



Bollin and Treacle PHSE Scheme of Work

Term 1 – Health and Well-being	Term 2 – Understanding Relationships	Term 3 – The World Around Us
<p>MHM Meet your brain</p> <p>To understand that it is important to express their feelings, emotions, worries and thoughts</p> <p>To understand the impact that poor diets can have on our physical health</p> <p>To recognise elements of a healthy, balance diet and make informed decisions on choosing foods</p> <p>To recognise when they are physically unwell and identify strategies to solve this e.g speaking to an adult, diet choices and exercise</p> <p>To know that common drug use (caffeine, cigarettes/vaping, alcohol) can affect our health negatively</p>	<p>MHM Celebrate</p> <p>To know that it is important to spend time together with family members and share experiences</p> <p>To know how to speak to a trusted adult in school if they have any concerns regarding their family and home life</p> <p>To understand that friendships develop and change overtime</p> <p>To know the importance of asking and seeking permissions in relationships of all kinds</p>	<p>MHM Appreciate</p> <p>To know that each person (including themselves) has responsibilities</p> <p>To consider the effect of environmental issues both locally and globally</p> <p>To understand what stereotypes are and how they can cause conflict</p> <p>To recognise the benefits of a diverse community and how it can positively affect communities (including LGBTQ+)</p> <p>To identify different groups of people that make up their local community</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
<p>Learn to Thrive resources:</p> <p>To understand that boys' and girls' bodies need to change.</p> <p>To identify how boys' and girls' bodies change on the outside during this growing up process (including menstruation and wet dreams)</p> <p>To recognise how I feel about these changes happening to me and know how to cope with those feelings.</p>	<p>To understand there are other types of relationships outside of family (friends, boyfriend/girlfriend, teachers) - Steps 2C and Steps 4A, 4G, 4H.</p> <p>To know that often adults form romantic and caring relationships within marriage (including same sex relationships).</p> <p>To understand what sexy love is (Step 4F)</p>	<p>To identify different private and public body parts and places (Steps 1A and 1B).</p> <p>To identify and describe different types of physical contact and understand when it's safe and appropriate (including boundaries, consent and recognising when touching would be harmful or unsafe) - Steps 1G and Learn to Thrive – appropriate touch.</p> <p>To understand what a sexy kiss is (Step 2H)</p>
Vocabulary	Vocabulary	Vocabulary
<p>Caffeine, drugs, cigarettes, vaping, alcohol, health, feelings, emotions, diet, physical health, balanced diet, habits, girls, boys,</p>	<p>Family, together, safeguarding, trusted adult, friendship, permission, boyfriend, girlfriend, romantic, caring, same sex relationships</p>	<p>Human rights, empathise, responsibility, epidemic, pandemic, local, global,</p>



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puberty, changes, breasts, vulva, penis, vagina, testicles		environment, stereotypes, community, touch, appropriate, physical contact, safe
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<p>MHM Relate</p> <p>To understand how to make a strong password online and ways it can help keep us safe online</p> <p>To understand why many aspects of the internet are age restricted (social media, online gaming)</p> <p>To understand when they interact with media they feel is inappropriate and how to speak to an adult</p> <p>To recognise positive ways to communicate online (including use of images and emojis)</p> <p>To understand how to treat basic injuries (bruises, small cuts, nose bleeds)</p> <p>To know how to predict and evaluate risks in unfamiliar situations or environments</p>	<p>MHM Engage</p> <p>To recognise behaviour in their communities that is disrespectful and ways to act positively about this</p> <p>To listen and speak to others with respect</p> <p>To understand how to respond safely to unfamiliar adults in a range of environments and settings (Step 2K and 2L and Step 3B and 3C)</p> <p>To understand how to act safely towards controlling behaviours such as peer pressure</p> <p>To identify and report feelings of feeling unsafe including with regards to adults in their shared communities and school</p>	<p>MHM Consolidation/Catch Up</p> <p>To understand the role of money in everyday life and different ways it can be used</p> <p>To think critically about the value of buying things with money and understanding its worth</p> <p>To show confidence in approaching activities using their own strategies</p> <p>To display enthusiasm and excitement in their own learning</p> <p>To positively interact with a range of people from different backgrounds and personalities in their local environments</p> <p>To reflect on own personal growth and learning and consider steps to continuing development</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
To correctly label the internal and external parts of male and female bodies that are necessary for making a baby	<p>RECAP: To understand and describe how boys' and girls' bodies change during puberty (menstruation and wet dreams) (LEARN TO THRIVE)</p> <p>To know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>To recap the concept of public and private spaces and parts of the body.</p> <p>Recap: physical contact and consent (Step 1G)</p> <p>To know what private talk is (Step 2J)</p>
Vocabulary	Vocabulary	Vocabulary
Online, password, internet, social media, online gaming, adult, injuries, bruises, cuts, risks, penis, testicles, vulva, vagina, breasts	Behaviour, respect, controlling, manipulation, coercion, peer pressure, blackmail, unsafe, puberty, penis, vulva, vagina, testicles, physical, emotional, changes	Money, buying, worth, learning, personal growth, public, private, arousal