Outsiders <i>And Tango Makes Three</i></p> <p>To accept people who are different from me.</p>	<p>confidence, where to find support and advice when they need it.</p> <p>Lesson 8</p> <p>To learn some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted.</p> <p>Lesson 9</p> <p>To know that contraception can be used to stop a baby from being conceived.</p> <p>No Outsiders <i>Princess Boy</i></p> <p>To promote diversity.</p>
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Spring

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Self-Regulation ELG - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions</p> <p>Managing Self ELG - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for</p>	<p>Identity, society and equality: Me and others</p> <p>Lesson 1</p> <p>To know what makes themselves and others special.</p> <p>Lesson 2</p> <p>To know about roles and responsibilities at home and in school.</p> <p>Lesson 3</p> <p>To know about being co-operative with others.</p> <p>No Outsiders <i>That's Not How You Do It</i></p> <p>To accept people are different.</p> <p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Lesson 1</p>	<p>Sex and relationship education: Boys and girls, families</p> <p>Lesson 1</p> <p>To understand and respect the differences and similarities between people.</p> <p>Lesson 2</p> <p>To know about the biological differences between male and female animals and their role in the life cycle.</p> <p>Lesson 3</p> <p>To know about the biological differences between male and female children.</p> <p>Lesson 4</p> <p>To know about growing from young to old and that they are growing and changing.</p> <p>Lesson 5</p> <p>To know that everyone needs to be cared for and</p>	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Lesson 1</p> <p>To know about celebrating achievements and setting personal goals.</p> <p>Lesson 2</p> <p>To know about dealing with put-downs.</p> <p>Lesson 3</p> <p>To know about positive ways to deal with setbacks.</p> <p>No Outsiders <i>The Hueys in the New Jumper</i></p> <p>To use strategies to help someone who feels different.</p> <p>Identity, society and equality: Celebrating difference</p> <p>Lesson 1</p> <p>To learn about valuing the similarities and differences</p>	<p>Physical health and wellbeing: What is important to me?</p> <p>Lesson 1</p> <p>To know why people may eat or avoid certain foods (religious, moral, cultural or health reasons).</p> <p>Lesson 2</p> <p>To know about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonability).</p> <p>Lesson 3</p> <p>To know about the importance of getting enough sleep.</p> <p>No Outsiders <i>Dogs Don't Do Ballet</i></p> <p>To know when to be assertive.</p> <p>Keeping safe and managing risk: Playing safe</p>	<p>Keeping safe and managing risk: Making safer choices</p> <p>Lesson 1</p> <p>To know about keeping safe online.</p> <p>Lesson 2</p> <p>To know how to keep safe when communicating with other people online.</p> <p>Lesson 3</p> <p>To know that violence within relationships is not acceptable.</p> <p>Lesson 4</p> <p>To know about problems that can occur when someone goes missing from home.</p> <p>No Outsiders <i>How to Heal a Broken Wing</i></p> <p>To recognise when someone needs help.</p> <p>Mental health and emotional wellbeing:</p>	<p>Drug, alcohol and tobacco education: Weighing up risk</p> <p>Lesson 1</p> <p>To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.</p> <p>Lesson 2</p> <p>To know about assessing the level of risk in different situations involving drug use.</p> <p>Lesson 3</p> <p>To know about ways to manage risk in situations involving drug use.</p> <p>No Outsiders <i>Leaf</i></p> <p>To overcome fears about difference.</p> <p>Identity, society and equality:</p>

<p>rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.</p> <p>Building Relationships ELG Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.</p>	<p>To know about what can go into bodies and how it can make people feel.</p> <p>Lesson 2 To know about what can go on to bodies and how it can make people feel.</p> <p>No Outsiders <i>Max The Champion</i> To understand that our bodies work in different ways.</p>	<p>ways in which they care for others.</p> <p>Lesson 6 To know about different types of family and how their home-life is special.</p> <p>No Outsiders <i>The Great Big Book of Families</i> To understand what diversity is.</p>	<p>between themselves and others.</p> <p>Lesson 2 To learn about what is meant by community.</p> <p>Lesson 3 To learn about belonging to groups.</p> <p>No Outsiders <i>This is Our House</i> To understand what 'discrimination' means.</p>	<p>Lesson 1 To know how to be safe in their computer gaming habits.</p> <p>Lesson 2 To know about keeping safe near roads, rail, water, building sites and around fireworks.</p> <p>Lesson 3 To know what to do in an emergency and basic emergency first-aid procedures.</p> <p>No Outsiders <i>Red: A Crayon's Story</i> To be who you want to be.</p>	<p>Dealing with feelings</p> <p>Lesson 1 To know about a wide range of emotions and feelings and how these are experienced in the body.</p> <p>Lesson 2 To know about times change and how this can make people feel.</p> <p>Lesson 3 To learn about the feelings associated with loss, grief and bereavement.</p>	<p>Human rights</p> <p>Lesson 1 To learn about people who have moved to Leicester from other places (including the experience of refugees).</p> <p>Lesson 2 To learn about human rights and the UN Convention on the Rights of the Child.</p> <p>Lesson 3 To know about homelessness.</p> <p>No Outsiders <i>Dreams of Freedom</i> To recognise my freedom.</p>
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Summer

