## Relationship and Sex Education / PSHE including Wellbeing at Wrenbury



The termly overview shows the planned aspects of RSE/PSHE/Wellbeing.

Note: the Science objectives that feed into the school's RSE will be taught across the year to the appropriate year group(s) through our whole school themes. The timing of these will change according to the yearly whole school themes to make the learning relevant.

Autumn	YR	Y1	Y2	Y3	Y4	Y5	Y6
Christopher	Families and	Growing and	Differences	Valuing	Growing up	Puberty	Puberty
Winter Project	Friendship	caring for		Difference and			Relationships
Theme		ourselves		keeping safe			and
							Reproduction
Lesson Focus	Caring	Different	Differences	Body	Changes	Talking about	Online
	friendships	friends		Differences		Puberty	relationships
						Will need recap of Y4 What is puberty?	
First Aid (St	What to do if	What to do if	What to do if	Emergencies	Emergencies	Emergencies	Emergencies
John Ambulance	someone gets	someone gets	someone gets	and calling for	and calling for	and calling for	and calling for
teaching	hurt	hurt	hurt	help	help	help	help
resources)	nare	nare	indite	neip	neip	neip	ncip
Wellbeing	Feeling and Keeping Safe						
Lunch Clubs							
Physical		Anti-Bullying Week 14 - 18 November: annual theme – Reach Out					
health/Mental			ocks day – 14 <sup>th</sup> Nove				
Wellbeing	Physical activity Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated					d	
	(inc. 2hrs PE) Wrenbury Walk x 3 weekly						
	Wrenbury Walk						
	'myhappymind' programme x 1 weekly						
Keeping Safe	Personal hygiene						
	Bikeability				bility		
						Smokebusters	
	Bonfire – keeping safe Keeping safe on the road – road safety (recap from last year)/water safety (RNLI)						
online	Personal	Personal	Personal	Personal	Personal	Personal	Personal
	Information	Information	Information	Information	Information	Information	Information

Spring	YR	Y1	Y2	Y3	Y4	Y5	Y6
Christopher	Families and	Growing and	Differences	Valuing	Growing up	Puberty	Puberty
Winter Project	Friendship	caring for		Difference and			Relationships
Theme		ourselves		keeping safe			and
							Reproduction
Lesson Focus	Being Kind	Growing and	Male and	Personal space	What is	The	Puberty and
		changing	female animals		puberty?	Reproduction	reproduction
						system	Families,
							Conception and
							pregnancy
First aid	What to do in an	What to do in an	What to do in	Bites and stings	Asthma	Bleeding	Choking
	emergency	emergency	an emergency				
	(calling 999)	(calling 999)	(calling 999)				
Wellbeing	There are no outsiders in our school						
Lunch Clubs							
Physical	Physical activity	W	Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated				
health/Mental	(inc. 2hrs PE)	Wrenbury Walk x 3 weekly					
Wellbeing	Wrenbury Walk						
		'myhappymind' programme x weekly					
Safety		Speak out Stay Safe programme – NSPCC (signed up to)					
Internet Safety	Watching videos	Gaming /	How to	How to identi	fy online risks	How to recognise	e techniques used
Day – February	CEOP/Netware	sharing pictures	evaluate what	Sharing pictures/	chatting on line	for per	suasion
Into week focus		CEOP/Netware	they see online	How and whe	n to seek help	Netwar	e - Apps
			'Blocking him	'Who's Mag	nus?' CEOP	How and whe	n to seek help
			Right Good				
			Alfie' CEOP				
	Ensure revisiting to embed - '#Goldilocks - a cautionary tale						

Summer	YR	Y1	Y2	¥3	Y4	Y5	Y6
Christopher	Families and	Growing and	Differences	Valuing	Growing up	Puberty	Puberty
Winter Project	Friendship	caring for		Difference and			Relationships
Theme		ourselves		keeping safe			and
							Reproduction
Lesson Focus	Families	Families and	Naming body	Help and	Healthy	Puberty help	Communication
		care	parts	support	Relationships	and support	and
							relationships
First aid	Role play first	Role play first	Role play first	Role play first	Role play first	Role play first	Basic life
	aid scenarios	aid scenarios	aid scenarios	aid scenarios	aid scenarios	aid scenarios	support (Not
	using prior	using prior	using prior	using prior	using prior	using prior	CPR)
	learning	learning	learning	learning	learning	learning	
Wellbeing	Being me – Understanding my feelings and emotions						
Lunch Clubs							
Physical	Physical activity	Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated					
health/Mental	Wrenbury Walk	Wrenbury Walk x 3 weekly					
Wellbeing	Sports day   'myhappymind' programme x weekly   Health and Wellbeing Week   Exercise, diet/nutrition						
Safety	Sun safety						
online	Online behaviour						

The Protected characteristics (Equality Act) that schools are required to teach are taught at Wrenbury through the Christopher Winters Project:

Protected Characteristics	Taught within
Age	Year 4 lesson 1 and 2 (autumn, spring)
	Year 6 lesson 3 (summer)
Disability	Year 3 lesson 1 (autumn)
	Year 4 lesson 3 (summer)
	Additional Y5/6 respect and equality (summer)
Gender reassignment	Additional Y5/6 respect and equality (summer)
Marriage and civil partnership	Year 6 lesson 3 (summer)
	Year 3 lesson 3 (summer)
Pregnancy and maternity	Year 6 lesson 3 (summer)
Race	Year 3 lesson 1 (autumn)

	Year 4 lesson 3 (summer)	
	Additional Y5/6 respect and equality (summer)	
Religion or belief	Year 3 lesson 1 (autumn)	
	Year 4 lesson 3 (summer)	
	Additional Y5/6 respect and equality (summer)	
Sex	Year 6 lesson 1 (autumn)	
	Year 5 lesson 2 (spring)	
Sexual orientation	Additional Y5/6 respect and equality (summer)	