

Hinstock Primary School- PHSE LTP

At Hinstock School we use PHSE Association and 1 Decision resources and planning to help implement a broad and balanced PHSE curriculum.

Cycle A

	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in - feelings and emotions Developing self-confidence and an awareness of others needs and feelings.		Learning to deal with new experiences, expressing our opinions and listening to others Working co-operatively as part of a team.		Developing positive relationships and working collaboratively. Making healthy choices.	
Rec	<u>Settling In / Safe Relationships / families</u> What is a family? Who is in your family? Roles of different people; families; feeling cared for	<u>Feelings and Emotions- 1 Decision</u>	<u>Mental Health</u> How am I feeling? What can I do if I feel.... Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?	<u>Keeping / staying healthy- 1 Decision</u>	<u>Sex Ed</u> Naming body parts Importance of, and how to, maintain personal hygiene	<u>Computer safety- 1 Decision</u>
Y1/2	<u>Settling In / Safe Relationships / families</u>	<u>Feelings and Emotions- 1 Decision</u>	<u>Mental Health</u>	<u>Keeping / staying healthy- 1 Decision</u>	<u>Sex Ed</u>	<u>Computer safety- 1 Decision</u>

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	<p>What is a family?</p> <p>Who is in your family? Are all families the same?</p> <p>What is a separation?</p> <p>Roles of different people; families; feeling cared for</p>		<p>Can I name some different feelings? Can I describe situations in which I might feel happy, sad, cross etc? How do my feelings and actions affect others? How can I manage some of my emotions? What are the different ways people might relax? Who can I share my feelings with?</p>		<p>What are the names of the main parts of the body? What can my amazing body do? When am I in charge of my actions and my body? How can I keep my body clean?</p>	
Y3/4	<p><u>Settling In / Safe Relationships / families</u></p> <p>Personal boundaries; safely responding to others; the impact of hurtful b Responding to hurtful behaviour;</p>	<p><u>Feelings and Emotions- 1 Decision</u></p>	<p><u>Mental Health</u></p> <p>Why is it important to accept and feel proud of who we are? What does the word 'unique' mean and what do I feel proud of about myself?</p>	<p><u>Keeping / staying healthy- 1 Decision</u></p>	<p><u>Sex Edu</u></p> <p>What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy</p>	<p><u>Computer safety- 1 Decision</u></p>

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	managing confidentiality; recognising risks online behaviour		Why is mental wellbeing as important as physical wellbeing? How can I communicate my emotions? Can I recognise some simple ways to manage difficult emotions? How do my actions and feelings affect the way I and others feel? How do I care for other people's feelings?		Names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls What kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond	
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<p>Y5/6</p>	<p align="center"><u>Settling In / Safe Relationships / families</u></p> <p>How do I judge who is a trusted adult or trusted friend? How can I seek help or advice from someone on my personal network and when should I review my network? How could I report concerns of abuse or neglect? Can I identify appropriate & inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take?</p>	<p align="center"><u>Feelings and Emotions- 1 Decision</u></p>	<p align="center"><u>Mental Health</u></p> <p>How do people's emotions evolve over time as they experience loss and change? How can I manage the changing influences and pressures on my friendships and relationships? What strategies can I use to promote my well-being?</p>	<p align="center"><u>Keeping / staying healthy- 1 Decision</u></p>	<p align="center"><u>Sex Edu</u></p> <p>What are male and female sexual parts called and what are their functions? How can I talk about bodies confidently and appropriately? What happens to different bodies at puberty? What might influence my view of my body?</p>	<p align="center"><u>Computer safety- 1 Decision</u></p> <p align="center"><u>First Aid</u></p> <p>How do I make a clear and efficient call to emergency services?</p> <p>Concepts of basic first-aid e.g. dealing with common injuries, including head injuries.</p> <p>Basic life support</p>
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	<p>What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</p> <p>Physical contact and feeling safe.</p> <p>Recognising and managing pressure; consent in different situations.</p>					
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Cycle B

