



Bury and Whitefield
JEWISH PRIMARY SCHOOL

PSHE and RSHE Curriculum Overview

Our Curriculum Celebrates

Resilience
Creativity
Critical Thinking
Curiosity
Challenge
Culture

Cycle A			
Autumn			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
All About Me New Beginnings Staying Safe – dark nights	1 Decision: Keeping/Staying Safe Being Responsible Feelings and Emotions	1 Decision: Staying Safe Keeping Healthy Relationships	1 Decision: Staying Safe Being Responsible Keeping Healthy
Picture News			
Heads Up (2 sessions per half term)			
Spring			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
Colours People Who Help Us – Police and Dentist E-safety	1 Decision: Keeping/Staying Healthy Relationships Computer Safety	1 Decision: Computer Safety Being Responsible	1 Decision: Computer safety Feelings and Emotions
Picture News			
Heads Up (2 sessions per half term)			
Summer			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
Where We Live E-safety Transition	1 Decision: A World Without Judgement Our World Fire Safety	1 Decision: Feelings and Emotions Our World	1 Decision: A World Without Judgment Feelings and Emotions Growing and Changing
Picture News			
Heads Up (2 sessions per half term)			

Cycle B			
Autumn			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
New Beginnings Families Keeping Safe – Bonfire safety	1 Decision: Keeping/Staying Safe Being Responsible Feelings and Emotions	1 Decision: Keeping Healthy Growing and Changing	1 Decision: A World Without Judgement Being Responsible
Picture News			
Heads Up (2 sessions per half term)			
Spring			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
Keeping Healthy People Who Help Us – Firefighters and Doctors E-Safety	1 Decision: Keeping/Staying Healthy Relationships Computer Safety	1 Decision: Computer Safety Being Responsible	1 Decision: Computer Safety The Working World
Picture News			
Heads Up (2 sessions per half term)			
Summer			
EYFS	Year 1 & Year 2	Year 3 & Year 4	Year 5 & Year 6
Our World Transition	1 Decision: A World Without Judgement Our World Fire Safety	1 Decision: The Working World A World Without Judgement	1 Decision: Feelings and Emotions Staying Safe Growing and Changing
Picture News			
Heads Up (2 sessions per half term)			

Cycle A - EYFS

Autumn	Spring	Summer
Topic: New Beginnings Children learn about their new class/year group. Time is given to build relationships with new classmates and the adults in the classroom. Children are introduced to new routines and expectations and supported to settle in.	Topic: Colours Children explore the story 'Mixed' by Arree Chung. We link this to discussions about diversity and accepting others. Children read the story 'Colour Monster' by Anna Llenas. They talk about different emotions that we feel and reasons why we might experience them. We discuss strategies for dealing with emotions that don't make us feel very nice.	Topic: Where We Live Children learn about the different communities they belong to, such as school, town, shul etc. Children also learn their address.
Topic: All About Me Children learn about what makes them unique. We discuss and compare likes and dislikes, our favourite things, what we look like. Children are taught that there are similarities and differences between themselves and others.	Topic: People Who Help Us Children learn about how people in the community help to keep us safe and healthy, with a particular focus on the role of dentists and police officers. We also look at oral hygiene and teach children how to look after their teeth.	Topic: Transition Children are introduced to the upcoming change of moving year groups/classes. Children spend time familiarising themselves with their new classrooms and teachers. Time is given to discuss any worries about new classes. Children also reflect on the progress they have made and celebrate their success.
Topic: Staying Safe – dark nights Children are taught how to stay safe as the nights get darker. We talk about the importance of listening to parents/carers when near roads and look at how they can make themselves seen in the dark.	Topic: E-Safety Children learn about the importance of stranger danger and start to recognise how to identify age-restricted apps. All learning relates back to the theme of a 'Trusted Adult' with pupils gaining the knowledge and understanding of how to seek support if something online frightens, upsets, or worries them.	Topic:

