

Relationships, Sex Education, Health Education Personal, Social, health and Economic education



Mapping Document

Supporting the new statutory changes to Relationships Education and Health Education

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Introduction

From September 2020, Health Education and Relationships Education will become statutory in all schools across the UK. Following this decision by the DfE, the 1decision team have created a mapping document to support schools. This document looks at how the PSHE Association's updated Programme of Study (2020) and the 1decision resources are mapped against the new statutory framework. This is the programme of study that we will take at Welbourn Church of England Primary School.

Please note, we have referenced the three core themes of the PSHE Association's Programme of Study. For further information on each of the core themes, please view the full Programme of Study at: *www.pshe-association.org.uk.*

Throughout this document, you will be able to see how we cover the new statutory requirements. You will find every area of the new framework has been explored and referenced against our primary school resources.

We provide 17 modules, which are recommended for pupils in years 1-6. Reception learning will be focused on the EYFS document. The core of the programme is a series of documentaries and videos with alternative endings, which enable children to explore various topics in a safe, educational environment.

To view the full range of topics within each module,

We tailor the contents of each module to make them suitable for year groups, classes and individual pupils. This will be dependent on social need, maturity, and their environment. These modules will be used as a standalone resource or alongside additional material, s to fulfil the expectations of Health Education and Relationships Education.

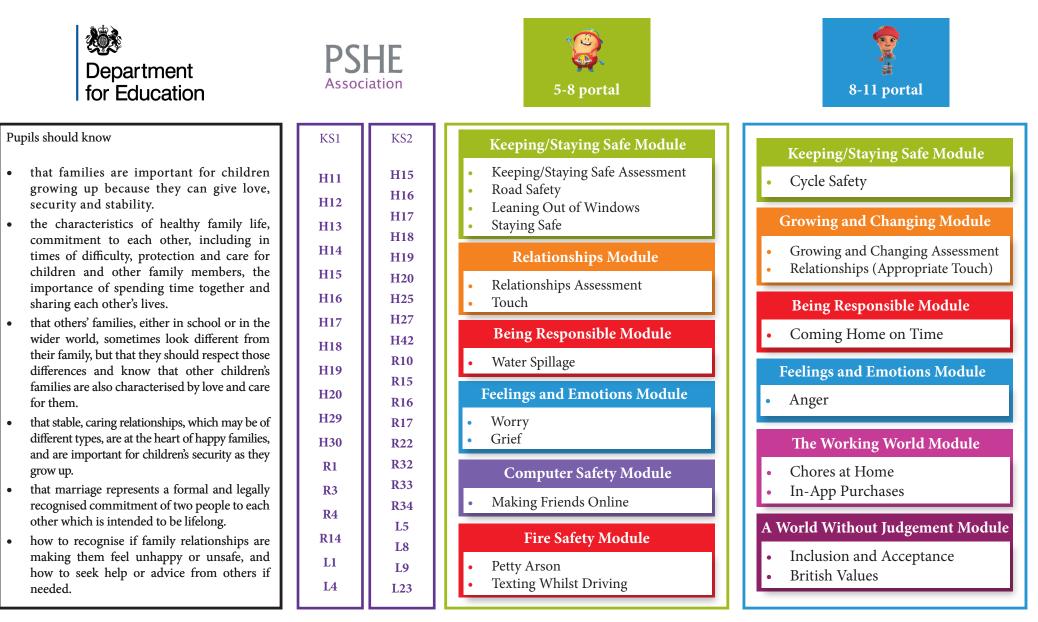
Please view the overview of delivery and content taught on page 4.



