



CUNDALL MANOR SCHOOL

PSHE and RSE Policy 2025

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Mission statement

Cundall Manor School recognises its responsibility in promoting pupils' Spiritual, Moral, Social and Cultural (SMSC) development. The Personal, Social, Health and Economic (PSHE) education programme and the Relationships Education (RE) programme in primary school and Relationships and Sex Education (RSE) programme in secondary school form an integral part of how the School meets this responsibility.

The PSHE education and the RE/RSE programmes contribute to the work of other areas of the school in enabling pupils to develop their self-knowledge, self-esteem and self-confidence; in enabling them to distinguish right from wrong and to respect the law; in encouraging them to accept responsibility for their behaviour, show initiative and understand how they can contribute to community life; in enabling them to acquire a broad general knowledge and respect for public institutions and services in England; in assisting them in acquiring an appreciation of and respect for their own and other cultures in a way that promotes tolerance and harmony between different cultural traditions; and in encouraging respect for other people as well as democracy and support for participation in the democratic processes.

The school also actively promotes fundamental British values by enabling pupils to understand and accept that citizens can influence decision-making through the democratic process; that living under the rule of law protects individual citizens and is essential for their wellbeing and safety; that there is a separation of power between the executive and the judiciary, and that while some public bodies such as the police and the army can be held to account through Parliament, others such as the courts maintain independence; that the freedom to choose and hold other faiths and beliefs is protected in law; that other people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour; and that it is important to identify and combat discrimination.

Statement of intention

The below aims are consistent with, and so reinforce, the ethos and general aims of the School and the protected characteristics named under the Equality Act 2010 (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex, sexual orientation).

Personal, social, health and economic education (referred to as 'PSHE') forms a valuable part of the pastoral system which does not merely support the academic curriculum but has its own educative purpose.

We will endeavour to provide a curriculum that is broadly based, balanced and meets the needs of all pupils by:

- *promoting the spiritual, moral, cultural, mental and physical development of pupils at the school ▪ preparing pupils at the school for the opportunities, responsibilities and experiences of later life.*
- *promoting children and young people's wellbeing (Wellbeing is defined in the Children Act 2004 as the promotion of physical and mental health; emotional wellbeing; social and economic wellbeing; education, training and recreation; recognition of the contribution made by children to society; and protection from harm and neglect.)*
- *promoting community cohesion (Education and Inspections Act 2006; Education Act 2002)*
- *promoting good behaviour and positive character traits, including for example courtesy, respect, truthfulness, courage and generosity (Character Education Framework Guidance, 2019)*

Definition of RE and RSE

Although the Government made Relationships Education and Relationships and Sex Education compulsory in all primary and secondary school respectively as of September 2020, Cundall Manor School was already fulfilling the requirement as part of its PSHE education programme for many years.

The focus of RE in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This includes online relationships and being safe both online and offline.

In secondary school, the aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships, both offline and online and how to remain safe.

Definition of PSHE education

PSHE education can be defined as a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future

As part of a whole school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

The benefits to pupils of such an approach are numerous as PSHE education prepares them to manage many of the most critical opportunities, challenges and responsibilities they will face growing up in such rapidly changing and challenging times. It also helps them to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to fulfil their academic potential.

Right to be excused from sex education (commonly referred to as the right to withdraw)

Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

If a parent wishes to exert this right, a meeting should take place with the child's form tutor and / or Assistant Head, the PSHE coordinator and the Headteacher to discuss the request and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

Our policy is reviewed annually we ask for any parental views specifically regarding the Relationship and Sex Education aspect by contacting Miss Stovin (Deputy Head) as the PSHE Coordinator. The latest consultation was 24.06.2025

Provision

EYFS provision

In the nursery, PHSE is embedded within the curriculum as it makes up one of the three prime areas of learning, as part of the seven areas of learning. In EYFS this is referred to as PSED. For this reason the Early Learning Goals are covered and planned for in a very different way.

In Reception, we use the EC Publishing PSHE Programme. Pupils focus on three areas Unit 1: Health and Wellbeing, Unit 2: Living in the Wider World and Unit 3: Relationships. Please see Appendix 1 for the Reception PSHE education overview. The programme covers everything for PSHE, RSE and Health as stipulated by the DfE statutory guidelines and the PSHE Association's guidance for 2020-23 and any new 2024-25 additional guidelines.

KS1 and KS2 provision

Although it is recognised that a substantial amount of personal and social education takes place throughout the curriculum, it is still felt necessary to supplement this education with formal PSHE lessons. Form tutors (or form assistants) deliver each topic within the PSHE programme during the weekly timetabled PSHE lesson. At KS1, lessons last for 40 minutes and at KS2 they last for 60 minutes.

At KS1 and KS2, we use the EC Publishing PSHE Programme. All year groups work on the same three units at the same time. Unit 1: Health and Wellbeing, Unit 2: Living in the Wider World and Unit 3: Relationships. The programme covers everything for PSHE, RSE and Health as stipulated by the DfE statutory guidelines and the PSHE Association's guidance for 2020-23 and any new 2024-25 additional guidelines.

Please see Appendix 2 for the KS1 PSHE education overviews and Appendix 3 for the KS2 PSHE education overviews.

