

Swimbridge CE Primary School 'Life' Curriculum Information for Parents

DFE information on RSE: <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

EYFS			
	Autumn Term	Spring Term	Summer Term
School Values	Wherever possible, we try to link all aspects of the Life Curriculum to our core Christian values: Wisdom, knowledge and Skills, Dignity & Respect, Hope and Aspiration, Love, Community and Living Well Together		
Personal Safety	Who keeps me safe? Staying safe around fireworks	People who help us in the community	Staying safe when out with parents
Mental Health	www.mentallyhealthyschools.org.uk www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/ https://childmind.org/article/best-childrens-books-about-mental-health/		
	Use picture books to explore a range of social and emotional themes. Examples may include: The Bear Who Stared by Duncan Beedie	SEMh picture books including: <ul style="list-style-type: none">• <i>The Huge Bag of Worries</i> by Virginia Ironside and Frank Rodgers• <i>Don't Feed the WorryBug</i> by Andi Green	SEMh picture books including: <ul style="list-style-type: none">• <i>What's Going On Inside My Head?</i> by Molly Potter• <i>Augustus and His Smile</i> by Catherine Rayner Introduce Mindfulness - 'Sitting Still Like a Frog'
PSHE	www.pshe-association.org.uk		
	Class and school rules Hand washing	How do we learn best?	
RSE	Friendship picture books including: <ul style="list-style-type: none">• <i>You're a Rude Pig, Bertie!</i> by Claudia Boldt• <i>Beyond the Fence</i> by Maria Gulemetova	https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/ Who is in my family? How are families different? https://childhood101.com/families-books/	Which parts of my body are private? https://www.youtube.com/watch?v=-lL07JOGU5o https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/ Who can I ask if I need to know something? Who can I go to if I am worried about something?
Physical Health	What happens to my body when I exercise – why?		

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KS1			
	Autumn Term	Spring Term	Summer Term
Values	Wherever possible, we try to link all aspects of the Life Curriculum to our core Christian values: Wisdom, knowledge and Skills, Dignity & Respect, Hope and aspiration, Love, Community and Living Well Together		
Personal Safety	How can I stay safe in a car? (seat belts, boosters, behaviour) What can I do if I don't feel safe? Fire and firework safety	Revisit people who help us in the community How do we call for help in an emergency (999)	Beach safety Personal information – what is it and why shouldn't I share it.
Mental Health	www.mentallyhealthyschools.org.uk www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/ https://childmind.org/article/best-childrens-books-about-mental-health/		
	Weekly Mindfulness - 'Sitting Still Like a Frog' Circle time for dealing with class issues SEMH picture books including: <ul style="list-style-type: none"> • <i>Silly Billy</i> by Anthony Browne • <i>Bob's Blue Period</i> by Marion Deuchars 	Weekly Mindfulness - 'Sitting Still Like a Frog' Circle time for dealing with class issues Naming emotions – what makes me feel this way? What makes me happy?	Weekly Mindfulness - 'Sitting Still Like a Frog' Circle time for dealing with class issues SEMH picture books including: <ul style="list-style-type: none"> • <i>My Many Coloured Days</i> by Dr Seuss
PSHE	www.pshe-association.org.uk		
	Revisit class and school rules - why are they important? Revisit hand hygiene Secrets. When to say yes, no I'll ask, I'll tell What do I do when things go wrong?	British Values: Mutual Respect and Tolerance I know that other have people have rights too and how we can respect and protect these rights (bodies and feelings, turn taking, sharing, including, property) Healthy eating Dental hygiene	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?
RSE	https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/ Revisit how families can be different https://childhood101.com/families-books/	I know that I am unique What do I like about my friends? What do my friends like about me? What do I like about myself? What makes a good friend?	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?

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	<p>What does my family do for me? Who are the adults who keep me safe?</p> <p>Revisit - which parts of my body are private? When is OK and not OK to let someone touch me?</p>	<p>Who can I ask if I need to know something? Who can I go to if I am worried about something?</p>	<p>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?</p>
PE	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.		

Lower KS2

	Autumn Term	Spring Term	Summer Term
Values	Wherever possible, we try to link all aspects of the Life Curriculum to our core Christian values: Wisdom, knowledge and Skills, Dignity & Respect, Hope and aspiration, Love, Community and Living Well Together		
Personal Safety	Revisit car safety - Why do we use seatbelts? and how can I be a responsible passenger? Revisit fire and firework safety Road safety	First aid Managing privacy and respecting the privacy of others	Planning independent journeys – what do I need to think about? Beach safety – lifeguards
Mental Health	How do I know how other people are feeling? How are my feelings changing as I grow up? Doing things you enjoy to make you feel better Guided mindfulness - 'Sitting Still Like a Frog' 10 a day https://www.devonchildrenandfamiliespartnership.org.uk/documents/2018/01/early-help-4-mental-health.pdf/	Learning about the brain – https://www.youtube.com/watch?v=mFuHKJqpxPw What happens when I 'flip my lid'? What can I do if I feel anxious or unhappy? Guided mindfulness - 'Sitting Still Like a Frog'	What makes me feel good/bad? Strategies for coping with strong feelings
	www.pshe-association.org.uk		