Cycle A - Year 1 and 2

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Children will understand why it is important to stay safe when they are crossing road and be able to recognise safe places to do so. They will discuss the differences between risky and safe choices and know different ways to help keep themselves safe. <i>One Decision topic: Road safety</i> <i>RSHE theme: Personal Safety</i>	Topic: Keeping/Staying Healthy Children will find out about healthy eating, knowing that food is needed for our bodies to grow and be healthy. They will know the difference between healthy and unhealthy choices. Children will know why it is important to brush their teeth; practise brushing their teeth and discuss strategies to ensure they remember to always brush their teeth. <i>One Decision topic: Healthy eating and brushing teeth</i> <i>RSHE theme: General Wellbeing</i>	Topic: A World Without Judgement Children will learn about the British value of democracy. They will understand what it is and identify times when people can vote or choose things together. They will know that people can think differently and discuss ways to make fair choices when people disagree. <i>One Decision topic: Democracy</i> <i>RSHE theme: Respectful, Kind Relationships</i>
Topic: Being Responsible. Practice Makes Perfect looks at setting goals and developing skills and strategies to achieve those goals. Helping Someone in Need looks at how we can help others at home and in the community and the risks of helping someone we don't know very well. <i>One Decision topic: Practice makes perfect and helping someone in need.</i> <i>RSHE theme: Health, Protection and Prevention</i>	Topic: Relationships Children will discuss what it means to be a good friend and recognise kind and thoughtful behaviours. They will explore the importance of caring about other people's feelings and be able to see a situation from another person's point of view. <i>One Decision topic: Friendship</i> <i>RSHE theme: Caring Friendships</i>	Topic: Our World Children will understand why and how we should look after living things. They will discuss why it is important to keep our communities and countryside clean. Children will know about the different ways they can receive money and know how to keep it safe. Children will begin to consider the skills they need for possible jobs or careers. <i>One Decision topic: Living in our world and working in our world</i> <i>RSHE theme: N/A</i>
Topic: Feelings and Emotions Children will be able to recognise and name emotions, describing their physical effects. Children will learn about the difference between pleasant and unpleasant emotions. They will discuss coping strategies for emotions. This unit will have a focus on the emotion of jealousy. <i>One Decision topic: Jealousy</i> <i>RSHE theme: General Wellbeing</i>	Topic: Computer Safety Children will find out about how actions online can impact others. They will know the risks of sharing images without permission. They will know what types of images should not be shared online. Children will also discuss general themes around computer safety and participate in activities in line with safer internet day. <i>One Decision topic: Image sharing and computer safety</i> <i>RSHE theme: Online Safety and Awareness, Wellbeing Online</i>	Topic: Hazard Watch - Fire Safety Children will understand why our emergency services are an important part of our community. They will learn what hoax calls are and why they are dangerous. Children will consider how our actions and choices can affect others. <i>One Decision topic: Hoax calling</i> <i>RSHE theme: Basic First Aid</i>

Cycle A - Year 3 and 4

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Leaning Out of Windows looks at the dangers of heights and various dangers we may find in our homes and communities. <i>One Decision topic: Leaning out of windows</i> <i>RSHE theme: Personal safety</i>	Topic: Keeping/Staying Healthy Children will be able to explain what is meant by a balanced diet and plan a balanced meal. They will know how too much of certain foods in our diet can have negative affect on our health, both now and when we are older. Children will explore the meaning of nutrition information on food packaging. They will describe different ways of maintaining a healthy lifestyle. <i>One Decision topic: Healthy living</i> <i>RSHE theme: Healthy eating</i>	Topic: A World Without Judgement Children will understand that people may have different beliefs, opinions and ways of living. They will discuss why it is important to respect and tolerate differences between people. Children will know that treating others with kindness and respect is fair and inclusive. <i>One Decision topic: Tolerance</i> <i>RSHE theme: Respectful, kind relationships</i>
Topic: Being Responsible Children will explore what it means to behave responsibly in a range of situations. They will identify situations when being on time is important. They will describe ways in which behaviour can be seen as sensible and responsible. <i>One Decision topic: Coming Home on Time</i> <i>RSHE theme: Respectful, kind relationships</i>	Topic: Relationships Children will understand the difference between touch and inappropriate touch. They will know the importance of personal boundaries, and which trusted adults they can ask for help. Children will use the correct names for body parts. <i>One Decision topic: Touch</i> <i>RSHE theme: Being safe</i>	Topic: The Working World Children will explore the different ways in which they can help those who look after them and know that their actions have a positive impact. Children will discuss ways in which they can contribute to their communities positively. <i>One Decision topic: Chores at home</i> <i>RSHE theme: General Wellbeing</i>
Topic: Feelings and Emotions Children will be able to recognise and name emotions, describing their physical effects. Children will learn about the difference between pleasant and unpleasant emotions. They will discuss coping strategies for emotions. This unit will have a focus on the emotion of grief <i>One Decision topic: Grief</i> <i>RSHE theme: General Wellbeing</i>	Topic: Computer Safety Children will discuss the key values that are important in positive online relationships. They will discuss feelings and emotions that may arise from online bullying and learn about coping strategies to use and who to ask for help if they ore someone they know is being bullied online. <i>One Decision topic: Online bullying</i> <i>RSHE theme: Wellbeing online</i>	Topic: Hazard Watch Children will explore how our actions and choices can affect others. They will recognise how drivers can be distracted and understand that this is dangerous. <i>One Decision topic: Texting whilst driving</i> <i>RSHE theme: Personal safety</i>

