Warmsworth Primary School Personal Education Strategic Plan (updated 2024)		
Year 1 Personal Learning Strategic Planning		
Living in the wider world Diverse Britain What does diverse/diversity mean? How are we all the same/different? What does it mean to be unique and how are we unique? What does it mean to feel included? Why might some people not feel included? Why does diversity matter? Inclusion - YouTube Difference - Everyone's Different Original Songs By LBB Junior - YouTube Physical health and mental well-being Emotional relationships and mood Colour Monsters What are the different feelings and emotions? How do different feelings and emotions make me feel? How might react when am feeling? How can make choices about how act when feel?	Spring 1 Physical health and mental wellbeing Internet safety and harm Relationships Online relationships TAKE PLANNING FROM THE COMPUTING CURRICULUM	Relationships Families and people who care for us Whose job is it to care for me and make me feel safe? (adult family, teacher, police, fire, doctor) What is the difference between family and friends (and acquaintances)? What does it mean to care? Who cares and loves me? What does it mean to be kind? How can we show kindness? What is a stranger? How should I respond to a stranger? Who can I talk to if I am worried about my family?
Autumn 2	Spring 2	Summer 2

Respectful relationships and caring friendships

- Who are the special people in my life? Why are they special?
- What is a friend? What is a true friend?
 What makes a good friend? How can I be a good friend?
- What does it mean to be kind and unkind?
 How are people kind and unkind?
- What does is mean to be mean and rude?
 What is bullying? What is the difference between being: mean, rude and bullying?
- What can I do if I think someone is being: mean, rude or unkind to me?

Physical health and mental wellbeing

Drugs Education

What is medication?

- How can I stay healthy?
- When and how should I take medicines safely?
- Who should be able to give me medicines?

Physical health and mental wellbeing

Basic first aid

- What different types of tablets are there headaches, joint pain, allergies etc.
- Who are the only people who can give me medication?
- What should I do if I find medication around the house?
- What should I do if I take medication that I am not supposed to?
- Whose job is it to keep us safe?
- Which emergency service helps with first aid?
- How to call 999 and what to say?
- To know how to respond if there is an accident and someone who is hurt
- Whose job is it to keep us safe
- How to call 999 and what to say?
- How do I do the DRABC survey?

Safe Relationships

Safe relationships

- What does it mean to keep something private?
- How many different ways are there to "touch" someone? (hug, tig, tickler, kiss, punch, stroke)
 When are these acceptable? (links with safe touch to be taught by NHS)

Physical health and mental wellbeing

Bodies leading to the changing adolescent body (sex education)

- What do we mean by male and female? How are males and females different?
- What do we mean by boy and girl?
- What are the names for our private body parts?
 (under underwear breast, penis and vagina)
- Why are some parts of our bodies private?

SAFE TOUCH TO BE COVERED BY THE SCHOOL NURSE

- When is someone allowed to "touch" my private body parts?
- Who can I talk to if someone wants to touch my private body parts?

Respectful relationships and caring friendships

- What is respect? How can I show respect?
- What does it mean to cooperate? How can I play and work cooperatively with others?
- What is an argument? What can cause arguments? How do arguments escalate? How can I resolve an argument?
- What does sorry mean? When might I say sorry to someone? Why should I say sorry to someone? How can I prove I am sorry?
- What is bullying? What should I do if I think I am being bullied? How can I help stop bullying? delivered via anti-bullying week

Physical health and mental wellbeing

Drugs Education

- Which substances and situations are safe and unsafe?
- What are hazardous substances and how do I spot them?
- What are the safety rules at home and at school?

Physical health and mental wellbeing

Basic first aid

- What should I do if I, or someone else, doesn't feel well?
- Who should I take medication from?
- What are plasters used for and when should I use them?
- Whose job is it to keep us safe?
- Which emergency service helps with first aid?
- How to call 999 and what to say?
- To know how to respond if there is an accident and someone who is hurt
- Whose job is it to keep us safe
- How to call 999 and what to say?
- How do I do the DRABC survey?

