## PSHE/Relationship (and Sex) Education / Health and Wellbeing



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

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. (see draft RSE policy)

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	
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)								
Wellbeing	Tolerance and respect – link to world cultures and religions							
Lunch Clubs								
Physical	Anti-Bullying Week 13 – 17 November: annual theme – Make a noise about bullying							
health/Mental	Odd socks day – 13 <sup>th</sup> November – to celebrate everyone's individuality							
Wellbeing	Physical activity	/ Weekly Physical activity 2hrs						
(inc. 2hrs PE) Wrenbury Walk x 3 weekly Wrenbury Walk								
'myhappymind' programme x 1 weekly								
Keeping Safe	Personal hygiene							
	Bikeability – 18/19 <sup>th</sup> O					8/19 <sup>th</sup> October		
						Smokebusters		
	Bonfire – keeping safe - PCSO							
	Keeping safe on the road – road safety Education resources – THINK!/water safety (Canal and River Trust) – focus on water safety							
	in winter							
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		Being healthy/A Healthy lifestyle					
Lunch Clubs							
Physical	Physical activity	Children's Menta	Children's Mental Health awareness week – 5 – 11 February 2024 (My Happy Mind – Mental health foundation				
health/Mental	(inc. 2hrs PE)	activities) – Wear it Green day (awareness)					
Wellbeing	ing Wrenbury Walk Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated Wrenbury Walk x 3 weekly					d	
		'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 – 6 <sup>th</sup>	CEOP/Netware	sharing pictures	evaluate what	Sharing pictures/	chatting on line	for per	suasion
February 2024		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	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	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	Aiming high (inspirational people around the world) – Little People, Big Dreams						
Lunch Clubs							
Physical	Physical activity	Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated					
health/Mental	Wrenbury Walk	Walk Wrenbury Walk x 3 weekly					
Wellbeing		Sports day					
	'myhappymind' programme x weekly						
	Health and Wellbeing Week – 17 <sup>th</sup> June 2024						
	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:

Inspecting teaching of the protected characteristics in schools - GOV.UK (www.gov.uk)

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)				