KS3 provision

Although it is recognised that a substantial amount of personal and social education takes place throughout the curriculum, it is still felt necessary to supplement this education with formal PSHE lessons. Form tutors (or form assistants) deliver each topic within the PSHE programme during the weekly timetabled 60-minute PSHE lesson. Additionally, a number of assemblies, theme weeks throughout the year enable pupils to follow national and global initiatives as well as develop their knowledge about a range of topics that are either not covered by the current PSHE programme or we, as a school, feel need additional coverage.

At KS3, we use the EC Publishing PSHE Programme. It comprises of three units. Unit 1: Health and Wellbeing, Unit 2: Living in the Wider World and Unit 3: Relationships. The programme covers everything for PSHE, RSE and Health as stipulated by the DfE statutory guidelines and the PSHE Association's guidance for 2020-23 and any new 2024-25 additional guidelines.

Please see Appendix 4 for the KS3 PSHE education overviews.

KS4 provision

Although it is recognised that a substantial amount of personal and social education takes place throughout the curriculum, it is still felt necessary to supplement this education with formal PSHE lessons. Form tutors (or form assistant) deliver each topic within the PSHE programme during the weekly timetabled 60-minute PSHE lesson. Additionally, a number of theme weeks throughout the year enable pupils to follow national and global initiatives as well as develop their knowledge about a range of topics that are either not covered by the current PSHE programme or we, as a school, feel need additional coverage.

At KS4, we use the EC Publishing PSHE Programme. It comprises of three units. Unit 1: Health and Wellbeing, Unit 2: Living in the Wider World and Unit 3: Relationships. The programme covers everything for PSHE, RSE and Health as stipulated by the DfE statutory guidelines and the PSHE Association's guidance for 2020-23 and any new 2024-25 additional guidelines.

Please see Appendix 5 for the KS4 PSHE education overviews.

External speakers

In addition to the above schemes of work, the school invites a variety of suitable external speakers where relevant and available. These may include staff from: banks, building societies, the police, ChildLine and other associations, etc. to deliver age-relevant workshops and lectures.

Responsibilities

We have appointed a member of staff responsible for co-ordinating PSHE education in our school. Our current PSHE education coordinator is Clare Stovin.

The coordinator's role includes:

- Leading, developing and managing a statutory curriculum area within the school.
- Keeping up to date with school and national initiatives as well as legal directives affecting Citizenship and PSHE and planning accordingly (including ISSRs).
- Planning and co-ordinating the development of high quality schemes of work.
- Working with the Assistant Heads and Form Tutors (or Form Assistants) to establish and maintain rigorous self-evaluation by:
 - work scrutiny
 - lesson observations
 - moderating pupil standards
 - providing information towards the updating of the SEF
- Assessing teaching and using assessments to identify where pupils need more extra support or intervention.
- Preparing any reports for the Head or Governors' sub-committees as required
- Leading, developing and enhancing the teaching practice of other staff in delivering the PSHEE curriculum.
 - Incorporating the principles highlighted by the document Every Child Matters (no longer current but having sound guidance) into planning and development (safe, healthy, enjoyment, economic well-being, positive contribution).
- Being responsible for coordinating a portfolio of evidence to affirm the SMSC education of our pupils.
- Participating in continuing professional development and engaging in professional learning relevant to the subject, including membership to relevant bodies and associations (i.e. currently, Cundall Manor is a member of the PSHE association).
- Maintaining an overview of the aspects of Fundamental British Values offered across the curriculum.
- Encouraging participation in and organising enrichment; cross and extra-curricular activities appropriate to extend learning in PSHEE.
- Contributing to whole school development of PSHEE, SMSC and FBV.
- Working closely with the Child Protection Officer to ensure the school complies with the Prevent duty, because even though the risk of radicalisation has been assessed as low, Cundall Manor School has a due regard to the need to prevent people from being drawn into terrorism.
- Auditing PSHEE themes across the curriculum every two years, making recommendations, improving schemes of work and providing support for other staff
- Effective deployment of resources, including management of budgets and ensuring a high quality learning environment.

The form tutor (or form assistant)'s role includes:

- Having the same high expectations of the quality of pupils' work in RSE as for other curriculum areas.
- Planning lessons in accordance with the school PSHE education curriculum
- Fostering a safe environment in which pupils feel confident to ask questions and debate ideas
- Keeping a record of each pupil's learning progress and providing pupils opportunities for self-assessment (e.g. workbooks or worksheets)
- Assessing pupils' progress in the subject, either informally or formally, through tests, written assignments or self-evaluation and then feeding back to pupils on their progress.
- Sharing good practice and resources with other form tutors.
- Creating cross-curricular links when appropriate (e.g. business studies, P.E., biology, etc.)
- Discussing current affairs as well as local, national and world news if relevant to the topic currently taught or if the event only occurs from time to time (e.g. parliamentary elections, Olympic Games, etc.)

Monitoring and Evaluation

The PSHE education provision will be reviewed on an annual basis by the PSHEE coordinator. The coordinator ensures that all form tutors are aware of their responsibilities with regards to the delivery of PSHE education. Informal discussions with form tutors and pupils, lessons observations and work scrutiny (where relevant) will enable the coordinator to monitor and evaluate teaching and learning.

