

## Spring Medium Term Plan Hollinswood Primary School and Nursery

### RSHE


#### Jigsaw


#### No Outsiders

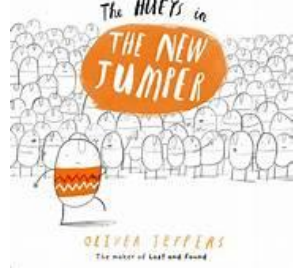
#### Expect Respect

#### PANTS

	<b>Substantive knowledge</b> <i>The knowledge of PSHE</i>	<b>Disciplinary knowledge</b> <i>How we find out about PSHE</i>	<b>Vocabulary</b>	<b>Big Question and Linked Text</b>
<p><b>EYFS</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>the names for some parts of my body.</p> <p>what the word 'healthy' means.</p> <p>some things that I need to do to keep healthy.</p> <p>that I need to exercise to keep healthy.</p> <p>when to wash my hands. (<i>Citizenship – 3b</i>).</p> <p>what to do if I get lost.</p> <p>that sleep is good for me.</p>	<p><b>I know:</b></p> <p>some examples of healthy food.</p> <p>what to do if a stranger approaches me.</p> <p>how I might feel if I don't get enough sleep.</p> <p><b>I know how to:</b></p> <p>help myself go to sleep.</p> <p>wash my hands properly.</p> <p>say No to strangers.</p> <p>recognise how exercise makes me feel.</p> <p>recognise how different foods can make me feel.</p> <p>explain what I need to do to stay healthy.</p>	<p>Healthy</p> <p>Exercise</p> <p>Food</p> <p>Wash</p> <p>Lost</p> <p>Strangers.</p> <p>Sleep.</p> <p>Rest.</p>	<p><b>Text:</b> <i>No texts required for this half term.</i></p> <hr/> <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a> This website has all of the lesson plans and additional resources on.</p>


	<b>Substantive knowledge</b> <i>The knowledge of PSHE</i>	<b>Disciplinary knowledge</b> <i>How we find out about PSHE</i>	<b>Vocabulary</b>	<b>Big Question and Linked Text</b>
<p><b>Year 1</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>the difference between being healthy and unhealthy. (Citizenship – 3a).</p> <p>that germs cause disease / illness</p> <p>that all household products, including medicines, can be harmful if not used properly. (Citizenship – 3f).</p> <p>that medicines can help me if I feel poorly.</p> <p>about people who can keep me safe (<i>Rule of Law</i>) (Citizenship – 3g).</p> <p>that I can ask for help with my ideas.</p>	<p><b>I know:</b></p> <p>some ways to keep healthy. that I am special. know how to ask for help.</p> <p><b>I know how to:</b></p> <p>how to make healthy lifestyle choices. (<i>Individual Liberty</i>)</p> <p>how to keep myself clean and healthy.</p> <p>how to keep safe when crossing the road.</p> <p>feel good about myself when I make healthy choices.</p> <p>keep myself safe.</p> <p>recognise ways to look after myself if I feel poorly.</p> <p>recognise when I feel frightened.</p> <p>recognise how being healthy helps me to feel happy.</p> <p>ask for help.</p> <p>work with different people.</p>	<p>Healthy Unhealthy Germs Disease Medicine Exercise Food Safe Unsafe Clean</p>	<p><b>Text:</b></p>  <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a> This website has all of the lesson plans and additional resources on.</p>

	<b>Substantive knowledge</b> <i>The knowledge of PSHE</i>	<b>Disciplinary knowledge</b> <i>How we find out about PSHE</i>	<b>Vocabulary</b>	<b>Big Question and Linked Text</b>
<p><b>Year 2</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>what my body needs to stay healthy. (Citizenship – 3a).</p> <p>what relaxed means</p> <p>how medicines work in my body.</p> <p>that it is important to use medicines safely (Citizenship – 3f).</p> <p>why healthy snacks are good for my body.</p> <p>which foods give my body energy.</p>	<p><b>I know:</b></p> <p>what makes me feel relaxed/stressed.</p> <p>that it is important to be positive about caring for my body and keeping it healthy. (Individual Liberty).</p> <p>know what to wear to keep myself safe from the sun.</p> <p>that the sun is good for me.</p> <p>who I am.</p> <p>that there are special things about me. (Citizenship – 1d).</p> <p>that I belong.</p> <p><b>I know how to:</b></p> <p>make some healthy snacks.</p> <p>to make healthy lifestyle choices.</p> <p>identify when a feeling is weak and when a feeling is strong.</p> <p>have a healthy relationship with food.</p> <p>express how it feels to share healthy food with friends.</p> <p>play safely in the sun.</p>	<p>Healthy</p> <p>Unhealthy</p> <p>Disease</p> <p>Medicine</p> <p>Exercise</p> <p>Food</p> <p>Snacks</p> <p>Energy</p> <p>Lifestyle</p> <p>Stressed</p> <p>Relaxed</p>	<p><b>Text:</b></p>  <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a></p> <p>This website has all of the lesson plans and additional resources on.</p>