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Self-Regulation ELG - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions</p> <p>Managing Self ELG - Be confident to try new activities and show independence, resilience</p>	<p>Mental health and emotional wellbeing: Feelings</p> <p>Lesson 1 To know about different types of feelings.</p> <p>Lesson 2 To know about managing different feelings.</p> <p>Lesson 3 To know about change or loss and how this can feel.</p> <p>No Outsiders <i>My World, Your World</i> To understand that we share the world with lots of people.</p> <p>Careers, financial capability and economic wellbeing: My money</p> <p>Lesson 1</p>	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Lesson 1 To know about keeping safe in the home, including fire safety.</p> <p>Lesson 2 To know about keeping safe online, including the benefits of going online.</p> <p>Lesson 3 To know about keeping safe outside.</p> <p>Lesson 4 To know about road safety.</p> <p>No Outsiders <i>The First Slodge</i> To understand how we share the world.</p> <p>Drug, alcohol and tobacco education:</p>	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Lesson 1 To know about what influences people's choices about spending and saving money.</p> <p>Lesson 2 To know how people can keep track of their money.</p> <p>Lesson 3 To know about the world of work.</p> <p>No Outsiders <i>Two Monsters</i> To find a solution to a problem.</p> <p>Physical health and wellbeing: What helps me choose?</p>	<p>Sex and relationship education: Growing up and changing</p> <p>Lesson 1 To know about the way we grow and change throughout the human lifecycle.</p> <p>Lesson 2 To know about the physical changes associated with puberty.</p> <p>Lesson 3 To know about menstruation and wet dreams.</p> <p>Lesson 4 To know about the impact of puberty in physical hygiene and strategies for managing this.</p> <p>Lesson 5 To know how puberty affects emotions and behaviour and</p>	<p>Drug, alcohol and tobacco education: Different Influences</p> <p>Lesson 1 To learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis.</p> <p>Lesson 2 To learn about different influences on drug use- alcohol, tobacco and nicotine products.</p> <p>Lesson 3 To learn strategies to resist pressure from others about whether to use drugs- smoking drugs and alcohol.</p> <p>No Outsiders <i>The Cow who Climbed a Tree</i> To exchange dialogue.</p>	<p>Mental health and emotional wellbeing: Healthy Minds</p> <p>Lesson 1 To know what mental health is.</p> <p>Lesson 2 To know about what can affect mental health and some ways of dealing with this.</p> <p>Lesson 3 To know about some everyday ways to look after mental health.</p> <p>Lesson 4 To know about the stigma and discrimination that can surround mental health.</p> <p>No Outsiders <i>The Things</i></p>

<p>and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.</p> <p>Building Relationships ELG Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.</p>	<p>To know about where money comes from and making choices when spending money.</p> <p>Lesson 2 To know about saving money and how to keep it safe.</p> <p>Lesson 3 To know about the different jobs people do.</p>	<p>Medicines and me</p> <p>Lesson 1 To know why medicines are taken.</p> <p>Lesson 2 To know where medicines come from.</p> <p>Lesson 3 To know about keeping themselves safe around medicines.</p> <p>No Outsiders <i>The Odd Egg</i> To understand what makes someone feel proud.</p>	<p>Lesson 1 To know about making healthy choices about food and drinks.</p> <p>Lesson 2 To know about how branding can affect what foods people choose to buy.</p> <p>Lesson 3 To know about keeping active and some of the challenges of this.</p> <p>No Outsiders <i>Big Bob, Little Bob</i> To use my pupil voice.</p>	<p>strategies for dealing with this.</p> <p>Lesson 6 To answer each others' questions about puberty with confidence, to seek support and advice when they need it.</p> <p>No Outsiders <i>King and King</i> To understand why people choose to get married.</p>	<p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Lesson 1 To learn that money can be borrowed but there are risks associated with this.</p> <p>Lesson 2 To know about enterprise.</p> <p>Lesson 3 To know what influences people's decisions about careers.</p> <p>No Outsiders <i>Where the Poppies Now Grow</i> To learn from our past.</p>	<p>To welcome difference and stand up to discrimination.</p> <p>Keeping safe and managing risk: Keeping safe - out and about</p> <p>Lesson 1 To learn about feelings of being out and about in the local area with increasing independence.</p> <p>Lesson 2 To learn about recognising and responding to peer pressure.</p> <p>Lesson 3 To learn about the consequences of anti-social behaviour (including gangs and gang related behaviour).</p> <p>Lesson 4 To learn about the importance for girls to be protected against FGM.</p> <p>No Outsiders <i>The Island</i> To challenge the causes of racism.</p>
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