

# Meadow Park: Sequence Of Learning Overview 2024-2025



## Subject- PSHE

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<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>	<b>Keeping safe</b>	<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</li> </ul>		

<ul style="list-style-type: none"> <li>Media literacy and digital resilience</li> <li>The internet in everyday life</li> <li>Online content and information</li> </ul>	<ul style="list-style-type: none"> <li>Keeping safe</li> <li>Safety in the local 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>strengths and achievements.</li> <li>Managing and reframing setbacks.</li> </ul>		
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**Year 4**

<p><b>Physical Health and Wellbeing</b></p> <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>	<p><b>Growing and changing</b></p> <ul style="list-style-type: none"> <li>Managing emotions</li> </ul>	<p><b>Respecting ourselves and others</b></p> <ul style="list-style-type: none"> <li>Respecting differences and similarities</li> <li>Discussing difference sensitively</li> </ul>	<p><b>Safe relationships</b></p> <ul style="list-style-type: none"> <li>Responding to hurtful behaviour.</li> <li>Managing confidentiality.</li> <li>Recognising risks online.</li> </ul>	<p><b>Belonging to a community</b></p> <ul style="list-style-type: none"> <li>Belonging to a community</li> <li>What makes a community</li> <li>Shared responsibilities</li> </ul>	<p><b>Money and Work</b></p> <ul style="list-style-type: none"> <li>Using and keeping money safe.</li> <li>Making decisions about money</li> </ul>
<p><b>Media Literacy and Digital Resilience</b></p> <ul style="list-style-type: none"> <li>How data is shared and used</li> <li>Accessing information online</li> </ul>	<p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>Keeping safe</li> <li>Drugs common to everyday life</li> <li>Medicines and household products</li> </ul>	<p><b>Family and friendships</b></p> <ul style="list-style-type: none"> <li>Positive friendships</li> </ul>	<p><b>Growing and Changing</b></p> <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**

<p><b>Physical Health and Mental Wellbeing</b></p> <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>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>Managing emotions</li> </ul>	<p><b>Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>Responding respectfully to a wide range of people.</li> <li>Recognising Prejudice and Discrimination.</li> </ul>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>Personal identity.</li> <li>Recognising individuality and different qualities.</li> </ul>	<p><b>Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>Protecting the Environment.</li> <li>Compassion Towards Others.</li> </ul>	<p><b>Money and Work</b></p> <ul style="list-style-type: none"> <li>Identifying Job Interests and Aspirations,</li> <li>What Influences Career Choices.</li> <li>Workplace Stereotypes.</li> </ul>
<p><b>Media Literacy and Digital Resilience</b></p> <ul style="list-style-type: none"> <li>How Information Online is Targeted, Different Media Types.</li> <li>Their Role and Impact</li> </ul>	<p><b>Keeping Safe.</b></p> <ul style="list-style-type: none"> <li>Keeping safe in different situations.</li> <li>Responding in emergencies.</li> <li>First aid.</li> </ul>	<p><b>Families and Friendships</b></p> <ul style="list-style-type: none"> <li>Managing Friendships.</li> <li>Peer Influence.</li> </ul>	<p><b>Safe Relationships</b></p> <ul style="list-style-type: none"> <li>Physical Contact.</li> <li>Feeling Safe.</li> </ul>		

. FGM.

**Year 6**

<p><b>Physical Health and Mental Wellbeing</b></p> <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>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>. Increasing Independence.</li> <li>. Managing Transition.</li> </ul>	<p><b>Respecting Ourselves and Others</b></p> <ul style="list-style-type: none"> <li>. Expressing Opinions and Respecting Other Points of View.</li> <li>. Discussing Topical Issues.</li> </ul>	<p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>. Human Reproduction and Birth.</li> </ul>	<p><b>Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>. Valuing Diversity.</li> <li>. Challenging Discrimination and Stereotype.</li> </ul>	<p><b>Money and Work</b></p> <ul style="list-style-type: none"> <li>. Influences and Attitudes to Money.</li> <li>. Money and Financial Risks.</li> </ul>
<p><b>Media Literacy and Digital Resilience</b></p> <ul style="list-style-type: none"> <li>. Evaluating Media Sources.</li> <li>. Sharing Things Online.</li> </ul>	<p><b>Keeping Safe</b></p> <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>	<p><b>Families and Friendships</b></p> <ul style="list-style-type: none"> <li>. Attraction to Others.</li> <li>. Romantic Relationships.</li> <li>. Civil Partnership and Marriage.</li> </ul>	<p><b>Safe Relationships</b></p> <p>Recognising and Managing Pressure. Consent in Different Situations.</p>		

