




























# Bridgelea Primary School Curriculum Overview








## PHSE



| Early Years  |   |   |
|--|---|---|
| Strand   | End of Early Years  |   |
| Autumn 1<br>Living in the wider world                                | <ul style="list-style-type: none"> <li>Talk about members of their immediate family and community.</li> <li>Name and describe people who are familiar to them.</li> <li>Recognise that people have different beliefs and celebrate special times in different ways.</li> </ul>  |   |
| Autumn 2<br>Relationships and RSE                                    | <ul style="list-style-type: none"> <li>Continue developing positive attitudes about the differences between people.</li> <li>Know that there are different countries in the world and talk about the differences they have experienced or seen in photos.</li> <li>See themselves as a valuable individual.</li> <li>Build constructive and respectful relationships.</li> <li>Identify and moderate their own feelings socially and emotionally.</li> <li>Think about the perspectives of others.</li> </ul> |    |
| Spring 1<br>Keeping Safe   | <ul style="list-style-type: none"> <li>Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.</li> <li>Develop social phrases.</li> </ul>   |     |
| Spring 2<br>Mental and Emotional Health<br>(Including Online safety) | <ul style="list-style-type: none"> <li>Recognise that people have different beliefs and celebrate special times in different ways.</li> <li>Understand what the internet is and what they use the internet for (E.G. watching videos, playing games, learning things.)</li> <li>Express their feelings and consider the feelings of others.</li> <li>Show resilience and perseverance in the face of challenge.</li> </ul>  |     |

























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| Summer 1<br>Healthy<br>Lifestyles | <ul style="list-style-type: none"> <li>• Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.</li> <li>• Develop social phrases.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> <li>• Think about the perspectives of others.</li> <li>• Manage their own needs.</li> </ul> |     |
| Summer 2<br>Transition            | <ul style="list-style-type: none"> <li>• Identify changes that may happen in school next year.</li> <li>• Discuss having a new teacher/ new classroom.</li> </ul>   |      |




| Mile Post One                            |   |  |
|--|---|--|
| Strand                                   | End of MP1  | Manchester Skils4Life  |
| Autumn 1<br>Living in the<br>wider world | <p>Year 1 objectives</p> <ul style="list-style-type: none"> <li>- <b>Class rules.</b> What are our class rules?</li> <li>- <b>Recognising money.</b> Where does money come from?</li> <li>- <b>Environment.</b> What is the environment?</li> </ul> <p>Year 2 objectives</p> <ul style="list-style-type: none"> <li>- <b>Groups and communities.</b> What groups and communities am I a part of?</li> <li>- <b>Spending money.</b> How do we make choices about spending money?</li> <li>- <b>Environment.</b> How can we look after the environment?</li> </ul>  |   <br>  |
| Autumn 2<br>Relationships<br>and RSE     | <p>Year 1 objectives</p> <ul style="list-style-type: none"> <li>- <b>Families.</b> Who are the people in my life that love and care for me?</li> <li>- <b>Differences.</b> What are the differences and similarities between people?</li> <li>- <b>Body Parts.</b> What are the similarities between girls and boys?</li> </ul> <p>Year 2 objectives</p> <ul style="list-style-type: none"> <li>- <b>Privacy.</b> What is private? (body parts)</li> <li>- <b>Growing up.</b> What happens when the body grows young to old?</li> <li>- <b>Fair/Unfair.</b> What is fair, unfair, kind and unkind?</li> </ul> |   <br>  |