Cycle A - Year 5 and 6

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Children will explore strategies to keep themselves and others safe, including recognising ways to manage peer pressure. They will discuss potential impact and consequences of taking risks. <i>One Decision topic: Peer pressure</i> <i>RSHE theme: Being Safe</i>	Topic: Keeping/Staying Healthy Children will learn about the risks associated with alcohol and how it can affect their immediate future and health. They will discuss risky choices and develop skills and strategies to keep safe. <i>One Decision topic: Alcohol</i> <i>RSHE theme: Drugs, Alcohol, Tobacco and Vaping</i>	Topic: A World Without Judgment Children will identify ways in which they are different and unique. They will discuss elements of diverse communities and explore strategies to overcome barriers and promote diversity and inclusion. <i>One Decision topic: Inclusion and Acceptance</i> <i>RSHE theme: Families and People Who Care for Me.</i>
Topic: Being Responsible Children will recap on why it wrong to steal. They will discuss the difference between borrowing and stealing and what it would feel like if something belonging to them was borrowed and not returned. <i>One Decision topic: Stealing</i> <i>RSHE theme: Respectful, Kind Relationships</i>	Topic: Growing and Changing Children will learn what puberty means, discuss the changes that their bodies will go through during puberty and explore coping strategies to support them through the different stages of puberty. <i>One Decision topic: Puberty</i> <i>RSHE theme: Developing Bodies</i>	Topic: The Working World Children will learn about the ways in which money can be spent via technology. They will discuss the potential impact of spending money without permission and learn about how to save money. <i>One Decision topic: In App purchases</i> <i>RSHE theme: Respectful, Kind Relationships</i>
Topic: Feeling and Emotions Children will explore the physical effects which emotions (both pleasant and unpleasant) can have on our bodies. They will discuss how they can choose how to react to emotions and that their choices and actions can affect ourselves and others. Children will learn a range of strategies for controlling and managing emotions, including anger. <i>One Decision topic: Anger (8-11)</i> <i>RSHE theme: General Wellbeing</i>	Topic: Computer Safety Children will learn about the key 'apps' that they may use now and in the future. They will learn about app age restrictions and why they are in place. Children will discuss that people online may not be who they say they are and identify ways to keep themselves and others safe in a range of online and offline situations. <i>One Decision topic: Making friends online</i> <i>RSHE theme: Online Safety and Awareness</i>	Topic: First Aid Children will learn how and when to put people into the recovery position They will know how to deliver CPR and when to call for the emergency services. <i>One Decision topic: First Aid (Year 5)</i> <i>RSHE theme: Basic First Aid.</i>

Cycle B - EYFS

Autumn	Spring	Summer
Topic: New Beginnings	Topic: Keeping Healthy	Topic: E-Safety
Children learn about their new class/year group. Time is given to build relationships with new classmates and the adults in the classroom. Children are introduced to new routines and expectations and supported to settle in.	Children are taught about the importance of keeping their bodies and minds healthy. We discuss exercise, balanced diets and sleep.	Children learn about the importance of stranger danger and start to recognise how to identify age-restricted apps. All learning relates back to the theme of a 'Trusted Adult' with pupils gaining the knowledge and understanding of how to seek support if something online frightens, upsets, or worries them.
Topic: Families	Topic: People Who Help Us	Topic: Transition
Children talk about their own families, saying who lives with them and which other people are special to them. We talk about how all families can be different and discuss some of the families in the 'Big Book of Families'.	Children learn about how people in the community help to keep us safe and healthy, with a particular focus on the role of doctors and firefighters.	Children are introduced to the upcoming change of moving year groups/classes. Children spend time familiarising themselves with their new classrooms and teachers. Time is given to discuss any worries about new classes. Children also reflect on the progress they have made and celebrate their success.
Topic: Staying Safe – bonfire safety	Topic:	Topic: Our World
Children are taught how to stay safe around bonfires, this is taught in the run up to bonfire night events.		Children learn about some of the ways they can look after the world they live in.

