



# Tynsel Parkes CE Primary Academy

## Whole School Subject Coverage: RsHE/PSHE 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	The children will be settling into the nursery, exploring the surroundings. Learning to take turns with the toys. Making new relationships with other children and staff. Learning to separate from your adult with support.	The children will learn to take turns with each other when playing with the toys. Building relationships with their friends in the classroom. Being aware of other people's feelings. Understanding the difference between right and wrong.	The children will learn about safety in the classroom, at home and in the outside world. Using	The children will learn to take turns with each other when playing with the toys and games. Building relationships with our friends in the classroom and playground. Being aware of and understanding our own feelings other people's feelings. Understanding the difference between right and wrong.	The children will learn to take turns understanding the difference between right and wrong. Making the right choices. Begin to understand their culture and identity while being sensitive to the differences of other people.	Transition activities, preparing for Reception and bump up day.
Reception	<b>Self-regulation: My feelings</b> In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	<b>Building relationships: Special relationships</b> In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.	<b>Managing self: Taking on challenges</b> In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.	<b>Self-regulation: Listening and following instructions</b> In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.	<b>Building relationships: My family and friends</b> In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.	<b>Managing self: My wellbeing</b> In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.
Year 1	<b>Families and Relationships</b> In this unit, children are learning that families look after us. To know some words to describe how people are related (e.g. aunty, cousin, etc.) To know that some information about me and my family is personal. To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome. To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	<b>Health and Wellbeing</b> In this unit, children are learning how we can limit the spread of germs by having good hand hygiene. To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To know that certain foods and other things can cause allergic reactions in some people. To know that sleep helps my body to repair itself, to grow and restores my energy. To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.	<b>Safety and the changing body</b> In this unit, children will learn that some types of physical contact are never appropriate. To know what to do if I get lost. To know that a hazard is something which could cause an accident or injury. To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that emergency services are the police, fire service and the ambulance service.	<b>Citizenship</b> In this unit, children will learn the rules in school. To know that different pets have different needs. To understand the needs of younger children and that these change over time. To know that voting is a fair way to make a decision. To understand that people are all different.	<b>Economic Wellbeing</b> In this unit, children will learn that coins and notes have different values. To know some of the ways children may receive money. To know that it is wrong to steal money. To know that banks are places where we can store our money. To know some jobs in school. To know that different jobs need different skills.	<b>Transition</b> Children will think about their individual strengths and new skills they have to prepare for their move from Year 1 to Year 2.
Year 2	<b>Families and Relationships</b> In this unit, children will learn that families can be made up of different people. To know that families may be different to my family. To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing. To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs. To know that there are ways we can remember people or events.	<b>Safety and the changing body</b> In this unit, children will learn the PANTS rule. To know that I should tell an adult if I see something that makes me uncomfortable online. To understand the difference between secrets and surprises. To know the rules for crossing the road safely. To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can. To know the names of parts of my body, including private parts.	<b>Health and Wellbeing</b> In this unit, children will learn that food and drinks with lots of sugar are bad for our teeth. To understand the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax. To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.	<b>Citizenship</b> In this unit, children will learn some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that everyone has similarities and differences.	<b>Economic Wellbeing</b> In this unit, children will learn that coins and notes have different values. To know some of the ways children may receive money. To know that it is wrong to steal money. To know that banks are places where we can store our money. To know some jobs in school. To know that different jobs need different skills.	<b>Transition</b> Children will think about their individual strengths and new skills they have to prepare for their move from Year 2 to Year 3.  Children will also learn that change can cause mixed feelings
Year 3	<b>Families and Relationships</b> In this unit, children will learn they can talk to trusted adults or services such as Childline if I experience family problems. To know that bullying can be physical or verbal. To know that bullying is repeated, not a one-off event. To know that violence is never the right way to solve a friendship problem. To know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener. To understand that there are similarities and differences between people. To understand some stereotypes related to age.	<b>Health and Wellbeing</b> In this unit, children will learn ways to prevent tooth decay. To understand the positive impact relaxation can have on the body. To know the different food groups and how much of each of them we should have to have a balanced diet. To understand the importance of belonging. To understand what being lonely means and that it is not the same as being alone. To understand what a problem or barrier is and that these can be overcome.	<b>Safety and the changing body</b> In this unit, children will learn that cyberbullying is bullying which takes place online. To know the signs that an email might be fake. To know the rules for being safe near roads.	<b>Citizenship</b> In this unit, the children will learn about the UN Convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area. To know that elections are held where adults can vote for local councillors. To understand some of the consequences of breaking rules. To understand the role of charities in the community.	<b>Economic Wellbeing</b> In this unit, children will learn that there are different ways to pay for things. To know that budgeting money is important. To understand that there are a range of jobs available. To understand that some stereotypes can exist around jobs but these should not affect people's choices.	<b>Transition</b> Children learn that, as they get older, the number of opportunities and responsibilities they have are likely to increase as situations change, and this is a good thing.
Year 4	<b>Families and Relationships</b> In this unit, children will learn that families are varied in the UK and across the world. To understand the different roles related to bullying including the victim, bully and bystander. To understand that everyone has the right to decide what happens to their body. To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability. To know that bereavement describes the feeling someone might have after someone dies or following another big change in their lives.	<b>Health and Wellbeing</b> In this unit, children will learn that families are varied in the UK and across the world. To understand the different roles related to bullying including the victim, bully and bystander. To understand that everyone has the right to decide what happens to their body. To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability. To know that bereavement describes the feeling someone might have after someone dies or following another big change in their lives.	<b>Safety and the changing body</b> In this unit, children will learn that there are risks to sharing things online. To know the difference between private and public. To understand the risks associated with smoking tobacco. To understand the physical changes to both male and female bodies as people grow from children to adults. To know that asthma is a condition that causes the airways to narrow.	<b>Citizenship</b> In this unit, children will learn that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians. To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups that make up the local community.	<b>Economic Wellbeing</b> In this unit, children will learn that money can be lost in a variety of ways. To understand the importance of tracking money. To know that many people will have more than one job or career in their lifetimes. Exploring ways to overcome stereotypes in the workplace.	<b>Transition</b> Children create goals and challenges that they want to set themselves before moving up to Middle School.