Appendix 1

	Week No.	Reception
09/09/24	1	Health & Wellbeing: Lesson 1 Handwashing and germs
16/09/24	2	Health & Wellbeing: Lesson 2 Hygiene and self-care
23/09/24	3	Health & Wellbeing: Lesson 3 Healthy teeth
30/09/24	4	Health & Wellbeing: Lesson 4 Healthy food
07/10/24	5	Health & Wellbeing: Lesson 5 Healthy bodies
14/10/24	6	Health & Wellbeing: Lesson 6 Sun safety
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Feelings
11/11/24	8	Health & Wellbeing: Lesson 8 Calming down
18/11/24	9	Health & Wellbeing: Lesson 9 Resilience
25/11/24	10	Health & Wellbeing: Lesson 10 Independence
02/12/24	11	Health & Wellbeing: Lesson 11 Growing and changing
09/12/24	12	Health & Wellbeing: Lesson 12 My body
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Classroom rules
13/01/25	14	Living in the Wider World: Lesson 2 All about me

20/01/25	5	Living in the Wider World: Lesson 3 Setting simple goals
27/01/25	6	Living in the Wider World: Lesson 4 Online safety
03/02/25	7	Living in the Wider World: Lesson 5 Screen times
10/02/25	8	Living in the Wider World: Lesson 6 Being a safe pedestrian
17/02/25	Lent Half-term	
24/02/25	9	Living in the Wider World: Lesson 7 Caring for ourselves and others
03/03/25	10	Living in the Wider World: Lesson 8 Looking after our planet
10/03/25	11	Living in the Wider World: Lesson 9 Money and coins
17/03/25	12	Living in the Wider World: Lesson 10 Celebrating our differences
24/03/25	13	Living in the Wider World: Lesson 11 People and communities
31/03/25	14	Living in the Wider World: Lesson 12 Jobs and community helpers
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	15	Relationships: Lesson 1 Kindness
05/05/25	16	Relationships: Lesson 2 Let's be friends
12/05/25	17	Relationships: Lesson 3 Sharing and taking turns
19/05/25	18	Relationships: Lesson 4 Saying sorry
26/05/25	Summer Half-Term	
02/06/25	19	Relationships: Lesson 5 Telling the truth
09/06/25	20	Relationships: Lesson 6 My family
16/06/25	21	Relationships: Lesson 7 Making good choices
23/06/25	22	Relationships: Lesson 8 Personal space
30/06/25	23	Relationships: Lesson 9 Asking permission and secrets
08/07/24	Summer Holidays	

Appendix 2

	Week No.	Year 1
09/09/24	1	Health & Wellbeing: Lesson 1 This is me
16/09/24	2	Health & Wellbeing: Lesson 2 How we grow
23/09/24	3	Health & Wellbeing: Lesson 3 What are feelings?
30/09/24	4	Health & Wellbeing: Lesson 4 Feelings and loss
07/10/24	5	Health & Wellbeing: Lesson 5 How we play and learn
14/10/24	6	Health & Wellbeing: Lesson 6 Staying safe
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Keeping clean
11/11/24	8	Health & Wellbeing: Lesson 8 Healthy teeth
18/11/24	9	Health & Wellbeing: Lesson 9 Fun in the sun
25/11/24	10	Health & Wellbeing: Lesson 10 Healthy food

02/12/24	1	Health & Wellbeing: Lesson 11 Eating well
09/12/24	2	Health & Wellbeing: Lesson 12 Fit and healthy bodies
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	3	Living in the Wider World: Lesson 1 All about rules
13/01/25	4	Living in the Wider World: Lesson 2 Online world
20/01/25	5	Living in the Wider World: Lesson 3 Online safety
27/01/25	6	Living in the Wider World: Lesson 4 Strengths and interests
03/02/25	7	Living in the Wider World: Lesson 5 Jobs and skills
25	8	Living in the Wider World: Lesson 6 Welcoming everyone
17/02/25	Lent Half-term	
24/02/25	9	Living in the Wider World: Lesson 7 Caring for living things
03/03/25	10	Living in the Wider World: Lesson 8 All about recycling
10/03/25	11	Living in the Wider World: Lesson 9 Plastic and pollution
17/03/25	12	Living in the Wider World: Lesson 10 Global warming
24/03/25	13	Living in the Wider World: Lesson 11 Our classroom community
31/03/25	14	Living in the Wider World: Lesson 12 Community helpers
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	15	Relationships: Lesson 1 Respect & polite words
05/05/25	16	Relationships: Lesson 2 Sharing and taking turns
12/05/25	17	Relationships: Lesson 3 Being helpful and kind
19/05/25	18	Relationships: Lesson 4 Getting hurt
26/05/25	Summer Half-Term	
02/06/25	19	Relationships: Lesson 5 People who care for me
09/06/25	20	Relationships: Lesson 6 What is a family? Family and me
16/06/25	21	Relationships: Lesson 7 All about bodies
23/06/25	22	Relationships: Lesson 8 My body belongs to me
30/06/25	23	Relationships: Lesson 9 Asking for permission
08/07/24	Summer Holidays	
	Week No.	Year 2
09/09/24	1	Health & Wellbeing: Lesson 1 Healthy habits and routines
16/09/24	2	Health & Wellbeing: Lesson 2 Looking after my teeth
23/09/24	3	Health & Wellbeing: Lesson 3 The importance of sleep
30/09/24	4	Health & Wellbeing: Lesson 4 All about medicines
07/01/24	5	Health & Wellbeing: Lesson 5 All about feelings
14/10/24	6	Health & Wellbeing: Lesson 6 How to manage big feelings