Cycle B - Year 1 and 2

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Children will know that some rules are in place to keep themselves and others safe. They will explore the difference between safe and risky choices and learn how to tie laces and why this is a useful skill. Children will identify who their trusted adults are and know that they can go to them for help in risky situations. <i>One Decision topic: Tying shoelaces and staying safe.</i> <i>RSHE theme: Being Safe</i>	Topic: Keeping/Staying Healthy Children will understand why it is important to wash their hands. They will find out how germs are spread and how they can affect our health. Children will learn how to wash their hands properly. <i>One Decision topic: Washing hands</i> <i>RSHE theme: Healthy Protection and Prevention</i>	Topic: A World Without Judgement Children will learn about the British values of individual liberty and rule of law. They will understand that people can make their own choices and be able to explain why it is important that everyone can make safe choices. They will know that they should respect the choices of others. Children will understand how rules can help people to work and learn together. They understand that rules can help to keep people safe and treat others fairly. They will discuss rules that people follow in everyday life. <i>One Decision topic: Individual liberty and rule of law</i> <i>RSHE theme: Respectful, Kind Relationships</i>
Topic: Being Responsible. Children will learn about some of the things which they are responsible for. They will know the importance of preventing accidents where possible and know what to do in the event of a water spillage. <i>One Decision topic: Water spillage</i> <i>RSHE theme: Personal Safety</i>	Topic: Relationships Children will discuss different feelings and understand why we should care about the feelings of others. Children will know that feelings can be shown without words. They will be able to identify bullying behaviours and know strategies to cope with these and seek help. <i>One Decision topic: Bullying and body language</i> <i>RSHE theme: Caring Friendships</i>	Topic: Our World Children will cover units of work based on growing in our world. They will understand the needs of a baby and talk about things that they can do for themselves now that they are older. Children will engage in discussions about their families and recognise ways in which their own family is unique. <i>One Decision topic: Growing in our world</i> <i>RSHE theme: Developing bodies</i>
Topic: Feelings and Emotions Children will be able to recognise and name emotions, describing their physical effects. Children will learn about the difference between pleasant and unpleasant emotions. They will discuss coping strategies for emotions. This unit will have a focus on the emotions of worry and anger. <i>One Decision topic: Worry and anger.</i> <i>RSHE themes: General Wellbeing, Respectful, Kind Relationships.</i>	Topic: Computer Safety Children will find out about how actions online can impact others. They will discuss positive and negative ways you can use technology and be able to recognise kind and unkind comments. Children will participate in activities in line with safer internet day. <i>One Decision topic: Online bullying</i> <i>RSHE theme: Online Safety and Awareness, Wellbeing Online</i>	Topic: Fire Safety Children will consider how our actions and choices can affect others. They will learn that even small fires can be very dangerous and know how to seek help and stay safe. They will also find out about what happens at a fire station. <i>One Decision topic: Petty arson, Enya and Deedee visit a fire station.</i> <i>RSHE theme: Personal Safety</i>

