

Life Curriculum Foundation Stage

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Values</u>	Truth, Curiosity & Respect	Truth, Compassion & Courage	Truth, Endurance & Confidence
<u>Personal Safety</u>	Who keeps me safe?		Road safety when out with parents
<u>Mental Health</u>	Give me five	WEE – Intro the circle WEE – Adam has a bad haircut WEE – Adam needs to hurry up	WEE – Adam the new boy WEE – Beth gets lost WEE - Beth it is not fair Introduce peer massage
<u>PSHE</u>	Characteristics of effective learning Class and school rules - why are they important?		
<u>RSE</u>		Who is in my family? How are families different?	Which parts of my body are private? How can I say no if I don't want someone to touch me? Who should I tell if someone wants to touch my private parts? Who can I ask if I need to know something? Who can I go to if I am worried about something?
<u>PE</u>	What happens to my body when I exercise – why?		
<u>Finance</u>			

Life Curriculum KS1

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Values</u>	<i>Truth, Curiosity & Respect</i>	<i>Truth, Compassion & Courage</i>	<i>Truth, Endurance & Confidence</i>
<u>Personal Safety</u>	How to stay safe in a car? (seat belts behaviour Drink/drug driving) What to do if you don't feel safe? Fire safety	Learn about people who help us in the community - how do they protect us? How do we call for help in an emergency	Road safety when out with parents? Beach safety – life guards
<u>Mental Health</u>	WEE – Beth and the school play WEE – Chloe can't sleep Revise peer massage – aim for once a fortnight	WEE – Chloe is being bullied Peer massage once a fortnight Naming emotions – what makes me feel this way?	WEE – using the circle for class issues Peer massage once a fortnight 10 a day
<u>PSHE</u>	Class and school rules - why are they important? What do I do when things go wrong? Hand hygiene	That other have people have rights too and how we can respect and protect these rights (bodies and feelings, turn taking, sharing, including, property) Dental hygiene How can I help grown-ups to look after me? Secrets. When to say yes, no I'll ask, I'll tell	Household products that can be harmful and how to stay safe. What is privacy – how do we respect privacy? How do we care for our natural environment? How can we limit the impact that we have on the environment?
<u>RSE</u>	How are families different? What does my family do for me? Who are the adults who keep me safe - tree model? (pass issue to PC) Which parts of my body are private? When is OK to let someone touch me? How can I say no if I don't want someone to touch me? Who should I tell if someone wants to touch my private parts?	Know that I am unique - there will only be one me. What do I like about me friend? What do my friends like about me? What do I like about myself? What makes a good friend? Who can I ask if I need to know something? Who can I go to if I am worried about something?	What can other people do to make me feel good? How can I help myself to feel good? How can I help others to feel good? Why shouldn't I tease? Where do babies come from? How has my body changed since I was a baby? How are girls and boys bodies different? Why? What are the parts of my body called?
<u>PE</u>	How do we keep our bodies healthy – exercise, muscles names, food as fuel (what does my body need to be active, grow and repair), hydration.		
<u>Finance</u>			