21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 The human life cycle
11/11/24	8	Health & Wellbeing: Lesson 8 Brilliant bodies
18/11/24	9	Health & Wellbeing: Lesson 9 Safety and risk
25/11/24	10	Health & Wellbeing: Lesson 10 Staying safe at home
02/12/24	11	Health & Wellbeing: Lesson 11 Road safety
09/12/24	12	Health & Wellbeing: Lesson 12 Accidents and emergencies
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 What is money
13/01/25	14	Living in the Wider World: Lesson 2 Different ways to pay
20/01/25	15	Living in the Wider World: Lesson 3 Earning money
27/01/25	16	Living in the Wider World: Lesson 4 Saving and spending
03/02/25	17	Living in the Wider World: Lesson 5 Wants and needs
10/02/25	18	Living in the Wider World: Lesson 6 What is the internet
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 7 Personal data
03/03/25	20	Living in the Wider World: Lesson 8 Staying safe online
10/03/25	21	Living in the Wider World: Lesson 9 Online information
17/03/25	22	Living in the Wider World: Lesson 10 Belonging to a community
24/03/25	23	Living in the Wider World: Lesson 11 Same but different - diversity
31/03/25	24	Relationships: Lesson 1 Making friends
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	25	Relationships: Lesson 2 Being a good friend
05/05/25	26	Relationships: Lesson 3 Playing and working with others
12/05/25	27	Relationships: Lesson 4 Manners and respect
19/05/25	28	Relationships: Lesson 5 Resolving conflict
26/05/25	Summer Half-Term	
02/06/25	29	Relationships: Lesson 6 Feeling lonely
09/06/25	30	Relationships: Lesson 7 Bullying
16/06/25	31	Relationships: Lesson 8 Unkind words
23/06/25	32	Relationships: Lesson 9 Kindness
30/06/25	33	Relationships: Lesson 10 Secrets
08/07/24	Summer Holidays	

Appendix 3

	Week No.	Year 3
09/09/24	1	Health & Wellbeing: Lesson 1 Feelings
16/09/24	2	Health & Wellbeing: Lesson 2 Resilience & self esteem
23/09/24	3	Health & Wellbeing: Lesson 3 Exercise & wellbeing
30/09/24	4	Health & Wellbeing: Lesson 4 Personal identity
07/01/24	5	Health & Wellbeing: Lesson 5 Strengths & interests
14/10/24	6	Health & Wellbeing: Lesson 6 Personal safety & risk
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Fire safety
11/11/24	8	Health & Wellbeing: Lesson 8 Healthy eating
18/11/24	9	Health & Wellbeing: Lesson 9 What is a habit?
25/11/24	10	Health & Wellbeing: Lesson 10 Healthy choices
02/12/24	11	Health & Wellbeing: Lesson 11 - Overview & Evaluation
09/12/24	12	Teacher: Revisit topic if needed, Christmas activity
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Jobs and sectors
13/01/25	14	Living in the Wider World: Lesson 2 Jobs and skills
20/01/25	15	Living in the Wider World: Lesson 3 Targets and goals
27/01/25	16	Living in the Wider World: Lesson 4 Career routes and qualifications
03/02/25	17	Living in the Wider World: Lesson 5 Stereotypes and women in STEM
10/02/25	18	Living in the Wider World: Lesson 6 Rules and laws
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 9 Rights and responsibilities
03/03/25	20	Living in the Wider World: Lesson 10 Searching the Internet and e-safety
10/03/25	21	Living in the Wider World: Lesson 11 Age-appropriate content
17/03/25	22	Living in the Wider World: Lesson 12 Why is the news important
24/03/25	23	Living in the Wider World: Lesson 13 Black History Month
31/03/25	24	Living in the Wider World: Lesson 14 - Overview & Evaluation
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	25	Relationships: Lesson 1 Role models
05/05/25	26	Relationships: Lesson 2 Manners and politeness
12/05/25	27	Relationships: Lesson 3 Family and me
19/05/25	28	Relationships: Lesson 4 People who care for me and compassion for others
26/05/25	Summer Half-Term	

02/06/25	29	Relationships: Lesson 5 Seeking permission
09/06/25	30	Relationships: Lesson 6 Privacy and boundaries
16/06/25	31	Relationships: Lesson 7 Friendship boundaries
23/06/25	32	Relationships: Lesson 8 Respectful behaviour
30/06/25	33	Relationships: Lesson 9 Bullying or teasing?
08/07/24	Summer Holidays	