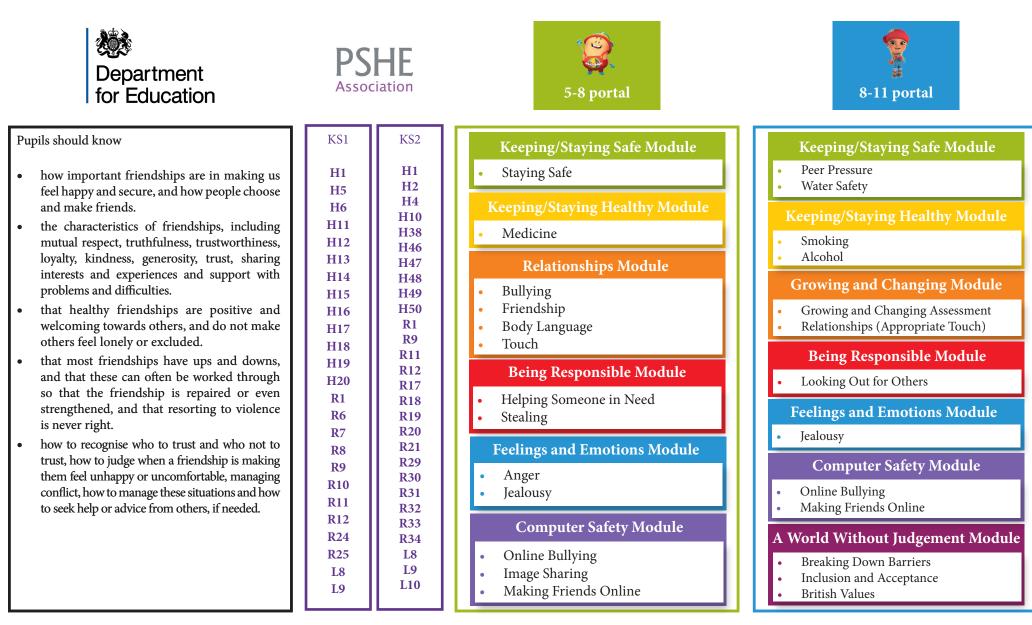
Welbourn Church of England Primary School Overview

Reception / Year1 5-8 Resources	Year 2/3 5-8 Resources	Year 4/5/6 Year A 8-11 Resources	Year 4/5/6 Year B 8-11 Resources	Additional Year 6 only
KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE
Assessment - Baseline Road Safety / Tying Shoelaces	Staying Safe Leaning Out of Windows Assessment - Summative	Assessment - Baseline Cycle Safety, Peer Pressure Assessment - baseline	Water safety Adults' Views Children's Views Assessment - summative	First Aid, CPR
KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY
Assessment - Baseline Healthy Eating Washing Hands	Brushing Teeth Medicine Assessment - Summative	Assessment - Baseline Healthy Living Adults' Views Children's Views	Smoking Alcohol Assessment - Summative	
RELATIONSHIPS	RELATIONSHIPS	GROWING AND CHANGING	GROWING AND CHANGING	GROWING AND CHANGING
Assessment - Baseline Friendship	Body Language Bullying, Touch , Assessment - Summative	Assessment - Baseline Appropriate Touch(Relationships) Puberty	Puberty, Adults' Views Children's Views Assessment - Summative	Conception
BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE
Assessment - Baseline Water Spillage	Helping Someone in Need Stealing , Practice Makes Perfect, Assessment - Summative	Assessment - Baseline Coming Home on Time Looking Out for Others	Adults' Views Children's Views, Stealing Assessment - Summative	
FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS
Assessment - Baseline Jealousy Worry	Anger Grief Assessment - Summative	Assessment - Baseline Jealousy Anger	Worry Adults' Views Children's Views ssessment - Summative	
COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY
Assessment - Baseline Online Bullying Image Sharing	Making Friends Online Computer Safety Documentary Assessment - Summative	Assessment - Baseline Online Bullying Children's Views	Image Sharing Adults' Views Making Friends Online Assessment - Summative	
OUR WORLD	OUR WORLD	THE WORKING WORLD	THE WORKING WORLD	THE WORKING WORLD
Assessment - Baseline Growing in Our World Living in Our World	Working in Our World Looking After Our World Assessment - Summative	Assessment - Baseline Chores at Home Enterprise	In-App Purchases Assessment - Summative Adults' Views Children's Views	
	D WATCH 3 and can be delivered where suitable	A WORLD WITHOUT JUDGEMENT	A WORLD WITHOUT JUDGEMENT	A WORLD WITHOUT JUDGEMENT
Is it safe to eat or drink	t - Baseline ? Is it safe to play with? - Summative	Assessment - Baseline Breaking Down Barriers Inclusion and Acceptance	Adults' Views Children's Views British Values Assessment - Summative	