Cycle B - Year 3 and 4

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Children will learn about keeping themselves safe around water by identifying danger signs and understanding that different weather conditions can cause dangers. They will know about strategies that can help keep themselves and others safe around water. <i>One Decision topic: Water Safety</i> <i>RSHE theme: Personal Safety</i>	Topic: Keeping/Staying Healthy Children will learn simple safety rules about medicine. They will know who it is safe to accept medicine from and when it is safe to take. <i>One Decision topic: Medicine</i> <i>RSHE theme: Drugs, Alcohol, Tobacco and Vaping</i>	Topic: A World Without Judgement Children will recognise their own strengths and goals and know that these may be different to those around them. They will discuss why it is ok to be different and recognise positive attributes in others. <i>One Decision topic: Breaking down barriers</i> <i>RSHE theme: Respectful, kind relationships</i>
Topic: Being Responsible Children will explore the importance of trust and honesty. They will know that stealing is wrong and discuss how making certain choices can have a negative impact on others. <i>One Decision topic: Stealing</i> <i>RSHE theme: N/A</i>	Topic: Growing and Changing Children will discuss the different types of relationships that we may have with family, friends and trusted adults. Children will identify how relationships can be healthy and unhealthy and who to ask for help if a relationship is making them feel uncomfortable. <i>One Decision topic: Relationships</i> <i>RSHE theme: Being Safe</i>	Topic: Our World Children learn about the meaning of reduce, reuse and recycle. They will discuss ways in which they can help to look after our planet including how to reduce the amount of water and electricity that we use. <i>One Decision topic: Looking After Our World</i> <i>RSHE theme: N/A</i>
Topic: Feelings and Emotions Children will learn to recognise feeling and emotions and know the differences between those that feel good and those that feel not so good. They will discuss coping strategies for when they experience unpleasant/uncomfortable emotions such as loneliness and jealousy. <i>One Decision topic: Jealousy (8-11)</i> <i>RSHE theme: General Wellbeing</i>	Topic: Computer Safety Children will explore the positives and negatives of using technology. They will learn about how to keep safe in online chatrooms and know about the possible dangers and consequences to talking to strangers online. <i>One Decision topic: Making friends online</i> <i>RSHE theme: Online safety and awareness</i>	Topic: First Aid Children will name and identify situations that may require first aid. They will be able to identify the signs of an asthma attack, choking and anaphylactic shock. They learn the correct steps to seek immediate, emergency help. <i>One Decision topic: First Aid Year 4</i> <i>RSHE theme: Basic First Aid</i>

Cycle B - Year 5 and 6

Autumn	Spring	Summer
Topic: Keeping/Staying Safe Children will take part in a practical, cycling safety workshop. They will learn how to cycle safely on the roads and understand the possible consequences of an accident or incident. <i>One Decision topic: Cycle Safety</i> <i>RSHE theme: Personal Safety</i>	Topic: Keeping/Staying Healthy Children will learn about the risks associated with smoking and be able to name the addictive ingredient found in cigarettes and e-cigs. They will be able to describe how smoking can affect their immediate and future health. They will develop skills and strategies to resist the pressure to smoke. <i>One Decision topic: Smoking</i> <i>RSHE theme: Drugs, alcohol, tobacco and vaping</i>	Topic: A World Without Judgement Children will know that there are a wide range of religions and beliefs in the UK. They will be able to explain each one of the British Values and discuss the values of BWJPS. They will discuss how different religions can live side by side. <i>One Decision topic: British Values</i> <i>RSHE theme: N/A</i>
Topic: Being Responsible Children will understand why it is important to act when someone is being unkind. They will discuss caring and considerate behaviour and why it is important to look out for others. <i>One Decision topic: Looking out for others</i> <i>RSHE theme: General Wellbeing</i>	Topic: Growing and Changing Children will understand the terms conception and reproduction. They will know the function of female and male reproduction systems. They will discuss the various ways in which adults can have a child and know about the different stages of pregnancy <i>One Decision topic: Conception</i> <i>RSHE theme: N/A</i>	Topic: The Working World Children will understand why people may want to save money. They will understand how to budget for items that they would like to buy and know ways in which they can make money. <i>One Decision topic: Enterprise</i> <i>RSHE theme: N/A</i>
Topic: Feelings and Emotions Children will discuss how they recognise their thoughts, feelings and emotions. They will identify how they can reduce their feelings of worry and support others who are feeling worried. <i>One Decision topic: Worry (8-11)</i> <i>RSHE theme: General Wellbeing</i>	Topic: Computer Safety Children will recap on how their actions online can affect others and the positive and negative uses of technology. They will know the risks of sharing images and without permission and the types of images that should not be posted online. <i>One Decision topic: Image Sharing</i> <i>RSHE theme: Online Safety and Awareness</i>	Topic: First Aid Children will find out about a range of situations that require first aid, such as supporting someone having a heart attack, minor scalds and burns and fractured bones. <i>One Decision topic: First Aid (Year 6)</i> <i>RSHE theme: Basic First Aid.</i>