	Week No.	Year 4
09/09/24	1	Health & Wellbeing: Lesson 1 Allergies
16/09/24	2	Health & Wellbeing: Lesson 2 Germs and illness
23/09/24	3	Health & Wellbeing: Lesson 3 Vaccinations
30/09/24	4	Health & Wellbeing: Lesson 4 Drugs and medicines
07/10/24	5	Health & Wellbeing: Lesson 5 Healthy living
14/10/24	6	Health & Wellbeing: Lesson 6 Staying healthy
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Growing up - girls into puberty
11/11/24	8	Health & Wellbeing: Lesson 8 Growing up - boys into puberty
18/11/24	9	Health & Wellbeing: Lesson 9 Changing emotions
25/11/24	10	Health & Wellbeing: Lesson 10 Personal hygiene
02/12/24	11	Health & Wellbeing: Lesson 11 - Overview & Evaluation
09/12/24	12	Teacher to revisit content if appropriate, Christmas activity
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Value for money
13/01/25	14	Living in the Wider World: Lesson 2 Responsible spending
20/01/25	15	Living in the Wider World: Lesson 3 Keeping track of money
27/01/25	16	Living in the Wider World: Lesson 4 Gambling
03/02/25	17	Living in the Wider World: Lesson 5 Advertising
10/02/25	18	Living in the Wider World: Lesson 6 Fake images
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 7 Digital footprints
03/03/25	20	Living in the Wider World: Lesson 8 Diverse communities
10/03/25	21	Living in the Wider World: Lesson 9 Racism
17/03/25	22	Living in the Wider World: Lesson 10 Prejudice and discrimination
24/03/25	23	Living in the Wider World: Lesson 11 - Overview & Evaluation
31/03/25	24	Relationships: Lesson 1 Communicating online
07/04/25	Easter Holidays	
14/04/25		

21/04/25		
28/04/25	25	Relationships: Lesson 2 Harmful content and contact
05/05/25	26	Relationships: Lesson 3 Preventing bullying
12/05/25	27	Relationships: Lesson 4 Harmful behaviour
19/05/25	28	Relationships: Lesson 5 Secrets
26/05/25		Summer Half-Term
02/06/25	29	Relationships: Lesson 6 Committed relationships
09/06/25	30	Relationships: Lesson 7 Honesty and trust
16/06/25	31	Relationships: Lesson 8 Positive friendships
23/06/25	32	Relationships: Lesson 9 Risk, dares, and challenges
30/06/25	33	Relationships: Lesson 10 Respecting our differences
08/07/24		Summer Holidays

	Week	Year 5
09/09/24	1	Health & Wellbeing: Lesson 1 Understanding our emotions
16/09/24	2	Health & Wellbeing: Lesson 2 Feelings, emotions and vocabulary
23/09/24	3	Health & Wellbeing: Lesson 3 Mental Health Introduction
30/09/24	4	Health & Wellbeing: Lesson 4 Self-esteem and self-worth
07/01/24	5	Health & Wellbeing: Lesson 5 Physical health and signs of illness
14/10/24	6	Health & Wellbeing: Lesson 6 Germs, bacteria and viruses double
21/10/24		Michaelmas Half-Term
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Healthy habits
11/11/24	8	Health & Wellbeing: Lesson 8 Sleep hygiene
18/11/24	9	Health & Wellbeing: Lesson 9 Sun safety
25/11/24	10	Health & Wellbeing: Lesson 10 Dental hygiene
02/12/24	11	Health & Wellbeing: Lesson 11 Medicines and household products safety
09/12/24	12	Health & Wellbeing: Lesson 12 First aid
16/12/24		Christmas Holidays
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Internet and screen time
13/01/25	14	Living in the Wider World: Lesson 2 Age restrictions online and media content
20/01/25	15	Living in the Wider World: Lesson 3 Careers and stereotypes (2 hours)
27/01/25	16	Living in the Wider World: Lesson 4 Careers and stereotypes
03/02/25	17	Living in the Wider World: Lesson 5 Fake news

/25	8	Living in the Wider World: Lesson 6 Fireworks and bonfires
17/02/25	Lent Half-term	
24/02/25	9	Living in the Wider World: Lesson 7 Success and achievements
03/03/25	0	Living in the Wider World: Lesson 8 Independence and responsibility
10/03/25	1	Living in the Wider World: Lesson 9 Courtesy and manners
17/03/25	2	Living in the Wider World: Lesson 10 Change, grief and loss
24/03/25	3	Living in the Wider World: Lesson 11 Environment and Climate Change
31/03/25	4	Living in the Wider World: Lesson 12 What is social media?
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	5	Relationships: Lesson 1 Families, security, love and stability
05/05/25	6	Relationships: Lesson 2 Helping out with babies
12/05/25	7	Relationships: Lesson 3 Online behaviour and risks
19/05/25	8	Relationships: Lesson 4 Online gaming safety
26/05/25	Summer Half-Term	
02/06/25	9	Relationships: Lesson 5 Stranger danger
09/06/25	0	Relationships: Lesson 6 Behaviour and respect
16/06/25	1	Relationships: Lesson 7 Friendships and feeling left out
23/06/25	2	Relationships: Lesson 8 Peer pressure
30/06/25	3	Relationships: Lesson 9 Bullying and hurtful behaviour
08/07/24	Summer Holidays	

	Week No.	Year 6
09/09/24	1	Health & Wellbeing: Lesson 1 Being healthy - diet
16/09/24	2	Health & Wellbeing: Lesson 2 Being healthy - exercise
23/09/24	3	Health & Wellbeing: Lesson 3 Habits and addiction
30/09/24	4	Health & Wellbeing: Lesson 4 Energy drinks
07/10/24	5	Health & Wellbeing: Lesson 5 Why do people drink alcohol?
14/10/24	6	Health & Wellbeing: Lesson 6 Introduction to drugs
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Vaping dangers
11/11/24	8	Review & Evaluation
18/11/24	9	Living in the Wider World: Lesson 1 Asking for help and advice
25/11/24	10	Living in the Wider World: Lesson 2 Identity and community
02/12/24	11	Living in the Wider World: Lesson 3 Diversity in the UK
09/12/24	12	Living in the Wider World: Lesson 4 Online lives - social media