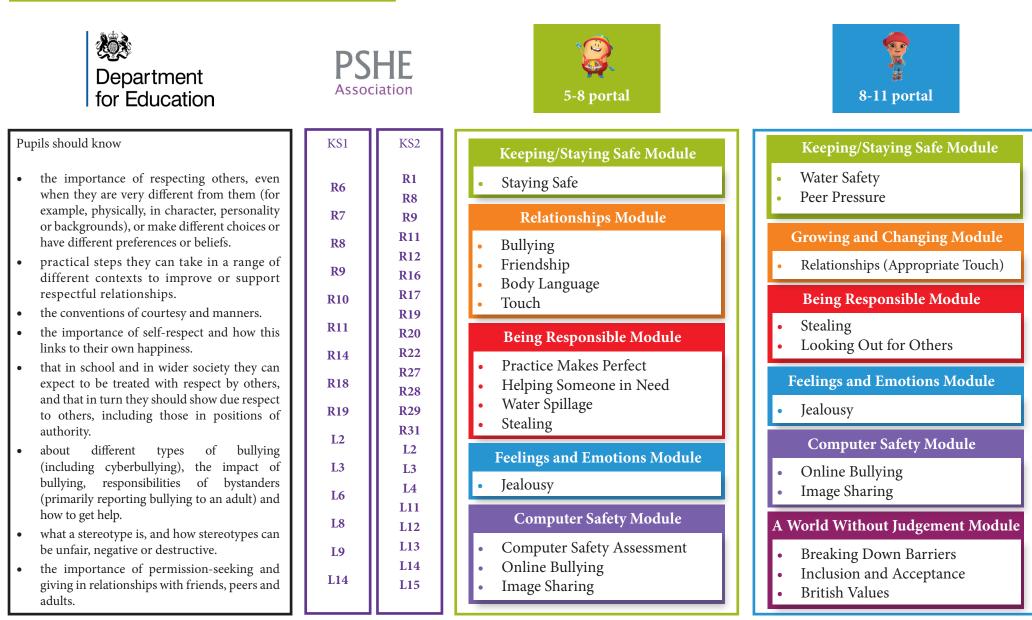
Relationships Education: Key stages 1 and 2 Topic 1: Families and people who care for me



Relationships Education: Key stages 1 and 2 Topic 2: Caring friendships



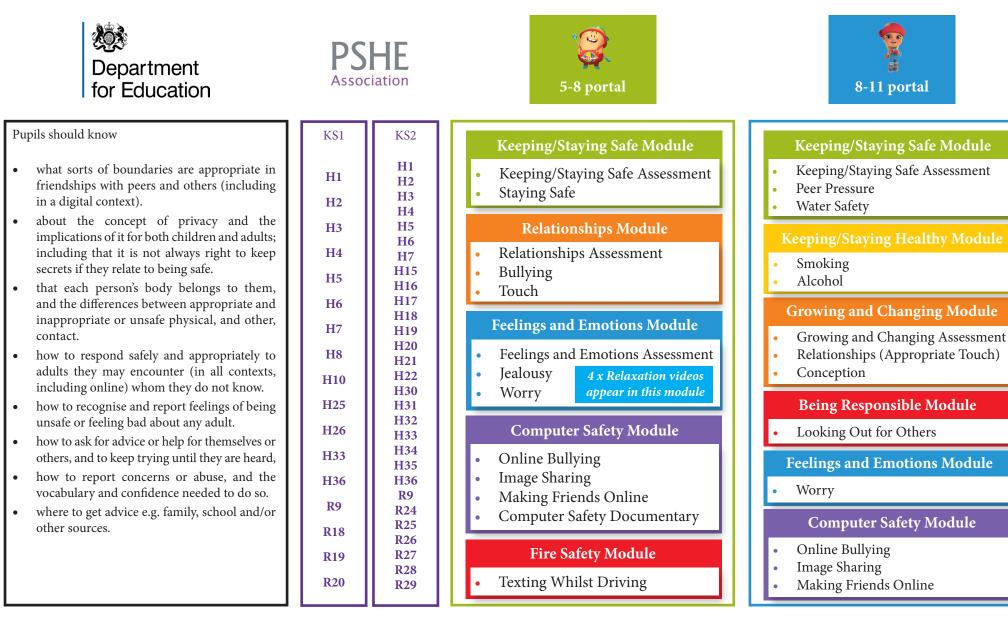
Relationships Education: Key stages 1 and 2 Topic 3: Respectful relationships