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PSHE	<p>Revisit School Positive Behaviour Policy Class and school rules - Rules in other settings - Rights and responsibilities Responsibilities at home and in the community Setting and reaching goals Communicating what I want and how I feel</p>	<p>UN Declaration of the Rights of the Child https://www.unicef.org/rightsite/files/uncrcchildfriendlylanguage.pdf look at book - We Are All Born Free: The Universal Declaration of Human Rights in Pictures by Amnesty International Peer pressure and taking risks Sleep</p>	<p>Helping to manage the spread of disease, drugs and medicines. Research, discuss and debate topical issues that are concern to the children and seek solutions, e.g. plastic pollution etc. Managing negotiations and conflict</p>
RSE	<p>https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/ How do friendships change as I grow up? Why do friendships change? How can I be a good friend? Do friends all have to be the same? What happens when friends fall out? Is this OK?</p>	<p>Revisit School Council Anti Bullying leaflet - How can I spot bullying and what should I do about it? How are boys and girls different and similar? Is it OK for boys and girls to behave differently? (gender stereotypes)</p>	<p>When and how will my body change? - begin to look at puberty Why are we all different? Is it OK to be different? How do I look after my growing body? (personal hygiene) Where can I find information about growing up?</p>
PE	<p>Setting and reaching personal goals for health and fitness http://www.getactivesports.com/benefits-of-exercise-for-children/ Staying hydrated</p>		
Finance	<p>Understanding the value of money The difference between 'needs' and 'wants' https://www.mybnk.org/our-work/financial-education/money-twist-lower-ks2/ https://natwest.mymoneysense.com/teachers/</p>		

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Upper KS2			
	Autumn	Spring	Summer
Values	Wherever possible, we try to link all aspects of the Life Curriculum to our core Christian values: Wisdom, knowledge and Skills, Dignity & Respect, Hope and aspiration, Love, Community and Living Well Together		
Personal Safety	Medicines and basic first aid Staying safe online	Why do people drink and smoke? What is vaping? Do I have to drink when I'm older? What are drugs? What is legal? What are the dangers? What should I do if I'm worried about someone?	Becoming more independent, Planning safe independent journeys. Road safety on a bike (bike-ability) Beach safety – lifeguards (revisit)
Mental Health	https://www.place2be.org.uk/what-we-do/school-resources.aspx https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources https://youngminds.org.uk/resources/school-resources/ https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/		
	Peer massage – agree class rules. Use as context to reinforce personal space / your body is your body. Guided or independent meditation/mindfulness or yoga Reframing - looking at things differently and how to stop bad thoughts	Peer massage Guided or independent meditation/mindfulness or yoga Understanding feelings and how they can affect the body. Know your stress buttons, recognise your physical early warning system and think about strategies to cope	Peer massage Guided or independent or group meditation/mindfulness or yoga Building confidence – If you walk confident and talk confident you will become confident (fake it until you make it)
	www.pshe-association.org.uk		
	The Brain and how we learn https://www.youtube.com/watch?v=cgLYkV689s4	British Value –Tolerance Where does peer pressure come from? How do I make my own decisions?	British Value – The Rule of Law How do rules and laws protect us? How are laws made and enforced? Why are rules different in

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PSHE	<p>British Value – Mutual Respect (link to RSE content below)</p> <p>Revisit School's Positive behaviour policy and School Council's Anti Bullying leaflet</p> <p>Community responsibility and Global responsibility</p> <p>Setting personal targets and reaching goals</p>	How can I choose not to follow the crowd?	<p>different places? What is the difference between rules and the law?</p> <p style="text-align: center;">British Value – Individual Liberty</p> <p>Revise the UN declaration of the right the child.</p> <p>https://www.savethechildren.org.uk/content/dam/global/reports/uncrc-child-friendly-version.pdf</p> <p>Revisit book - We Are All Born Free: The Universal Declaration of Human Rights in Pictures by Amnesty International</p> <p>https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/</p>
RSE	<p>https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/</p> <p>What are the important relationships in my life now?</p> <p style="padding-left: 40px;">What will I look for in relationships in the future?</p> <p style="padding-left: 40px;">When is it OK to have a boyfriend/girlfriend?</p> <p>Are boys and girls expected to behave differently in a relationship? (healthy emotions and behaviours in relationships)</p> <p>What is love – begin to identify how we show love to one another</p> <p style="padding-left: 40px;">There are many different kinds of families and partnerships and we value and respect the different ways people choose to live.</p> <p>Can some relationships be harmful? What should I do if this happens to me or someone I know?</p>	<p>What is a normal body?</p> <p>Can I believe everything I see in the media? How do I know which sources to trust?</p> <p style="padding-left: 40px;">How can I find safe information on the internet?</p> <p>What is puberty and what changes will happen to me? How can I look after my after my body now and while going through puberty?</p> <p style="padding-left: 40px;">How can I start conversations about my body or puberty, with my parents, health professionals or school staff?</p> <p style="padding-left: 40px;">How will my feelings change during puberty and why? How can I cope with mood swings?</p> <p>What is menstruation? Why does it happen? How can girls manage periods?</p>	<p>What is reproduction/sexual intercourse?</p> <p style="padding-left: 40px;">How does the sperm reach the egg?</p> <p>How does the baby develop and how do parents keep the baby safe before and after birth?</p> <p style="padding-left: 40px;">Why are families important for having babies and bringing up children?</p> <p>What does a baby need to be happy and healthy?</p> <p>Who can I talk to if I want help or advice? Where else can I get information?</p>

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	<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 how is this different to compromise?</p>		
Finance	<p>What is a budget? How do you use a budget? What does 'delaying gratification mean? Working towards a saving goal</p> <p>https://www.mybnk.org/our-work/financial-education/money-twist-lower-ks2/</p> <p>https://www.kickstartmoney.co.uk/#info</p> <p>https://natwest.mymoneysense.com/teachers/</p>		