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<p><b>Year 3</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>that exercise affects my body.</p> <p>why the hearts and lungs are such important organs.</p> <p>that the amount of calories, fat and sugar that I put into my body will affect my health. (<i>Citizenship – 3a</i>).</p> <p>that there are different types of drugs. (<i>Rule of Law</i>)</p> <p>that there are things, places and people that can be dangerous. (<i>Rule of Law</i>)</p> <p>that human bodies are complex and need taking care of. (<i>Citizenship – 3a</i>).</p>	<p><b>I know:</b></p> <p>how exercise affects my body.</p> <p>when something feels safe or unsafe</p> <p>a range of strategies to keep myself safe.</p> <p><b>why it can be hard to be different.</b> (<i>Citizenship – 2e</i>).</p> <p><b>I know how to:</b></p> <p>set myself a fitness challenge</p> <p>recognise what it feels like to make a healthy choice.</p> <p>identify and explain how I feel about drugs. (<i>Rule of Law</i>)</p> <p>express how being anxious or scared feels.</p> <p>take responsibility for keeping myself and others safe. (<i>Individual Liberty</i>)</p> <p>respect my own body and appreciate what it does. (<i>Individual Liberty</i>).</p> <p><b>help someone to be strong.</b></p>	<p>Healthy</p> <p>Unhealthy</p> <p>Organs</p> <p>Calories</p> <p>Fat</p> <p>Sugar</p> <p>Nutritional Value</p> <p>Drugs</p> <p>Exercise</p> <p>Lifestyle</p> <p>Safe</p> <p>Unsafe.</p>	<p><b>Text:</b></p>  <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a></p> <p>This website has all of the lesson plans and additional resources on.</p>

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<p><b>Year 4</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>how different friendship groups are formed (<i>Citizenship – 4a,c&amp;d</i>)</p> <p>that there are leaders and followers in groups.</p> <p>that people can take on different roles according to the situation. (<i>Mutual Respect &amp; Tolerance</i>).</p> <p>the facts about smoking and its effects on health. (<i>Rule of Law</i>) (<i>Citizenship – 3d</i>).</p> <p>some of the reasons some people start to smoke.</p> <p>the facts about alcohol and its effects on health, particularly the liver. (<i>Rule of Law</i>) (<i>Citizenship – 3d</i>).</p> <p>some of the reasons some people drink alcohol.</p>	<p><b>I know:</b></p> <p>how I fit into different friendship groups. (<i>Mutual Respect &amp; Tolerance</i>).</p> <p>which friends I value most.</p> <p>what I think is right and wrong. (<i>Individual Liberty</i>)</p> <p>ways to resist when people are putting pressure on me.</p> <p><b>I know how to:</b></p> <p>identify the feelings that I have about friends and different friendship groups (<i>Mutual Respect &amp; Tolerance</i>).</p> <p>recognise how different people and groups I interact with impact on me</p> <p>identify which people I most want to be friends with</p> <p>recognise negative feelings in peer pressure situations.</p> <p>identify the feelings of anxiety and fear associated with peer pressure.</p> <p>use inner strength to be assertive in my decision. (<i>Individual Liberty</i>)</p>	<p>Friendship Feelings Peer pressure Smoking Cigarettes Alcohol Health Anxiety Fear Assertive</p>	<p><b>Text:</b> <i>No texts required for this half term.</i></p> <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a> This website has all of the lesson plans and additional resources on.</p>