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<p align="center">Nursery</p>	<p>Settling in - feelings and emotions Developing self-confidence and an awareness of others needs and feelings.</p>		<p>Learning to deal with new experiences, expressing our opinions and listening to others Working co-operatively as part of a team.</p>		<p>Developing positive relationships and working collaboratively. Making healthy choices.</p>	
<p align="center">Rec</p>	<p align="center"><u>Respecting Ourselves and Others</u></p> <p>What does the word respect mean? How can I show respect?</p> <p align="center">Good and bad secrets, VIP's, dealing with worries.</p>	<p align="center"><u>Keeping safe- 1 Decision</u></p>	<p align="center"><u>Money Matter</u></p> <p>What is money? What do we need money for? Where does money come from?</p> <p align="center">Different jobs, saving money, spending money, wants and needs.</p>	<p align="center"><u>Being responsible- 1 Decision</u></p>	<p align="center"><u>Mental Health</u></p> <p>How am I feeling? What can I do if I feel... Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?</p>	<p align="center"><u>Relationships- 1 Decision</u></p> <p align="center"><u>Growing and changing / Sex Ed</u></p> <p>What body parts do I have? Correct body name parts. Importance of, and how to, maintain personal hygiene</p>

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<p>Year 1 /2</p>	<p style="text-align: center;"><u>Respecting Ourselves and Others</u></p> <p>What does the word respect mean? How can I show respect?</p> <p>Good and bad secrets, VIP's, dealing with worries</p>	<p style="text-align: center;"><u>Keeping safe- 1 Decision</u></p>	<p style="text-align: center;"><u>Money Matter</u></p> <p>What is money? What do we need money for? Where does money come from?</p> <p>Different jobs, saving money, spending money, wants and needs.</p>	<p style="text-align: center;"><u>Being responsible- 1 Decision</u></p>	<p style="text-align: center;"><u>Mental Health</u></p> <p>How am I feeling? What can I do if I feel....</p> <p>Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?</p>	<p style="text-align: center;"><u>Relationships- 1 Decision</u></p> <p style="text-align: center;"><u>Growing and changing / Sex Ed</u></p> <p>What happens to my body as I grow? What is appropriate and inappropriate physical and other contact?</p> <p>Growing older; naming body parts; moving class or year</p>
<p>Year 3/4</p>	<p style="text-align: center;"><u>Families and friendships</u></p> <p>Friendship; making positive friendships, managing loneliness, dealing with</p>	<p style="text-align: center;"><u>Keeping safe- 1 Decision</u></p>	<p style="text-align: center;"><u>The working world- 1 Decision</u></p>	<p style="text-align: center;"><u>Being responsible- 1 Decision</u></p>	<p style="text-align: center;"><u>Mental Health</u></p> <p>What affects my mental health? Does social media play a part on my mental health?</p>	<p style="text-align: center;"><u>Relationships- 1 Decision</u></p> <p style="text-align: center;"><u>Sex Ed</u></p> <p>Growing and Changing;</p>

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	<p>arguments, including online.</p> <p>What makes a family; features of family life.</p>				<p>What are helpful and unhelpful thoughts? How can I work on these?</p>	<p>Reproduction, Birth and puberty.</p> <p>how to identify external genitalia and reproductive about the physical and emotional changes during puberty.</p>
<p>Year 5/6</p>	<p><u>Families and friendships</u> Managing friendships and peer influence</p> <p>Attraction to others; romantic relationships; civil partnership and marriage person's identity?</p>	<p><u>Keeping safe- 1 Decision</u></p>	<p><u>The working world- 1 Decision</u></p>	<p><u>Being responsible- 1 Decision</u></p>	<p><u>Mental Health/ First Aid</u></p> <p>What positive and negative changes might people experience? What different strategies do people use to manage feelings linked to loss and change and how can I help?</p>	<p><u>Relationships- 1 Decision</u></p> <p><u>Sex Edu</u></p> <p>Identify the links between love, committed relationships and conception</p> <p>what sexual intercourse is, and how it can be one</p>

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					<p>When might change lead to positive outcomes for people? What strategies will help me to thrive when I move to my next school?</p>	<p>part of an intimate relationship between consenting adults how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</p>
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