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| <p>Spring 1<br/><b>Keeping Safe</b></p>  | <p>Year 1 objectives</p> <ul style="list-style-type: none"> <li>- <b>Safety school and outside.</b> What are the rules for keeping me safe at school and outside?</li> <li>- <b>Safety at home.</b> What are rules about household substances?</li> <li>- <b>Emergency.</b> What is an emergency and what do I do?</li> </ul> <p>Year 2 objectives</p> <ul style="list-style-type: none"> <li>- <b>Feeling unwell.</b> How do medicines help us when we are unwell?</li> <li>- <b>Safe at home.</b> How do I keep safe at home?</li> <li>- <b>My responsibilities.</b> What is my responsibility for keeping myself and others safe?</li> </ul>         | <br>     |
| <p>Spring 2<br/><b>Mental and Emotional Health</b><br/>(Including Online safety)</p> | <p>Year 1 objectives</p> <ul style="list-style-type: none"> <li>- <b>Feelings.</b> What makes me happy? What are feelings?</li> <li>- <b>Secrets.</b> What is the difference between good secrets and bad secrets?</li> <li>- <b>Behavior.</b> How does my behavior affect others?</li> </ul> <p>Year 2 objectives</p> <ul style="list-style-type: none"> <li>- <b>Big and small feelings.</b> What is the difference between small feelings and big feelings?</li> <li>- <b>Online safety.</b> How can I keep safe online?</li> <li>- <b>Bullying.</b> What makes others happy? What is the different between joking, teasing and bullying?</li> </ul> | <br>    |
| <p>Summer 1<br/><b>Healthy Lifestyles</b></p>  | <p>Year 1 objectives</p> <ul style="list-style-type: none"> <li>- <b>Healthy foods.</b> What foods should I eat to help me stay healthy?</li> <li>- <b>Healthy teeth.</b> How can I look after my teeth?</li> <li>- <b>Hand washing.</b> Why is important to wash my hands?</li> </ul> <p>Year 2 objectives</p> <ul style="list-style-type: none"> <li>- <b>Keeping healthy.</b> How do I keep myself healthy?</li> <li>- <b>Keeping active.</b> Why is it important to keep active?</li> <li>- <b>Infection prevention.</b> How can I prevent diseases from spreading?</li> </ul>  | <br> |
| <p>Summer 2<br/><b>Transition</b></p>  | <ul style="list-style-type: none"> <li>• Identify changes that may happen in school next year.</li> <li>• Discuss having a new teacher/ new classroom.</li> <li>• What has worked well this year? What have they improved on this year? What would they like to continue to work on next year?</li> </ul>   |    |



## Mile Post Two

| Strand   | End of MP2  |  |
|--|---|--|
| Autumn 1<br>Living in the wider world                                | <p>Year 3 objectives</p> <ul style="list-style-type: none"> <li>- <b>Rules and laws.</b> How do rules and laws protect me?</li> <li>- <b>Community.</b> What is the difference between my local British community and global communities?</li> <li>- <b>Work and money.</b> What are the links between work and money?</li> </ul> <p>Year 4 objectives</p> <ul style="list-style-type: none"> <li>- <b>Rights of the child.</b> What are the rights of a child?</li> <li>- <b>Looking after money.</b> How do we look after our money?</li> <li>- <b>Sustainability.</b> What is sustainability?</li> </ul> |   <br>    |
| Autumn 2<br>Relationships and RSE                                    | <p>Year 3 objectives</p> <ul style="list-style-type: none"> <li>- <b>Personal Space.</b> What is personal space?</li> <li>- <b>Healthy relationships.</b> What does a healthy relationship look like?</li> <li>- <b>Equal relationships.</b> Why is being equal important in relationships?</li> </ul> <p>Year 4 objectives</p> <ul style="list-style-type: none"> <li>- <b>Diversity.</b> What is diversity?</li> <li>- <b>Gender roles.</b> Do boys and girls have different roles?</li> <li>- <b>Changes to my body.</b> What changes happen to my body?</li> </ul>                                      |   <br>     |
| Spring 1<br>Keeping Safe   | <p>Year 3 objectives</p> <ul style="list-style-type: none"> <li>- <b>Smoke.</b> What happens when I breathe smoke in the air?</li> <li>- <b>Recognizing risk.</b> How do I recognise risks in my life?</li> <li>- <b>Responding to an emergency.</b> What do I do in an emergency?</li> </ul> <p>Year 4 objectives</p> <ul style="list-style-type: none"> <li>- <b>Managing risk.</b> How do I manage risks in my life?</li> <li>- <b>Self-control.</b> What is self-control?</li> <li>- <b>Types of drugs.</b> What is the difference between legal and illegal drugs? Are all drugs harmful?</li> </ul>   |    <br>   |
| Spring 2<br>Mental and Emotional Health<br>(Including Online safety) | <p>Year 3 objectives</p> <ul style="list-style-type: none"> <li>- <b>Emotions.</b> How do my feelings affect my behavior? How can I manage my feelings?</li> <li>- <b>Online Safety.</b> What are the ways we are communicating online?</li> <li>- <b>Strengths and differences.</b> What am I good at?</li> </ul> <p>Year 4 objectives</p> <ul style="list-style-type: none"> <li>- <b>Resilience.</b> What is resilience?</li> <li>- <b>Actions and responsibilities.</b> What does it mean to have responsibility over my choices and</li> </ul>   |   <br>     |

