

# Meadow Park: Sequence of learning overview 2023-2024



## Subject- PSHE

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Health & Wellbeing		Relationships		Living in the wider world	
<b><u>KS1</u></b>					
<b>Physical Health and wellbeing</b> <ul style="list-style-type: none"> <li>Expressing and exploring feelings positively.</li> <li>Exploring change.</li> <li>Asking for help.</li> <li>What affects mental health and ways to take care of it.</li> <li>Keeping healthy.</li> <li>Why sleep is important.</li> <li>Food and exercise.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Hygiene routines.</li> <li>Keeping teeth healthy.</li> <li>Medicines and keeping healthy.</li> <li>Sun safety.</li> <li>Risk and safety at home.</li> <li>Emergencies. How rules and age restrictions help us.</li> </ul>	<b>Respecting ourselves and others</b> <ul style="list-style-type: none"> <li>How behaviour affects others.</li> <li>Being polite and respectful towards others.</li> <li>Sharing opinions.</li> <li>Recognising things in common and differences with others.</li> <li>Playing and working cooperatively.</li> </ul>	<b>Safe relationships</b> <ul style="list-style-type: none"> <li>Recognising privacy.</li> <li>Staying safe.</li> <li>Seeking permission.</li> <li>Managing secrets.</li> <li>Resisting pressure and getting help.</li> <li>Recognising hurtful behaviour.</li> </ul>	<b>Belonging to a community</b> <ul style="list-style-type: none"> <li>What rules are.</li> <li>Caring for others' needs.</li> <li>Looking after the environment</li> <li>Belonging to a group.</li> <li>Roles and responsibilities.</li> <li>Being the same and different in the community.</li> </ul>	<b>Money and work</b> <ul style="list-style-type: none"> <li>Strengths and interests.</li> <li>Jobs in the community.</li> <li>What money is.</li> <li>Needs and wants.</li> <li>Looking after money.</li> </ul>
<b>Media literacy and digital resilience</b> <ul style="list-style-type: none"> <li>Using the internet and digital devices.</li> <li>Communicating online.</li> <li>The internet in everyday life.</li> <li>Online content and information.</li> </ul>	<b>Keeping safe</b> <ul style="list-style-type: none"> <li>Safety in different environments.</li> <li>Risk and safety at home.</li> <li>Emergencies.</li> </ul>	<b>Families and friendships</b> <ul style="list-style-type: none"> <li>Roles of different people.</li> <li>Families.</li> <li>Feeling cared for.</li> <li>Making friends.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Recognising what makes children unique and special.</li> <li>Feelings and emotions.</li> <li>Managing when things go wrong.</li> <li>Growing older.</li> <li>Naming body parts.</li> </ul>		
<b><u>Year 3</u></b>					
<b>Physical health and wellbeing</b> <ul style="list-style-type: none"> <li>Expressing and exploring feelings positively.</li> <li>Exploring change.</li> <li>Asking for help.</li> <li>What affects mental health and ways to take care of it.</li> <li>Healthy choices and habits.</li> <li>Healthy sleep habits.</li> <li>Sun safety.</li> <li>Medicines, vaccinations, immunisations and allergies.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Managing emotions.</li> </ul>	<b>Respecting ourselves and others</b> <ul style="list-style-type: none"> <li>Respecting ourselves and others.</li> <li>Recognising respectful behaviour.</li> <li>The importance of self-respect.</li> <li>Courtesy and being polite to others.</li> </ul>	<b>Safe relationships</b> <ul style="list-style-type: none"> <li>Safe relationships</li> <li>Personal boundaries</li> <li>Safely responding to others</li> <li>The impact of hurtful behaviour</li> </ul>	<b>Belonging to a community</b> <ul style="list-style-type: none"> <li>Belonging to a community.</li> <li>The value of rules and laws.</li> <li>Rights, freedoms and responsibilities.</li> </ul>	<b>Money and work</b> <ul style="list-style-type: none"> <li>Job stereotype.</li> <li>Setting personal goals.</li> <li>Money and work.</li> <li>Different jobs and skills.</li> </ul>
<b>Media literacy and digital resilience</b> <ul style="list-style-type: none"> <li>Media literacy and digital resilience.</li> </ul>	<b>Keeping safe</b> <ul style="list-style-type: none"> <li>Keeping safe.</li> <li>Safety in the local</li> </ul>	<b>Families and friendships</b> <ul style="list-style-type: none"> <li>Families and friendships.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Personal strengths and</li> </ul>		

