

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



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

Autumn	YR	Y1	Y2	Y3	Y4	Y5	Y6
Christopher Winter Project Theme	Families and Friendship	Growing and caring for ourselves	Differences	Valuing Difference and keeping safe	Growing up	Puberty	Puberty Relationships and Reproduction
Lesson Focus	Caring friendships	Different friends	Differences	Body Differences	Changes	Talking about Puberty	Online relationships
First Aid (St John Ambulance teaching resources)	What to do if someone gets hurt	What to do if someone gets hurt	What to do if someone gets hurt	Emergencies and calling for help	Emergencies and calling for help	Emergencies and calling for help	Emergencies and calling for help
Wellbeing Lunch Clubs	All about me						
Physical health/Mental Wellbeing	Anti-Bullying Week 11 - 15 November: annual theme – Make a noise about bullying Odd socks day – 12 th November – to celebrate everyone’s individuality						
	Physical activity (inc. 2hrs PE) Wrenbury Walk	Weekly Physical activity 2hrs Wrenbury Walk x 3 weekly					
	‘myhappymind’ programme x 1 weekly						
Keeping Safe	Personal hygiene						
						Bikeability – 16/17 th October	
						Smokebusters	
	Consent – what is it? why is it important? How will it keep me safe?						
	Bonfire – keeping safe Keeping safe on the road – road safety Education resources – THINK! /water safety (Canal and River Trust) – focus on water safety in winter						
online	4-7s CEOP Education – how to stay safe online (age 4)	4-7s CEOP Education - how to stay safe online (age 5 - 6)	4-7s CEOP Education - how to stay safe online (age 6 - 7)	Managing online information	Managing online information	Managing online information Online reputation	Managing online information Online reputation

				Health, wellbeing and lifestyle	Health, wellbeing and lifestyle	Online relationships	Online relationships
--	--	--	--	---------------------------------------	---------------------------------------	-------------------------	-------------------------

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)

[illegible]

Summer	YR	Y1	Y2	Y3	Y4	Y5	Y6
Christopher Winter Project Theme	Families and Friendship	Growing and caring for ourselves	Differences	Valuing Difference and keeping safe	Growing up	Puberty	Puberty Relationships and Reproduction
Lesson Focus	Families	Families and care	Naming body parts	Help and support	Healthy Relationships	Puberty help and support	Communication and relationships
First aid	Role play first aid scenarios using prior learning	Role play first aid scenarios using prior learning	Role play first aid scenarios using prior learning	Role play first aid scenarios using prior learning	Role play first aid scenarios using prior learning	Role play first aid scenarios using prior learning	Basic life support (Not CPR)
Wellbeing Lunch Clubs	Changes/moving on						
Physical health/Mental Wellbeing	Physical activity Wrenbury Walk	Weekly Physical activity 2hrs – Heart, Mind, Body and Soul focus incorporated Wrenbury Walk x 3 weekly Sports day					
	‘myhappymind’ programme x weekly						
	Health and Wellbeing Week – 17 th June 2024 Exercise, diet/nutrition						
Safety online	Sun safety						
	Sharing Pictures and videos – CEOP online safety toolkit	Sharing Pictures and videos – CEOP online safety toolkit / Gaming - CEOP online safety toolkit	Chatting online - CEOP online safety toolkit	Online bullying	Online bullying	Self-image and identity Health, wellbeing and lifestyle	Self-image and identity Health, wellbeing and lifestyle

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 \(www.gov.uk\)](http://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)