16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	3	Living in the Wider World: Lesson 5 Online privacy and data
13/01/25	4	Living in the Wider World: Lesson 6 How did money evolve?
20/01/25	5	Living in the Wider World: Lesson 7 Attitude to money
27/01/25	6	Living in the Wider World: Lesson 8 Money - cost of living
03/02/25	7	Living in the Wider World: Lesson 9 Keeping safe
10/02/25	8	Living in the Wider World: Lesson 10 Group chats
17/02/25	Lent Half-term	
24/02/25	9	Relationships: Lesson 1 Positive relationships
03/03/25	10	Relationships: Lesson 2 Respect, disagreement, and differences
10/03/25	11	Relationships: Lesson 3 Harmful gender stereotypes
17/03/25	12	Relationships: Lesson 4 Family and commitment (2 hours)
24/03/25	13	Relationships: Lesson 5 Family and commitment
31/03/25	14	Relationships: Lesson 6 Cyberbullying and harassment
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	15	Relationships: Lesson 8 Consent introduction - personal space and contact
05/05/25	16	Relationships: Lesson 9 Attraction and crushes
12/05/25	17	Health & Wellbeing (Part 2): Lesson 8 Body image
19/05/25	18	Health & Wellbeing (Part 2): Lesson 9 Puberty
26/05/25	Summer Half-Term	
02/06/25	19	Health & Wellbeing (Part 2): Lesson 10 Hormones and emotions
09/06/25	20	Health & Wellbeing (Part 2): Lesson 11 Mental health and signs of illness
16/06/25	21	Year 6 Play in a Week
23/06/25	22	Interview & Evaluation
30/06/25	23	Personal Safety
08/07/24	Summer Holidays	

Appendix 4

	Week No.	Aram
09/09/24	1	Health & Wellbeing: Lesson 1 What do we mean by a healthy lifestyle?
16/09/24	2	Health & Wellbeing: Lesson 2 How can I keep healthy - food groups
23/09/24	3	Health & Wellbeing: Lesson 3 How can I eat responsibly - labels & nutrition
30/09/24	4	Health & Wellbeing: Lesson 4 Consequences of not eating healthily
07/10/24	5	Health & Wellbeing: Lesson 5 What's the big deal about energy drinks?
14/10/24	6	Health & Wellbeing: Lesson 6 Healthy living & exercise
21/10/24	Michaelmas Half-Term	

28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 The dangers of smoking and second hand smoke
11/11/24	8	Health & Wellbeing: Lesson 8 What are drugs?
18/11/24	9	Health & Wellbeing: Lesson 9 Mental Health Introduction - depression
25/11/24	10	Health & Wellbeing: Lesson 10 How can we manage our anger?
02/12/24	11	Living in the Wider World: Lesson 1 How can we be aspirational students?
09/12/24	12	Living in the Wider World: Lesson 2 How does self-esteem help us achieve?
16/12/24		Christmas Holidays
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 3 What are wants and needs?
13/01/25	14	Living in the Wider World: Lesson 4 Prejudice & discrimination - racism
20/01/25	15	Living in the Wider World: Lesson 5 Social media - safe & private
27/01/25	16	Living in the Wider World: Lesson 6 How can we shop ethically?
03/02/25	17	Living in the Wider World: Lesson 7 What are different financial products for?
10/02/25	18	Living in the Wider World: Lesson 8 How can we budget our money?
17/02/25		Lent Half-term
24/02/25	19	Living in the Wider World: Lesson 9 Creating a personal budgeting plan
03/03/25	20	Living in the Wider World: Lesson 10 Savings, loans & interest rates
10/03/25	21	Living in the Wider World: Lesson 11 What are different financial transactions?
17/03/25	22	Relationships: Lesson 1 Keeping good friendships
24/03/25	23	Relationships: Lesson 2 Family relationships
31/03/25	24	Relationships: Lesson 3 Falling in love
07/04/25		Easter Holidays
14/04/25		
21/04/25		
28/04/25	25	Health & Wellbeing Part 2: Lesson 1 Puberty - what happens when & why?
05/05/25	26	Health & Wellbeing Part 2: Lesson 2 Periods - what happens when & why?
12/05/25	27	Health & Wellbeing Part 2: Lesson 3 Human reproduction
19/05/25	28	Health & Wellbeing Part 2: Lesson 4 Starting a family - sexual intercourse
26/05/25		Summer Half-Term
02/06/25	29	Exam Week
09/06/25	30	Relationships: Lesson 4 Cyberbullying
16/06/25	31	Relationships: Lesson 5 Keeping safe & positive relationships
23/06/25	32	Relationships: Lesson 6 Personal identity - British Values
30/06/25	33	Relationships: Lesson 7 What are radicalisation and extremism ?
08/07/24		Summer Holidays
	Week No.	Swale
09/09/24	1	Health & Wellbeing: Lesson 1 Self-confidence & goals
16/09/24	2	Health & Wellbeing: Lesson 2 Personal development & target setting