<ul style="list-style-type: none"> <li>. The internet in everyday life.</li> <li>. Online content and information.</li> </ul>	<ul style="list-style-type: none"> <li>. environment and unfamiliar places.</li> <li>. Keeping safe.</li> <li>. Risks and hazards.</li> </ul>	<ul style="list-style-type: none"> <li>. What makes a family.</li> </ul>	<ul style="list-style-type: none"> <li>. achievements.</li> <li>. Managing and reframing setbacks.</li> </ul>		
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**Year 4**

<b>Physical health and wellbeing</b> <ul style="list-style-type: none"> <li>. Physical health and mental wellbeing.</li> <li>. Exploring and expressing feelings positively.</li> <li>. Affects to mental health.</li> <li>. Hygiene.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>. Managing emotions</li> </ul>	<b>Respecting ourselves and others</b> <ul style="list-style-type: none"> <li>. Respecting differences and similarities.</li> <li>. Discussing difference sensitively.</li> </ul>	<b>Safe relationships</b> <ul style="list-style-type: none"> <li>. Responding to hurtful behaviour.</li> <li>. Managing confidentiality.</li> <li>. Recognising risks online.</li> </ul>	<b>Belonging to a community</b> <ul style="list-style-type: none"> <li>. Belonging to a community</li> <li>. What makes a community</li> <li>. Shared responsibilities</li> </ul>	<b>Money and work</b> <ul style="list-style-type: none"> <li>. Using and keeping money safe.</li> <li>. Making decisions about money.</li> </ul>
<b>Media Literacy and Digital Resilience</b> <ul style="list-style-type: none"> <li>. How data is shared and used.</li> <li>. Accessing information online.</li> </ul>	<b>Keeping safe</b> <ul style="list-style-type: none"> <li>. Keeping safe</li> <li>. Drugs common to everyday life</li> <li>. Medicines and household products</li> </ul>	<b>Family and friendships</b> <ul style="list-style-type: none"> <li>. Positive friendships</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>. Physical and emotional changes in puberty.</li> <li>. External genitalia.</li> <li>. Personal hygiene routines.</li> <li>. Support with puberty.</li> </ul>		

**Year 5**

<b>Physical health and mental wellbeing</b> <ul style="list-style-type: none"> <li>. Expressing and exploring feelings positively.</li> <li>. Exploring change.</li> <li>. Asking for help.</li> <li>. What affects mental health and ways to take care of it.</li> <li>. Healthy sleep habits.</li> <li>. Sun safety.</li> <li>. Medicines, vaccinations, immunisations and allergies.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>. Managing emotions</li> </ul>	<b>Respecting ourselves and others</b> <ul style="list-style-type: none"> <li>. Responding respectfully to a wide range of people.</li> <li>. Recognising prejudice and discrimination.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>. Personal identity.</li> <li>. Recognising individuality and different qualities.</li> </ul>	<b>Belonging to a community</b> <ul style="list-style-type: none"> <li>. Protecting the environment.</li> <li>. Compassion towards others.</li> </ul>	<b>Money and work</b> <ul style="list-style-type: none"> <li>. Identifying job interests and aspirations,</li> <li>. What Influences career choices.</li> <li>. Workplace stereotypes.</li> </ul>
<b>Media literacy and digital resilience</b> <ul style="list-style-type: none"> <li>. How information online is targeted, different media types.</li> <li>. The media's role and impact.</li> </ul>	<b>Keeping safe.</b> <ul style="list-style-type: none"> <li>. Keeping safe in different situations.</li> <li>. Responding in emergencies.</li> <li>. First aid.</li> <li>. FGM.</li> </ul>	<b>Families and friendships</b> <ul style="list-style-type: none"> <li>. Managing Friendships.</li> <li>. Peer Influence.</li> </ul>	<b>Safe relationships</b> <ul style="list-style-type: none"> <li>. Physical contact.</li> <li>. Feeling safe.</li> </ul>		

