

PHSE and RSE Spiral Curriculum

Purple

Year A

- **Autumn 1** – Being Me in My World- Rights and responsibilities Rewards and consequences Safe and fair learning environment.
- **Autumn 2** – Being Me in My World- Valuing contributions Choices Recognising feelings
- **Spring 1** - Dreams and Goals -Achieving realistic goals Perseverance Learning strengths
- **Spring 2** – Dreams and Goals -Learning with others Group co-operation Contributing to and sharing success
- **Summer 1** – Relationships- Different types of family Physical contact boundaries Friendship and conflict
- **Summer 2-** Relationships Secrets Trust and appreciation Expressing appreciation for special relationships

Year B

- **Autumn 1** – Celebrating Difference -Assumptions and stereotypes about gender Understanding bullying Standing up for self and others
- **Autumn 2** – Celebrating Difference- Making new friends Gender diversity Celebrating difference and remaining friends
- **Spring 1** - Healthy Me -Motivation Healthier choices Relaxation
- **Spring 2** – Healthy Me- Healthy eating and nutrition Healthier snacks and sharing food
- **Summer 1** – Changing Me Life cycles in nature Growing from young to old Increasing independence
- **Summer 2-** Changing Me Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

Green

Year A

- **Autumn 1** – Being Me in My World- Feeling special and safe Being part of a class Rights and responsibilities
- **Autumn 2** – Being Me in My World- Rewards and feeling proud Consequences Owning the Learning Charter
- **Spring 1** - Dreams and Goals -Setting goals Identifying successes and achievements Learning styles
- **Spring 2** – Dreams and Goals- Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success
- **Summer 1** – Relationships- Belonging to a family Making friends/being a good friend Physical contact preferences People who help us
- **Summer 2-** Relationships- Qualities as a friend and person Self acknowledgement Being a good friend to myself Celebrating special relationships

Year B

- **Autumn 1** – Celebrating Difference -Similarities and differences Understanding bullying and knowing how to deal with it
- **Autumn 2** – Celebrating Difference- Making new friends Celebrating the differences in everyone
- **Spring 1** - Healthy Me - Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe
- **Spring 2** – Healthy Me- Medicine safety/safety with household items Road safety Linking health and happiness
- **Summer 1** – Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)
- **Summer 2-** Changing Me Linking growing and learning Coping with change Transition

Red

Year A

- **Autumn 1** – Being Me in My World- Self-identity Understanding feelings Being in a classroom
- **Autumn 2** – Being Me in My World - Being gentle Rights and responsibilities
- **Spring 1** - Dreams and Goals- Challenges Perseverance Goal-setting Overcoming obstacles
- **Spring 2** – Dreams and Goals - Seeking help Jobs Achieving goals
- **Summer 1** – Relationships- Family life Friendships Breaking friendships
- **Summer 2-** Relationships- Falling out Dealing with bullying Being a good friend

Year B

- **Autumn 1** – Celebrating Difference- Identifying talents Being special Families
- **Autumn 2** – Celebrating Difference- Where we live Making friends Standing up for yourself
- **Spring 1** - Healthy Me- Exercising bodies Physical activity Healthy food
- **Spring 2** – Healthy Me - Sleep Keeping clean Safety
- **Summer 1** – Changing Me- Bodies Respecting my body Growing up
- **Summer 2-** Changing Me Growth and change Fun and fears Celebrations