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<p><b>Year 5</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>the health risks of smoking. (<i>Rule of Law</i>)</p> <p>that smoking tobacco affects the lungs, liver and heart.</p> <p>some of the risks linked to misusing alcohol, including antisocial behaviour. (<i>Rule of Law</i>)</p> <p>basic emergency procedures including the recovery position. (<i>Citizenship – 3g</i>).</p> <p>that the media, social media and celebrity culture promotes certain body types. (<i>Mutual Respect &amp; Tolerance</i>).</p> <p>the different roles food can play in people’s lives and know that people can develop eating problems / disorders related to body image pressure. (<i>Mutual Respect &amp; Tolerance</i>).</p> <p>what makes a healthy lifestyle. (<i>Citizenship – 3a</i>).</p>	<p><b>I know:</b></p> <p>how important it is to be positive about body image.</p> <p>ways to stay healthy and happy.</p> <p><b>I know how to:</b></p> <p>get help in emergency situations.</p> <p>make informed decisions about whether I will choose to drink alcohol when I am older. (<i>Rule of Law</i>)</p> <p>recognise strategies for resisting pressure.</p> <p>identify ways to keep myself calm in an emergency.</p> <p>reflect on my own body image</p> <p>accept and respect myself for who I am.</p> <p>respect and value my own body.</p> <p>be motivated to keep myself healthy and happy.</p>	<p>Peer pressure Smoking Cigarettes Alcohol Emergency services Recovery position Media Culture Eating disorders Pressure Body image</p>	<p><b>Text:</b> <i>No texts required for this half term.</i></p> <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a> This website has all of the lesson plans and additional resources on.</p> <p><a href="https://firstaidchampions.edcross.org.uk/primary/">https://firstaidchampions.edcross.org.uk/primary/</a></p>

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<p><b>Year 6</b></p> <p><b>British Values</b> - Mutual Respect &amp; Tolerance - Rule of Law - Individual Liberty - Democracy</p> <p><b>Protected Characteristics</b></p> <p><b>Personal</b></p> <p><b>Social &amp; Relationships</b></p> <p><b>Health</b></p> <p><b>Economics</b></p> <p><b>Citizenship</b> <a href="https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf">https://assets.publishing.service.gov.uk/media/5a75a83a40f0b67b3d5c8310/Programme_of_Study_KS1_and_2.pdf</a></p>	<p><b>I know:</b></p> <p>different types of drugs and their uses. (Rule of Law)</p> <p>how different types of drugs can affect people's bodies, especially their liver and heart.</p> <p>that some people can be exploited and made to do things that are against the law. (Rule of Law) (Citizenship – 3e&amp;f).</p> <p>why some people join gangs and the risk that this can involve. (Rule of Law) (Citizenship – 3e&amp;f)</p> <p>what it means to be emotionally well.</p> <p>that stress can be triggered by a range of things.</p> <p>that being stressed can cause drug and alcohol misuse. (Rule of Law)</p> <p>what prejudice is.</p> <p>what can happen if racism is not challenged. (Citizenship – 2c, 4d).</p>	<p><b>I know:</b></p> <p>how to take responsibility for my own health. (Individual Liberty)</p> <p>that it is important to make choices that benefit my own health and well-being. (Individual Liberty)</p> <p><b>I know how to:</b></p> <p>care for my own physical and emotional health. (Individual Liberty)</p> <p>motivate myself to find ways to be happy and cope with life's situations without using drugs.</p> <p>identify ways that someone who is being exploited could help themselves. (Rule of Law)</p> <p>suggest strategies someone could use to avoid being pressured.</p> <p>recognise that people have different attitudes towards mental health / illness.</p> <p>use different strategies to manage stress and pressure.</p> <p>Challenge racist behaviour. (Citizenship – 4d).</p>	<p>Peer pressure Drugs Illegal Alcohol Gangs Media Culture Pressure Mental health Physical health Stress Exploitation</p>	<p><b>Text:</b></p>  <p><b>Resources/staff subject knowledge:</b></p> <p><a href="https://jigsawpshe.online/">https://jigsawpshe.online/</a> This website has all of the lesson plans and additional resources on.</p> <p><a href="https://learning.nspcc.org.uk/child-abuse-and-neglect/county-lines">https://learning.nspcc.org.uk/child-abuse-and-neglect/county-lines</a></p>