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|  | <p>actions?</p> <p>- <b>Discrimination.</b> What is discrimination?</p>   |   |
| <p>Summer 1</p> <p><b>Healthy Lifestyles</b></p> | <p>Year 3 objectives</p> <ul style="list-style-type: none"> <li>- <b>Healthy diet.</b> What is a healthy diet? What is an unhealthy diet?</li> <li>- <b>Sun safety.</b> How do I keep safe in the sun?</li> <li>- <b>Personal hygiene.</b> Why is personal hygiene important?</li> </ul> <p>Year 4 objectives</p> <ul style="list-style-type: none"> <li>- <b>Sleeping Well.</b> How do I make sure I sleep well?</li> <li>- <b>Healthy diet.</b> What is fuel for the body?</li> <li>- <b>Feeling ill.</b> How do I know if I am ill?</li> </ul> |   |
| <p>Summer 2</p> <p><b>Transition</b></p>         | <ul style="list-style-type: none"> <li>• Identify changes that may happen in school next year.</li> <li>• Discuss having a new teacher/ new classroom.</li> <li>• What has worked well this year? What have they improved on this year? What would they like to continue to work on next year?</li> </ul>   |    |

| Mile Post Two   |   |   |
|---|---|---|
| Strand  | End of MP2  |   |
| <p>Autumn 1</p> <p><b>Living in the wider world</b></p> | <p>Year 5 objectives</p> <ul style="list-style-type: none"> <li>- <b>Rules and laws.</b> How are rules and law made and changed?</li> <li>- <b>Fair trade.</b> What is Fair Trade?</li> <li>- <b>Enterprise.</b> How can I combine sustainability with fair trade using my enterprise skills?</li> </ul> <p>Year 6 objectives</p> <ul style="list-style-type: none"> <li>- <b>Media.</b> Why is it important to be critical of the media online and offline?</li> <li>- <b>Managing money.</b> How do people manage money?</li> <li>- <b>Aspirations</b> - What do I want to be?</li> </ul> |   |

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| <p>Autumn 2</p> <p><b>Relationships and RSE</b></p>                                     | <p>Year 5 objectives</p> <ul style="list-style-type: none"> <li>- <b>Puberty.</b> What is puberty?</li> <li>- <b>Different relationships.</b> What are the different relationships in my life?</li> <li>- <b>Unwanted touch.</b> What is unwanted touch?</li> </ul> <p>Year 6 objectives</p> <ul style="list-style-type: none"> <li>- <b>Changes in life.</b> What changes happen in my life?</li> <li>- <b>Loving relationships.</b> What happens in a loving relationship (incl. marriage) and what is forced marriage?</li> <li>- <b>How babies are made</b> - How is a baby made?</li> </ul> <p><b>Additional optional lesson - FGM</b></p>   | <br>      |
| <p>Spring 1</p> <p><b>Keeping Safe</b></p>  | <p>Year 5 objectives</p> <ul style="list-style-type: none"> <li>- <b>Dealing with dares.</b> How do I respond dares?</li> <li>- <b>Habits.</b> What are 'Habits'?</li> <li>- <b>Influences.</b> Who or what influences me?</li> </ul> <p>Year 6 objectives</p> <ul style="list-style-type: none"> <li>- <b>Different drugs.</b> How do drugs affect the mind and body?</li> <li>- <b>Peer pressure.</b> How do I manage peer pressure?</li> </ul> <p><b>First aid.</b> What are basic emergency first aid skills?</p>   | <br>    |
| <p>Spring 2</p> <p><b>Mental and Emotional Health</b><br/>(Including Online safety)</p> | <p>Year 5 objectives</p> <ul style="list-style-type: none"> <li>- <b>Mental Health.</b> What is mental health?</li> <li>- <b>Negotiation.</b> How do I negotiate and compromise?</li> <li>- <b>Online Safety.</b> How do I stay safe on a mobile or tablet?</li> <li>- <b>Personal qualities.</b> How can I be happy being me?</li> </ul> <p>Year 6 objectives</p> <ul style="list-style-type: none"> <li>- <b>Challenging negative feelings.</b> How can I challenge negative thoughts and feelings?</li> <li>- <b>Challenging stereotypes.</b> What are stereotypes?</li> </ul> <p><b>Online safety.</b> How can the internet positively and negatively affect our mental health?</p> | <br> |
| <p>Summer 1</p> <p><b>Healthy Lifestyles</b></p>  | <p>Year 5 objectives</p> <ul style="list-style-type: none"> <li>- <b>Vaccines.</b> How can we stop the spread of infection?</li> <li>- <b>Balanced diet.</b> Why is it important to know about nutritional content of food?</li> </ul> <p>Year 6 objectives</p> <ul style="list-style-type: none"> <li>- <b>Mental and physical wellbeing.</b> How is my mental and physical wellbeing connected?</li> <li>- <b>Keeping physically healthy.</b> How do I keep physically healthy?</li> <li>- <b>Healthy meals.</b> Can I plan and prepare a healthy meal?</li> </ul>  | <br> |

Summer 2  
Transition

- Identify changes that may happen in school next year.
- Discuss having a new teacher/ new classroom.
- What has worked well this year? What have they improved on this year? What would they like to continue to work on next year?