Relationships Education: Key stages 1 and 2 Topic 4: Online relationships

Department for Education		HE	5-8 portal	8-11 portal
 Pupils should know that people sometimes behave differently online, including by pretending to be someone they are not. that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. how information and data is shared and used online. 	KS1 H34 R12 L7 L8 L9	KS2 H13 H42 R18 R19 R20 R22 R23 R24 R29 L11 L12 L13 L14 L15 L16	 Computer Safety Module Online Bullying Image Sharing Making Friends Online Computer Safety Documentary 	 Computer Safety Module Online Bullying Image Sharing Making Friends Online Adults' and Children's views

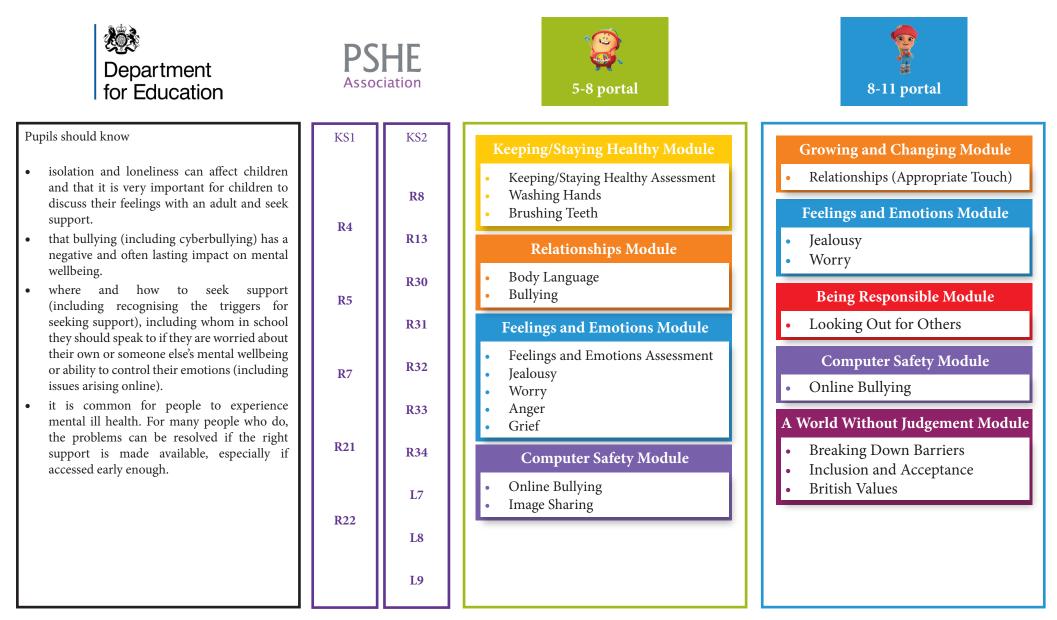
Relationships Education: Key stages 1 and 2 Topic 5: Being safe