Life Curriculum Lower KS2

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Values</u>	Truth, Curiosity & Respect	Truth, Compassion & Courage	Truth, Endurance & Confidence
<u>Personal Safety</u>	<p>What do we use seatbelts and boosters? How can I be a responsible passenger?</p> <p style="text-align: center;">Fire safety</p>	<p style="text-align: center;">Road safety on foot</p> <p style="text-align: center;">First aid</p> <p style="text-align: center;">Managing privacy and respecting the privacy of others</p>	<p style="text-align: center;">Planning independent journeys – what do I need to think about</p> <p style="text-align: center;">Beach safety – lifeguards</p>
<u>Mental Health</u>	<p>How do I know how other people are feeling?</p> <p>How are my feelings changing as I grow up?</p> <p>WEE – Deepak is invited to a swimming party</p> <p>WEE - Doing things to make you feel better</p> <p>Peer massage – agree class rules. Aim for once a fortnight</p> <p>Guided meditation once a fortnight minimum</p> <p style="text-align: center;">10 a day</p> <p>What makes me happy</p>	<p style="text-align: center;">What can I do if I feel anxious or unhappy?</p> <p style="text-align: center;">WEE – Chloe tells a lie</p> <p style="text-align: center;">WEE – Deepak I’ll do it later</p> <p style="text-align: center;">WEE – looking at things differently</p> <p style="text-align: center;">WEE – Chloe keeps failing</p> <p style="text-align: center;">Peer massage once a fortnight</p> <p>Guided meditation once a fortnight minimum</p> <p>Chimp paradox</p>	<p style="text-align: center;">What makes me feel good/bad?</p> <p style="text-align: center;">How can I cope with strong feelings?</p> <p style="text-align: center;">WEE – Deepak has to read out loud</p> <p style="text-align: center;">WEE – Tension control training</p> <p style="text-align: center;">Peer massage once a fortnight</p> <p style="text-align: center;">Guided or independent meditation once a fortnight minimum</p> <p style="text-align: center;">WEE – How to fix almost anything</p> <p style="text-align: center;">WEE – Adam’s grandpa is unwell</p> <p style="text-align: center;">Should and Good</p>
<u>PSHE</u>	<p>Class and school rules - Rules in other settings - Rights and responsibilities. Duties at home and in the community.</p> <p style="text-align: center;">Setting and reaching goals</p> <p style="text-align: center;">Communicating what I want and how I feel</p>	<p style="text-align: center;">UN Declaration of the Rights of the Child</p> <p style="text-align: center;">Peer pressure and taking risks</p> <p style="text-align: center;">Positive inclusion</p> <p style="text-align: center;">Sleep</p>	<p style="text-align: center;">Helping to manage the spread of disease.</p> <p style="text-align: center;">Research discuss and debate topical issues that are concern to them and seek solutions.</p> <p style="text-align: center;">Managing negotiations and conflict</p> <p style="text-align: center;">Hydration</p>

<u>RSE</u>	<p>How do friendships change as I grow up?</p> <p>Why do friendships change?</p> <p>How can I be a good friend?</p> <p>Do friends all have to be the same?</p> <p>What happens when friends fall out? Is this OK?</p> <p>How can I spot bullying and what should I do about it?</p>	<p>Why does having a baby need a male and female? What are eggs and sperm? How are babies made? How are babies born?</p> <p>Different types of families (incl LGBT). Different types of partnerships.</p> <p>What is love?</p>	<p>How has my body changed? What will happen to Why is my body changing? Why are we all different? Is it OK to be different?</p> <p>How are boys and girls different and similar? Is OK for boys and girls to behave differently? (gender stereo types)</p> <p>How do I look after my growing body (personal hygiene)</p> <p>Where can I find information about growing up?</p>
<u>PE</u>	Setting and reaching personal goals for health and fitness		
<u>Finance</u>			

