



BSPS PSHE CURRICULUM

Key: **Non-Essential Lessons**

DSL Lessons

Kodesh Lessons

| Year Group | Family and Relationships | Health and Well being | Safety and the Changing Body | Citizenship | Economic Wellbeing | Heads Up Pajes HRE |
|------------|---|--|--|---|---|--------------------|
| 1 | Lesson 1: What is family? Lesson 2: What are friendships? Lesson 3: Recognising other people's emotions Lesson 4: Working with others Lesson 5: Friendship problems Lesson 6: Healthy friendships Lesson 7: Gender stereotypes | Lesson 1: Understanding my emotions Lesson 2: What am I like? Lesson 3 and 4: Ready for bed and Relaxation Lesson 5: Hand washing and personal hygiene Lesson 6: Sun safety Lesson 7: Allergies Lesson 8: People who help us keep healthy | Lesson 1: Adults in school and Adults outside school Lesson 2: Getting lost and People who help to keep us safe Lesson 3: Making an emergency phone call Lesson 4: Appropriate contact Lesson 5: Safety with substances Lesson 6 Safety at home | Lesson 1: Rules Lesson 2: Caring for others: Animals Lesson 3: The needs of others Lesson 4: Similar, yet different Lesson 5: Belonging Lesson 6: Democratic decisions | Lesson 1: Introduction to money Lesson 2: Looking after money Lesson 3: Banks and building societies Lesson 4: Saving and spending Lesson 5: Jobs in school | |



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| 2 | Lesson 1: Families offer stability and love Lesson 2: Families are all different Lesson 3: Other peoples' feelings Lesson 4: Unhappy friendships Lesson 5: Introduction to manners and courtesy Lesson 6: Change and loss Lesson 7: Gender stereotypes: Careers and jobs | Lesson 1: Experiencing different emotions Lesson 2: Being active Lesson 3 and 4: Relaxation: breathing exercises and Steps to success Lesson 5: Developing a growth mindset Lesson 6: Healthy diet Lesson 7: Looking after our teeth | Lesson 1: Introduction to the internet Lesson 2: Communicating online Lesson 3: Secrets and surprises and Lesson 4: Appropriate contact Lesson 5: Respecting personal boundaries Lesson 6: Road safety and Crossing roads safely Lesson 7: Staying safe with medicine | Lesson 1: Rules beyond school Lesson 2: Our school environment Lesson 3: Our local environment Lesson 4: Job roles in our local community Lesson 5: Similar yet different – my local community Lesson 6: School council Lesson 7: Giving my opinion | Lesson 1: Where money comes from Lesson 2: Needs and wants Lesson 3: Wants and needs Lesson 4: Looking after money Lesson 5: Jobs | |



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| 3 | Lesson 1: Healthy families Lesson 2: Friendship conflict and Friendship: conflict versus bullying Lesson 4: Effective communication Lesson 5: Learning who to trust Lesson 6: Respecting differences in others Lesson 7: Stereotyping: Gender Lesson 8: Stereotyping: Age | Lesson 1: My healthy diary Lesson 2: Relaxation: stretches Lesson 3: Wonderful me Lesson 4: My superpowers Lesson 5: Resilience: breaking down barriers Lesson 6: Communicating my feelings Lesson 7: Diet and dental health | Lesson 1: First Aid: Emergencies and calling for help Lesson 2: First Aid: bites and stings Lesson 3: Be kind online and Cyberbullying Lesson 5: Fake emails Lesson 6: Making choices Lesson 7: Influences Lesson 8: Keeping safe out and about | Lesson 1: Rights of the child Lesson 2: Rights and responsibilities Lesson 3: Recycling Lesson 4: Local community groups Lesson 5: Charity Lesson 6: Local democracy Lesson 7: Rules | Lesson 1: Ways of paying Lesson 2: Budgeting Lesson 3: How spending affects others Lesson 4: Impact of spending Lesson 5: Jobs and careers Lesson 6: Gender and careers | |



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| 4 | Lessons Lesson 1: Respect and manners Lesson 2: Healthy friendships and How my behaviour affects others Lesson 3: Bullying Lesson 4: Stereotypes: Gender Lesson 5: Stereotypes: Disability Lesson 6: Families in the wider world Lesson 7: Change and loss | Lesson 1: Looking after our teeth Lesson 2: Relaxation: Visualisation Lesson 3: Celebrating mistakes Lesson 4: Meaning and purpose: my role Lesson 5: My happiness Lesson 6: Emotions Lesson 7: Mental health | Lesson 1: Internet safety: Age restrictions Share aware Lesson 2: First Aid: asthma Lesson 3: Privacy and secrecy Lesson 4: Consuming information online Lesson 5: Growing up Lesson 6: Introducing puberty Lesson 7: Tobacco | Lesson 1: What are human rights? Lesson 2: Caring for the environment Lesson 3: Community Lesson 4: Contributing Lesson 5: Diverse communities Lesson 6: Local councillors | Lesson 1: Spending choices Lesson 2: Keeping track of money Lesson 3: Looking after money Lesson 4: Influences on career choices Lesson 5: Changing job | |



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| 5 | Lesson 1: Build a friend Lesson 2: Friendship skills Lesson 3: Marriage Lesson 4: Respecting myself Lesson 5: Family life Lesson 6: Bullying To understand more about bullying and how to get help Get started Lesson 7: Stereotyping: Gender Lesson 8: Stereotypes: Race and religion | Lesson 1: Relaxation: yoga Lesson 2: The importance of rest Lesson 3: Lesson 4: Going for goals Lesson 5: Taking responsibility for my feelings Lesson 6: Healthy meals Lesson 7: Sun safety | Lesson 1: Online friendships Lesson 2: Staying safe online Lesson 3: Puberty Lesson 4: Menstruation Lesson 5: Emotional changes in puberty Lesson 6: First Aid: Bleeding and head injuries Lesson 7: Alcohol, drugs and tobacco: | Lesson 1: Breaking the law Lesson 2: Rights and responsibilities Lesson 3: Protecting the planet Lesson 4: Contributing to the community Lesson 5: Pressure groups Lesson 6: Parliament | Lesson 1: Borrowing and expenditure Lesson 3: Risks with money Lesson 4: Prioritising spending Lesson 5: Stereotypes in the workplace | |



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| 6 | Lesson 1: Respect Lesson 2: Respectful relationships Lesson 3: Stereotypes: Attitudes Lesson 4: Challenging stereotypes Lesson 5: Resolving conflict Lesson 6: Change and loss | Lesson 1: What can I be? Lesson 2: Relaxation: Mindfulness Lesson 3: Taking responsibility for my health Lesson 4: The impact of technology on health Lesson 5: Resilience toolbox Lesson 6: Immunisation Lesson 7: Good and bad habits Lesson 8: Physical health concerns | Lesson 1: Alcohol Lesson 2: Critical digital consumers Lesson 3: Social media Lesson 4: Physical and emotional changes of puberty Lesson 5: First aid choking Lesson 6: Basic First Aid | Lesson 1: Human rights Lesson 2: Food choices and the environment Lesson 3: Caring for others Lesson 4: Prejudice and discrimination Lesson 5: Valuing diversity Lesson 6: National democracy | Lesson 1: Attitudes to money Lesson 2: Keeping money safe Lesson 3: What jobs are available? Lesson 5: Career routes | |