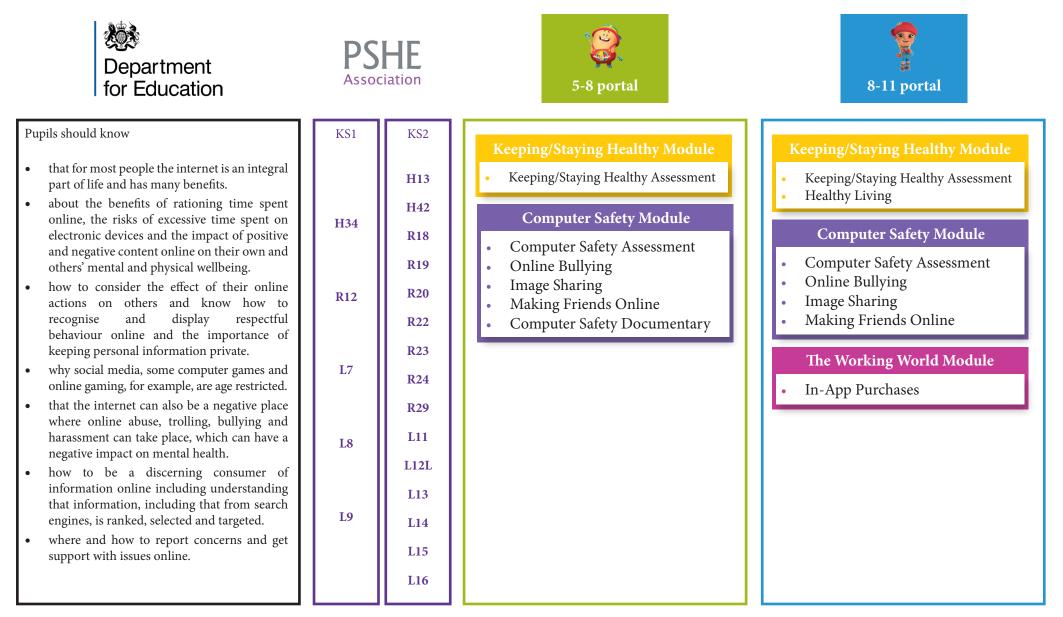
Topic 1: Mental wellbeing

Department for Education		HE	5-8 portal	8-11 portal
Pupils should know	KS1	KS2	Keeping/Staying Healthy Module	Keeping/Staying Healthy Module
 that mental wellbeing is a normal part of daily life, in the same way as physical health. that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different 	H1 H4	H4 H8	 Keeping/Staying Healthy Assessment Washing Hands Brushing Teeth Relationships Module Bullying 	 Keeping/Staying Healthy Assessment Healthy Living Smoking Alcohol Growing and Changing Module
experiences and situations.how to recognise and talk about their emotions,		H17	Body Language	Relationships (Appropriate Touch)
including having a varied vocabulary of words to use when talking about their own and others' feelings.	H11	H18	Being Responsible Module • Practice Makes Perfect	Puberty Being Responsible Module
 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	H12	H19	 Feelings and Emotions Module Feelings and Emotions Assessment 	Looking Out for Others Feelings and Emotions Module
• the benefits of physical exercise, time outdoors, community participation, voluntary	H13	H20	 Jealousy Worry <i>4 x Relaxation videos</i> Anger <i>appear in this module</i> 	Feelings and Emotions Assessment
and service-based activity on mental wellbeing and happiness.	H14	H21	• Grief	 Anger Jealousy <i>4 x Relaxation videos</i> <i>appear in this module</i>
• simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interact.	H15	H22	 Computer Safety Module Online Bullying Image Sharing 	Worry Computer Safety Module
interests. Continued on the next page	H19	H23	Fire Safety Module	Online BullyingMaking Friends Online
		H24	Petty ArsonTexting Whilst Driving	

Topic 1: Mental wellbeing (continued)