Life Curriculum Upper KS2

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Values</u>	<i>Truth, Curiosity & Respect</i>	<i>Truth, Compassion & Courage</i>	<i>Truth, Endurance & Confidence</i>
<u>Personal Safety</u>	<p>Why do people drink, use drugs and smoke? What is vaping? What is legal? What are the dangers? What should I do if I'm worried about someone? Do I have to drink when I'm older? What about energy drinks?</p> <p>WEE – revise strategies learnt so far – have visual prompts in classroom.</p> <p>WEE – practise use of vicious circle at least once a half term using meaningful scenarios</p>	<p>Safe searching about sex and relationships – how to avoid the pitfalls, what to do if things go wrong, which sources to trust.</p> <p>First aid</p> <p>WEE – practise use of vicious circle at least once a half term using meaningful scenarios</p>	<p>Planning safe independent journeys. Y6 planning safe journey to school in Y7 as part of transition</p> <p>Road safety on a bike (bike ability)</p> <p>Beach safety – lifeguards</p> <p>WEE – practise use of vicious circle at least once a half term using meaningful scenarios</p>
<u>Mental Health</u>	<p>Peer massage – agree class rules. What is how I feel about changes? Use as context to explore consent. Aim for once a fortnight</p> <p>Guided or independent meditation once a fortnight minimum</p> <p>WEE – Deepak doesn't understand</p> <p>Be kind to yourself – growing the good to shrink the bad</p> <p>What makes me happy</p>	<p>Peer massage once a fortnight reinforce consent (verbal and nonverbal)</p> <p>Guided or independent meditation once a fortnight minimum</p> <p>WEE – looking at things differently</p> <p>WEE – Beth isn't on social media</p> <p>Bad thought busting</p>	<p>Peer massage once a fortnight reinforce consent (verbal and nonverbal)</p> <p>Guided or independent or group meditation once a fortnight minimum</p> <p>Walk confident, talk confident, become confident (fake it till you make it)</p> <p>Know your buttons, early warning system and escape hatches.</p>
<u>PSHE</u>	Setting and reaching goals	Where does peer pressure come from? How do I make my own decisions? How can I choose not to follow the crowd?	How do rules and laws protect us. How are laws made and enforced? Why are rules different in different places? What is the difference between rules and the law? What is the difference between religious law and British law? Revise UN declaration of the right the child - understand that this has primacy over British law and family/community practises? What should I do if there is a conflict between these?

<p><u>RSE</u></p>	<p>What are the important relationships in my life now? What will I look for in relationships in the future?</p> <p>What is love – how do we show love to one another?</p> <p>What different kinds of families and partnerships are there is this OK? Do they love each other?</p> <p>Explore LGBT words and meaning. What is homophobic and sexual harassment/bullying? What should I do if I spot this?</p> <p>When is it OK to have a boyfriend/girlfriend (don't assume all children will heterosexual or know their sexuality)?</p> <p>Are boys and girls expected to behave differently in a relationship?</p> <p>Can some relationships be harmful? What should I do if this happens to me or someone I know?</p> <p>How can I deal with conflict and differences of opinion? What do I do if I don't feel that people understand me?</p> <p>What is the difference between aggressive and assertive behaviour?</p> <p>What is control and coercion and how is this different to compromise and discussion?</p> <p>How do I say no?</p>	<p>How can I look after my after my body now and while going through puberty?</p> <p>What is menstruation? Why does it happen? What is normal menstruation?</p> <p>How can girls manage periods?</p> <p>How will my feelings change during puberty and why? How can I cope with mood swings?</p> <p>What is masturbation and is it OK?</p> <p>What is a normal body? Can I believe everything I see in the media? How do I know which sources to trust? How can I find safe information on the internet? Understand the role of voluntary, community and pressure groups.</p> <p>FGM</p> <p>Who can I talk to if I want help or advice? Where else can I get information? How can I start conversations about my body, puberty, sex with my parents, health professionals, school staff or youth workers?</p>	<p>What is sex?</p> <p>How does the sperm reach the egg?</p> <p>Does conception always occur and can it be prevented?</p> <p>What are STI and how can they be prevented?</p> <p>When is it OK to have sex? How old? Do I have to have sex? Why do some religions, cultures and communities differ on this? What is the law?</p> <p>What is pornography? Is it legal? Is it a good source to learn from? (incl sexting and law around child sex abuse images)</p> <p>How do families with same sex parents have babies?</p> <p>Why are families important for having babies and bringing up children?</p> <p>How does the baby develop and how do parents keep the baby safe before and after birth?</p> <p>What does a baby need to be happy and healthy?</p>
<p><u>PE</u></p>	<p>Swimming at least 25m</p> <p>Self-rescue in water</p>	<p>Staying active as my body changes</p> <p>Personal hygiene after exercise</p>	
<p><u>Finance</u></p>			