**Year 7**

<p><b>Physical Health and Mental Wellbeing</b></p> <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>	<p><b>Health and puberty</b></p> <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>	<p><b>Diversity</b></p> <ul style="list-style-type: none"> <li>. Diversity.</li> <li>. Prejudice.</li> <li>. Bullying</li> </ul>	<p><b>Building relationships</b></p> <ul style="list-style-type: none"> <li>. Self-worth.</li> <li>. Romance and friendships (including online).</li> <li>. Relationship boundaries</li> </ul>	<p><b>Developing skills and aspirations</b></p> <ul style="list-style-type: none"> <li>. Careers.</li> <li>. Teamwork.</li> <li>. Enterprise skills.</li> <li>. Raising aspirations.</li> </ul>	<p><b>Financial decision making</b></p> <ul style="list-style-type: none"> <li>. Saving.</li> <li>. Borrowing, budgeting and making</li> <li>. Financial choices.</li> </ul>
	<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>. Personal safety in and outside school.</li> <li>. First aid.</li> </ul>				

**Year 8**

<p><b>Physical Health and Mental Wellbeing</b></p>	<p><b>Drugs and alcohol</b></p>	<p><b>Discrimination</b></p>	<p><b>Identity and relationships</b></p>	<p><b>Community and careers</b></p>	<p><b>Digital literacy</b></p>
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<ul style="list-style-type: none"> <li>• COVID 19 &amp; lockdown.</li> <li>• Expressing feelings positively.</li> <li>• Asking for help and support.</li> <li>• What affects mental health.</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol and drug misuse.</li> <li>• Pressures relating to drug use.</li> </ul>	<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> </ul>	<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>	<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>	<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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**Year 9**

<b>Physical Health and Mental Wellbeing</b>	<b>Peer influence, substance abuse and gangs</b>	<b>Respectful relationships</b>	<b>Intimate relationships</b>	<b>Setting goals</b>	<b>Employability skills</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> </ul>	<ul style="list-style-type: none"> <li>• Healthy and unhealthy friendships.</li> <li>• Assertiveness.</li> <li>• Substance misuse.</li> <li>• Gang exploitation</li> </ul>	<ul style="list-style-type: none"> <li>• Families and parenting.</li> <li>• Healthy relationships.</li> <li>• Conflict resolution.</li> <li>• Relationship changes</li> </ul>	<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> </ul>	<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>	<ul style="list-style-type: none"> <li>• Employability and online presence.</li> </ul>

**Year 10**

<b>Physical Health and Mental Wellbeing</b>	<b>Exploring influence</b>	<b>Addressing extremism and radicalisation</b>	<b>Healthy relationships</b>	<b>Financial decision making</b>	<b>Work experience</b>
<ul style="list-style-type: none"> <li>• COVID 19 &amp; lockdown.</li> <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> </ul>	<ul style="list-style-type: none"> <li>• The influence and impact of:</li> <li>• Drugs.</li> <li>• Gangs.</li> <li>• Role models.</li> <li>• The media.</li> </ul>	<ul style="list-style-type: none"> <li>• Communities.</li> <li>• Challenging extremism.</li> </ul>	<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>	<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>	<ul style="list-style-type: none"> <li>• Preparation for work experience and readiness for work.</li> </ul>

**Year 11**

<b>Physical Health and Mental Wellbeing</b>	<b>Building for the future</b>	<b>Communication in relationships</b>	<b>Families</b>	<b>Next steps</b>	
<ul style="list-style-type: none"> <li>• COVID 19 &amp; lockdown.</li> <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> </ul>	<ul style="list-style-type: none"> <li>• Self-efficacy.</li> <li>• Stress management.</li> <li>• Future opportunities</li> </ul>	<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>	<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>	<ul style="list-style-type: none"> <li>• Application processes.</li> <li>• Skills for further education and employment</li> </ul>	

- The importance of healthy eating & exercise.
- Responsible health choices.
- Safety in independent contexts.