Topic 2: Internet safety and harms



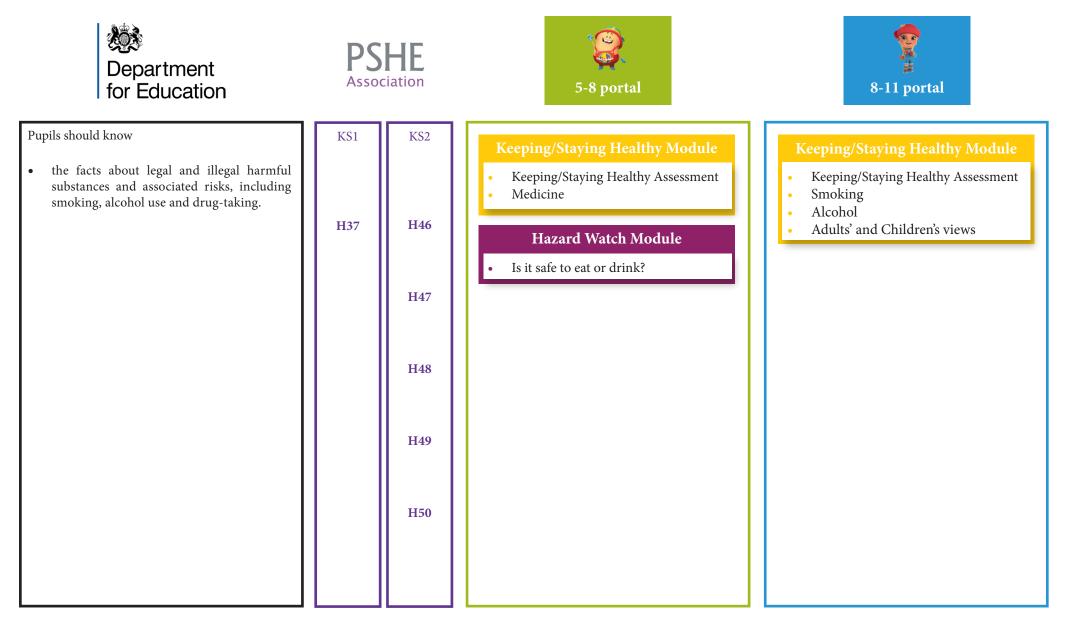
Topic 3: Physical health and fitness

Department for Education		Ciation	5-8 portal	8-11 portal
 Pupils should know the characteristics and mental and physical benefits of an active lifestyle. the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. the risks associated with an inactive lifestyle (including obesity). how and when to seek support including which adults to speak to in school if they are worried about their health. 	KS1 H3 H4 H17	KS2 H2 H3 H4 H5 H6 H7 H8 H9 H11 H12	Keeping/Staying Healthy Assessment Healthy Eating Being Responsible Module • Practice Makes Perfect	Keeping/Staying Healthy Assessment Healthy Living Feelings and Emotions Module • Feelings and Emotions Assessment

Topic 4: Healthy eating

Department for Education	PS Assoc	HE	5-8 portal	8-11 portal
 Pupils should know what constitutes a healthy diet (including understanding calories and other nutritional content). the principles of planning and preparing a range of healthy meals. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	KS1 H1 H5 H6 H7 H8 H9 H10	KS2 H1 H5 H6 H8 H9 H10 H11	<section-header></section-header>	<section-header></section-header>