**Year 6**

<b>Physical health and mental wellbeing</b> <ul style="list-style-type: none"> <li>Expressing and exploring feelings positively.</li> <li>Loss and bereavement.</li> <li>Managing change and time online.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Increasing independence.</li> <li>Managing transition.</li> </ul>	<b>Respecting Ourselves and Others</b> <ul style="list-style-type: none"> <li>Expressing opinions and respecting other points of view.</li> <li>Discussing topical Issues.</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Human reproduction and birth.</li> </ul>	<b>Belonging to a community</b> <ul style="list-style-type: none"> <li>Valuing diversity.</li> <li>Challenging discrimination and stereotype.</li> </ul>	<b>Money and work</b> <ul style="list-style-type: none"> <li>Influences and attitudes to money.</li> <li>Money and financial risks.</li> </ul>
<b>Media Literacy and Digital Resilience</b> <ul style="list-style-type: none"> <li>Evaluating media sources.</li> <li>Sharing things online.</li> </ul>	<b>Keeping Safe</b> <ul style="list-style-type: none"> <li>Keeping personal Information safe.</li> <li>Regulations and choices.</li> <li>Drug use and the law.</li> <li>Drug use and the media.</li> </ul>	<b>Families and Friendships</b> <ul style="list-style-type: none"> <li>Attraction to others.</li> <li>Romantic relationships.</li> <li>Civil partnership and marriage.</li> </ul>	<b>Safe Relationships</b> <ul style="list-style-type: none"> <li>Recognising and managing pressure.</li> <li>Consent in different situations.</li> </ul>		

**Year 7**

<b>Physical Health and Mental Wellbeing</b> <ul style="list-style-type: none"> <li>Asking for help and support.</li> <li>What affects mental health.</li> <li>Taking care of your mental health.</li> <li>Coping strategies.</li> <li>Managing loss and change.</li> <li>The positive effect of exercise.</li> </ul>	<b>Health and puberty</b> <ul style="list-style-type: none"> <li>Healthy routines.</li> <li>Influences on health.</li> <li>Puberty.</li> <li>Unwanted contact.</li> <li>FGM.</li> </ul>	<b>Diversity</b> <ul style="list-style-type: none"> <li>Diversity.</li> <li>Prejudice.</li> <li>Bullying</li> </ul>	<b>Building relationships</b> <ul style="list-style-type: none"> <li>Self-worth.</li> <li>Romance and friendships (including online).</li> <li>Relationship boundaries.</li> </ul>	<b>Developing skills and aspirations</b> <ul style="list-style-type: none"> <li>Careers.</li> <li>Teamwork.</li> <li>Enterprise skills.</li> <li>Raising aspirations.</li> </ul>	<b>Financial decision making</b> <ul style="list-style-type: none"> <li>Saving.</li> <li>Borrowing, budgeting and making</li> <li>Financial choices.</li> </ul>
	<b>Safety</b> <ul style="list-style-type: none"> <li>Personal safety in and outside school.</li> <li>First aid.</li> </ul>				

**Year 8**

<b>Physical health and mental Wellbeing</b> <ul style="list-style-type: none"> <li>Expressing feelings positively.</li> <li>Asking for help and support.</li> <li>What affects mental health.</li> <li>Taking care of your mental health.</li> <li>Coping strategies.</li> <li>Managing loss and</li> </ul>	<b>Drugs and alcohol</b> <ul style="list-style-type: none"> <li>Alcohol and drug misuse.</li> <li>Pressures relating to drug use.</li> </ul>	<b>Discrimination</b> <ul style="list-style-type: none"> <li>Discrimination in all of its forms, including:</li> <li>Racism.</li> <li>Religious discrimination.</li> <li>Disability discrimination.</li> <li>Sexism.</li> <li>Homophobia, biphobia and transphobia.</li> </ul>	<b>Identity and relationships</b> <ul style="list-style-type: none"> <li>Gender identity.</li> <li>Sexual orientation.</li> <li>Consent.</li> <li>Sexting.</li> <li>An introduction to contraception.</li> </ul>	<b>Community and careers</b> <ul style="list-style-type: none"> <li>Equality of opportunity in careers and life choices.</li> <li>Different types and patterns of work.</li> </ul>	<b>Digital literacy</b> <ul style="list-style-type: none"> <li>Online safety.</li> <li>Digital literacy.</li> <li>Media reliability.</li> <li>Gambling hooks.</li> </ul>
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<ul style="list-style-type: none"> <li>change.</li> <li>Diet &amp; exercise.</li> <li>First aid.</li> </ul>					
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**Year 9**