23/09/24	3	Health & Wellbeing: Lesson 3 Managing my behaviour to achieve
30/09/24	4	Health & Wellbeing: Lesson 4 Emotional literacy and self-awareness
07/01/24	5	Health & Wellbeing: Lesson 5 What is mindfulness
14/10/24	6	Health & Wellbeing: Lesson 6 Vaping, nicotine & addiction
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Cancer awareness
11/11/24	8	Health & Wellbeing: Lesson 8 Personal safety & first aid
18/11/24	9	Health & Wellbeing: Lesson 9 Teen pregnancy & parenting
25/11/24	10	Health & Wellbeing: Overview & Evaluation
02/12/24	11	Living in the Wider World: Lesson 1 Prejudice & stereotypes - disability
09/12/24	12	Living in the Wider World: Lesson 2 Homophobia
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 3 Discrimination teens & media
13/01/25	14	Living in the Wider World: Lesson 4 Internet safety - online grooming
20/01/25	15	Living in the Wider World: Lesson 5 How can we care for the environment?
27/01/25	16	Living in the Wider World: Lesson 6 Finance - income & expenditure
03/02/25	17	Living in the Wider World: Lesson 7 Finance - tax & national insurance
10/02/25	18	Living in the Wider World: Lesson 8 How is tax spent? - public services
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 9 Finance - budgeting & saving
03/03/25	20	Living in the Wider World: Lesson 10 Extremism - do all Muslims want sharia law?
10/03/25	21	Living in the Wider World: Lesson 11 British Values - tolerance anti-racism
17/03/25	22	Living in the Wider World: Lesson 12 Who are the extreme groups?
24/03/25	23	Living in the Wider World: Lesson 13 How do extreme leaders attract converts?
31/03/25	24	Living in the Wider World: Lesson 14 How can we prevent radicalisation and extremism?
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	25	Relationships: Lesson 1 Safe sex - consent
05/05/25	26	Relationships: Lesson 2 Safe sex - contraception
12/05/25	27	Relationships: Lesson 3 Safe sex - dangers of pornography
19/05/25	28	Relationships: Lesson 4 Safe sex -sexting and image sharing danger
26/05/25	Summer Half-Term	
02/06/25	29	Exam Week
09/06/25	30	Relationships: Lesson 5 Safe sex - STIs
16/06/25	31	Relationships: Lesson 6 Body image - male focus
23/06/25	32	Relationships: Lesson 7 Domestic conflict - running away from home
30/06/25	33	Relationships: Overview & Evaluation

08/07/24	Summer Holidays	
	Week No.	Leckby
09/09/24	1	Health & Wellbeing: Lesson 1 Alcohol awareness
16/09/24	2	Health & Wellbeing: Lesson 2 Drugs and the Law
23/09/24	3	Health & Wellbeing: Lesson 3 Vaccinations, organ & blood donation, stem cells
30/09/24	4	Health & Wellbeing: Lesson 4 What are acid attacks?
07/01/24	5	Health & Wellbeing: Lesson 5 Why do people self-harm?
14/10/24	6	Health & Wellbeing: Lesson 6 Behaving to achieve - rules
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Why can't some people access education?
11/11/24	8	Health & Wellbeing: Lesson 8 Developing interpersonal skills
18/11/24	9	Health & Wellbeing: Lesson 9 Discrimination & The Equality Act 2010
25/11/24	10	Health & Wellbeing: Lesson 10 How do we cope with stress?
02/12/24	11	Health & Wellbeing: Lesson 11 How can we manage anxiety?
09/12/24	12	Health & Wellbeing: Lesson 12 Why are people selfie obsessed?
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Human rights - charity focus - Unicef
13/01/25	14	Living in the Wider World: Lesson 2 Human rights abuses - genocide & trafficking
20/01/25	15	Living in the Wider World: Lesson 3 Is sending aid the answer?
27/01/25	16	Living in the Wider World: Lesson 4 Sustainability for all
03/02/25	17	Living in the Wider World: Lesson 5 How does the law treat young offenders?
10/02/25	18	Living in the Wider World: Lesson 6 How does crime impact our lives?
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 7 Self-discipline to achieve
03/03/25	20	Living in the Wider World: Lesson 8 Workplace skills
10/03/25	21	Living in the Wider World: Lesson 9 Enterprising qualities & personalities - work skills
17/03/25	22	Living in the Wider World: Lesson 10 Workskills - what can we learn from entrepreneurs?
24/03/25	23	Living in the Wider World: Lesson 11 How can I avoid debt?
31/03/25	24	Living in the Wider World: Lesson 12 Our rights as consumers
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	25	Relationships: Lesson 1 Body image. media & eating disorders
05/05/25	26	Relationships: Lesson 2 Body image - girl focus
12/05/25	27	Relationships: Lesson 3 How does child sexual exploitation happen?
19/05/25	28	Relationships: Lesson 4 Domestic violence and abusive relationships

26/05/25	Summer Half-Term	
02/06/25	29	Relationships: Lesson 5 How can we deal with peer pressure?
09/06/25	30	Exam Week
16/06/25	31	Relationships: Lesson 6 British community, religion & culture - display lesson
23/06/25	32	Relationships: Lesson 7 Immigration & the UK - diverse communities
30/06/25	33	Relationships: Lesson 8 Who are the LGBT community?
08/07/24	Summer Holidays	