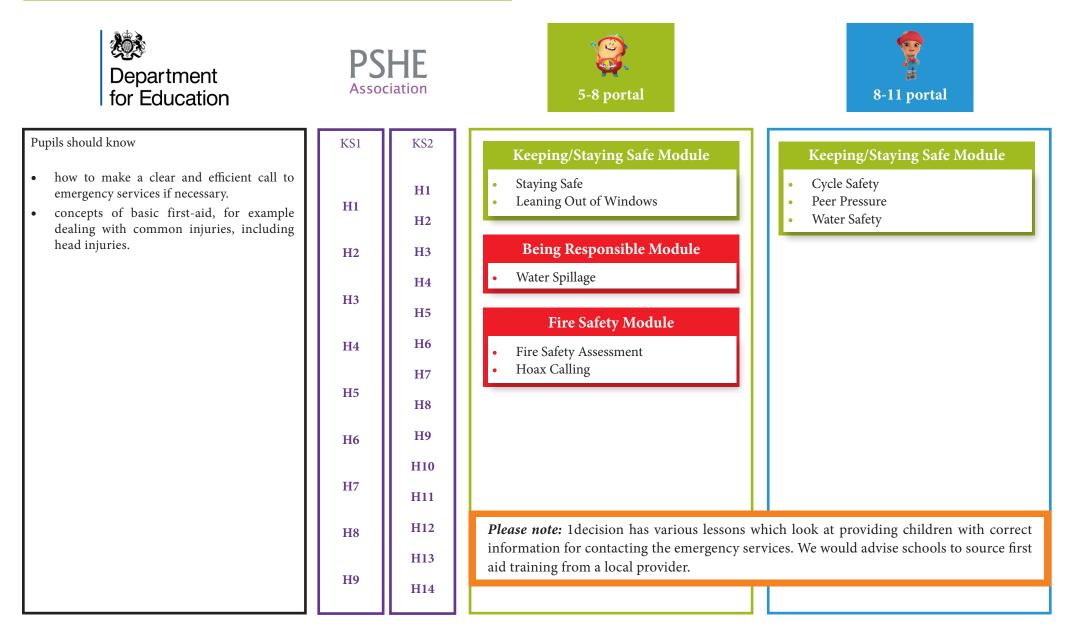
Topic 5: Drugs, alcohol, and tobacco



Topic 6: Health and prevention

Department for Education	PS Assoc		5-8 portal	8-11 portal
 Pupils should know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. the facts and science relating to immunisation and vaccination 	KS1 H1 H2 H3 H4 H5 H6 H7 H8 H8 H9	KS2 H1 H2 H3 H4 H5 H6 H7 H8 H9 H10 H11 H12 H13 H14	<section-header><section-header><section-header><section-header><section-header><section-header><section-header><list-item></list-item></section-header></section-header></section-header></section-header></section-header></section-header></section-header>	<section-header></section-header>

Topic 7: Basic first aid



Topic 7: Changing adolescent body

Department for Education	PSHE Association	5-8 portal	8-11 portal
Pupils should know	KS2		Growing and Changing Module
 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. about menstrual wellbeing including the key 	R25		 Growing and Changing Module Growing and Changing Assessment Puberty Conception
facts about the menstrual cycle.	R26		
	R27		
	R28		
	H25		
	H30		
	H31		
	H32		

An overview of our 5-8 modules

For more information on our resources, please visit: <u>https://www.1decision.co.uk/resources/our-programme/</u>

Keeping/Staying Safe	Keeping/Staying Healthy	Relationships	Being Responsible						
 Road Safety Leaning Out of Windows Staying Safe Tying Shoelaces 	 Healthy Eating Brushing Teeth Washing Hands Medicine 	 Bullying Body Language Friendship Touch 	 Practice Makes Perfect Helping Someone in Need Stealing Water Spillage 						
Feelings and Emotions	Computer Safety	Money Matters	Hazard Watch						
JealousyWorryAngerGrief	 Online Bullying Image Sharing Making Friends Online Computer Safety Documentary 	 Money Matters Access to Nationwide Education resources 	 Is it safe to eat or drink? Is it safe to play with?						
Special Edition Module - Fire Safety									
Hoax Calling Petty Arson Enya and Deedee Visit the Fire Station Texting Whilst Driving									

Please note, we also cover many other areas of each topic. Contact 1decision for more details.

An overview of our 8-11 modules

For more information on our resources, please visit: <u>https://www.1decision.co.uk/resources/our-programme/</u>



Please note, we also cover many other areas of each topic. Contact 1 decision for more details.