<p><b>Physical health and mental wellbeing</b></p> <ul style="list-style-type: none"> <li>Expressing feelings positively.</li> <li>Asking for help and support.</li> <li>What affects mental health.</li> <li>Taking care of your mental health.</li> <li>Coping strategies.</li> <li>Managing loss and change.</li> <li>Diet &amp; exercise.</li> <li>First aid.</li> </ul>	<p><b>Peer influence, substance abuse and gangs</b></p> <ul style="list-style-type: none"> <li>Healthy and unhealthy friendships.</li> <li>Assertiveness.</li> <li>Substance misuse.</li> <li>Gang exploitation.</li> </ul>	<p><b>Respectful relationships</b></p> <ul style="list-style-type: none"> <li>Families and parenting.</li> <li>Healthy relationships.</li> <li>Conflict resolution.</li> <li>Relationship changes.</li> </ul>	<p><b>Intimate relationships</b></p> <ul style="list-style-type: none"> <li>Relationships and sex education including:</li> <li>Consent.</li> <li>Contraception.</li> <li>The risks of STIs.</li> <li>Attitudes to pornography.</li> </ul>	<p><b>Setting goals</b></p> <ul style="list-style-type: none"> <li>Learning strengths.</li> <li>Career options and goal setting as part of the GCSE options process.</li> </ul>	<p><b>Employability skills</b></p> <ul style="list-style-type: none"> <li>Employability and online presence.</li> </ul>
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**Year 10**

<p><b>Physical health and mental wellbeing</b></p> <ul style="list-style-type: none"> <li>Expressing feelings positively.</li> <li>Asking for help and support.</li> <li>What affects mental health.</li> <li>Taking care of your mental health.</li> <li>Coping strategies.</li> <li>Managing loss and change.</li> <li>The benefits of healthy eating &amp; exercise.</li> <li>Ill health.</li> <li>Stigma.</li> <li>Safeguarding health, including during periods of transition or change.</li> </ul>	<p><b>Exploring influence</b></p> <ul style="list-style-type: none"> <li>The influence and impact of: Drugs, gangs, role models and the media.</li> </ul>	<p><b>Addressing extremism and radicalisation</b></p> <ul style="list-style-type: none"> <li>Communities.</li> <li>Challenging extremism.</li> </ul>	<p><b>Healthy relationships</b></p> <ul style="list-style-type: none"> <li>Relationships.</li> <li>Sex expectations.</li> <li>Myths.</li> <li>Pleasure.</li> <li>Challenges.</li> <li>The impact of the media and pornography.</li> </ul>	<p><b>Financial decision making</b></p> <ul style="list-style-type: none"> <li>The impact of financial decisions.</li> <li>Debt.</li> <li>Gambling.</li> <li>The impact of advertising on financial choices.</li> </ul>	<p><b>Work experience</b></p> <ul style="list-style-type: none"> <li>Preparation for work experience and readiness for work.</li> </ul>
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**Year 11**

<p><b>Physical health and mental wellbeing</b></p> <ul style="list-style-type: none"> <li>. Expressing feelings positively.</li> <li>. Asking for help.</li> <li>. What affects mental health.</li> <li>. Taking care of your mental health.</li> <li>. Coping strategies.</li> <li>. Managing loss and change.</li> <li>. The importance of healthy eating &amp; exercise.</li> <li>. Responsible health choices.</li> <li>. Safety in independent contexts.</li> </ul>	<p><b>Building for the future</b></p> <ul style="list-style-type: none"> <li>. Self-efficacy.</li> <li>. Stress management.</li> <li>. Future opportunities.</li> </ul>	<p><b>Communication in relationships</b></p> <ul style="list-style-type: none"> <li>. Personal values.</li> <li>. Assertive communication (including in relation to contraception and sexual health).</li> <li>. Relationship challenges.</li> <li>. Abuse.</li> </ul>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>. Different families.</li> <li>. Parental responsibilities.</li> <li>. Pregnancy.</li> <li>. Marriage.</li> <li>. Forced marriage.</li> <li>. Changing relationships.</li> </ul>	<p><b>Next steps</b></p> <ul style="list-style-type: none"> <li>. Application processes.</li> <li>. Skills for further education and employment.</li> </ul>	
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