Appendix 5

	Week No.	Eldmire
09/09/24	1	Health & Wellbeing: Lesson 1 Social Media & Resilience
16/09/24	2	Health & Wellbeing: Lesson 2 Social Media & Loneliness
23/09/24	3	Health & Wellbeing: Lesson 3 Deepfakes & Malicious AI
30/09/24	4	Health & Wellbeing: Lesson 4 Body Image Positivity Too Far
07/10/24	5	Health & Wellbeing: Lesson 5 Managing Social Anxiety
14/10/24	6	Health & Wellbeing: Lesson 6 Cancer, Self Examinations (2 hours)
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 Cancer, Self Examinations
11/11/24	8	Health & Wellbeing: Lesson 8 Unplanned Pregnancy
18/11/24	9	Health & Wellbeing: Lesson 9 Nitrous Oxide
25/11/24	10	Health & Wellbeing: Lesson 10 Stress & Exam Performance
02/12/24	11	Health & Wellbeing: Lesson 11 Homelessness (2 hours)
09/12/24	12	Health & Wellbeing: Lesson 12 - Homelessness
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	Living in the Wider World: Lesson 1 Cost of Living Crisis
13/01/25	14	Living in the Wider World: Lesson 2 Employment Rights & Responsibilities
20/01/25	15	Living in the Wider World: Lesson 3 Equality & Equity (2 hours)
27/01/25	16	Living in the Wider World: Lesson 4 Equality & Equity
03/02/25	17	Living in the Wider World: Lesson 5 Hate Crime (2 hours)
10/02/25	18	Living in the Wider World: Lesson 6 Hate Crime
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 7 Social Media Validation
03/03/25	20	Relationships: Lesson 1 Conflict Management
10/03/25	21	Relationships: Lesson 2 Forced & Arranged Marriages
17/03/25	22	Relationships: Lesson 3 Harassment & Stalking
24/03/25	23	Relationships: Lesson 4 Revenge Porn
31/03/25	24	Relationships: Lesson 5 Relationships with Role Models

07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25	25	Relationships: Lesson 6 Abortion (2 hours)
05/05/25	26	Relationships: Lesson 7 Abortion
12/05/25	27	Relationships: Lesson 8 Adoption & Fostering
19/05/25	28	Health & Wellbeing: Lesson 10 Stress & Exam Performance - Revisit to support exams
26/05/25	Summer Half-Term	
02/06/25	29	Relationships: Lesson 9 Gaslighting, Emotional Abuse
09/06/25	30	Exam Week
16/06/25	31	Teacher - Revisiting Exam Performance e.g. WWW, EBI
23/06/25	32	Work Experience Week
30/06/25	33	Teacher discretionary time (catch-up, charitable initiatives, news roundup, etc.)
08/07/24	Summer Holidays	
	Week No.	Thornton
09/09/24	1	Health & Wellbeing: Lesson 1 Why is PSHE so important?
16/09/24	2	Health & Wellbeing: Lesson 2 Identity & Diversity
23/09/24	3	Health & Wellbeing: Lesson 3 How does privilege affect us?
30/09/24	4	Health & Wellbeing: Lesson 4 Obesity & body positivity
07/01/24	5	Health & Wellbeing: Lesson 5 Fertility and reproductive health (2 hours)
14/10/24	6	Health & Wellbeing: Lesson 6 Fertility and reproductive health
21/10/24	Michaelmas Half-Term	
28/10/24		
04/11/24	7	Health & Wellbeing: Lesson 7 First Aid (CPR)
11/11/24	8	Health & Wellbeing: Lesson 8 Perseverance & Procrastination
18/11/24	9	Health & Wellbeing: Lesson 9 The importance of sleep
25/11/24	10	Health & Wellbeing: Lesson 10 Why do we take risks?
02/12/24	11	Health & Wellbeing: Lesson 11 Gambling & online gambling
09/12/24	12	Health & Wellbeing: Lesson 12 - Digital Footprints & Personal Safety Wider World
16/12/24	Christmas Holidays	
23/12/24		
30/12/24		
06/01/25	13	GCSE Mock Exams
13/01/25	14	GCSE Mock Exams
20/01/25	15	Living in the Wider World: Lesson 1 Animal Rights & Sustainability
27/01/25	16	Living in the Wider World: Lesson 2 Pollution, plastic & our environment
03/02/25	17	Living in the Wider World: Lesson 3 Globalisation
10/02/25	18	Living in the Wider World: Lesson 4 Multiculturalism
17/02/25	Lent Half-term	
24/02/25	19	Living in the Wider World: Lesson 5 Extremism

03/03/25	20	Living in the Wider World: Lesson 6 Internet Safety The Dark Web
10/03/25	21	Living in the Wider World: Lesson 7 Cybercrime and Online Fraud
17/03/25	22	Relationships: Lesson 1 Bullying body shaming
24/03/25	23	Relationships: Lesson 2 Types of relationships
31/03/25	24	Relationships: Lesson 3 Consent, rape & sexual abuse
07/04/25	Easter Holidays	
14/04/25		
21/04/25		
28/04/25		
28/04/25	25	Relationships: Lesson 4 What is good sex?
05/05/25	26	Relationships: Lesson 5 Safe sex & chem
12/05/25	27	Relationships: Lesson 6 Relationship Breakups
19/05/25	28	Relationships: Lesson 7 Happiness & positivity
26/05/25	Summer Half-Term	
02/06/25	29	GCSE Exams
09/06/25	30	GCSE Exams
16/06/25	31	GCSE Exams
23/06/25	32	GCSE Exams
30/06/25	33	GCSE Exams
08/07/25	Summer Holidays	