Safe Relationships

Safe relationships

- What is a surprise? What is a secret? How are the different? When should you keep a secret?
- What does it mean if someone tries to pressure me into doing something? What can I do if I don't want to do something? Who can I speak to if I feel pressured into doing something I don't want to do?

Physical health and mental wellbeing

Bodies leading to the changing adolescent body (sex education)

• How are males and females different?

Use differences Y2L1 To introduce the concept of male and female gender stereotypes. To identify the differences between males and females

• What is the human life-cycle? How do people grow from young to old?

Use Differences Y2L2 To explore some of the differences between males and females and to understand that this is part of a lifecycle

- What are the names for our private body parts?
- Why are some parts of our bodies private? (under underwear breast, penis and vagina)

Use Differences Y2L3 To focus on the sexual differences and name body parts

- When is someone allowed to "touch" my private body parts?
- Who can I talk to if someone wants to touch my private body parts?

THIS IS REPEATED AND REINFORCED LEARNING FROM Y1

Year 3 Personal Learning Strategic Planning		
Autumn 1	Spring 1	Summer 1
Living in the wider world Diverse Britain What does diverse/diversity mean? How is diversity identified? What is a community and what makes it diverse? How might people feel who feel like they don't fit in? How can we support people who feel different? Why does diversity matter?	Physical health and mental wellbeing Internet safety and harm Relationships Online relationships TAKE PLANNING FROM THE COMPUTING CURRICULUM	Relationships Families and people who care for us How many different types of families are there? (single-parent, same-sex, step-parents, foster, adoptive, blended) How many types of relationships are there? (e.g.: friendships (online) family, romantic, professional online relationships) How do I like to be treated and how should I treat other? (love, care, trust, loyalty, respected, encouragement) Should all people treat me the same? What can I do if I don't feel like I am being treated like I would like to be?
 Physical health and mental well-being Emotional relationships and mood Emotion emojis How do I know how I might be feeling? What are positive and negative emotions? What is my mental health? Why is it important to look after my mental health? Who can I go to for help if I don't feel emotionally well? 		
Autumn 2	Spring 2	Summer 2

Respectful relationships and caring friendships

- What is respect? What are respectful behaviours? Why is being respectful important?
- What is privacy? What things should I keep private and why? What things should I not keep private?
- What are personal boundaries? How can people invade my personal boundaries?
- What is an "attitude"? (+ and -)
- What is bullying? What types are bullying are there? What roles might there be when someone is being bullied (victim, bully, onlookers, assistants). How do I know if someone is being bullied? How can I help someone who is being bullied? delivered via antibullying week

Physical health and mental wellbeing

Drugs Education

- What is smoking and its effects?
- What is the impact of smoking and passive smoking?
- What are the strategies to prevent starting smoking?

Physical health and mental wellbeing

Basic first aid

- What are the different types of dressings?
- What is a bandage and what is it used for?
 (Bandages are used to hold dressings in place, support injured joints and control bleeding)
- When would a dressing and/or a bandage be used?
- Why should I not use anything to put over a burn or a cut?
- How do I apply a bandage? (support the person's limb
 start from the front and injured side of the person
 spiral the bandage around the limb tightly, but without restricting circulation
 leave toes or fingers uncovered
 fasten the bandage with pins or tape, or tuck the bandage into itself if no pins or tape are available Explain that many dressings are self-adhesive and do not require a bandage to hold them in place.)
- What can I do if I find someone bleeding? (stop bleeding by putting pressure on the wound and lifting it above the heart, clean the wound under running water (for 5 to 10 minutes)
 pat dry using a clean cloth (but nothing fluffy)
 choose a dressing that is slightly bigger than the wound they are to cover
 hold the dressing at the edges and not touch the part that will cover the wound
 replace dressings when they are dirty or wet, or when blood soaks through)
- Whose job is it to keep us safe?
- Which emergency service helps with first aid?
- How to call 999 and what to say?
- To know how to respond if there is an accident and someone who is hurt
- Whose job is it to keep us safe
- How to call 999 and what to say?
- How do I do the DRABC survey?

Safe Relationships

Safe relationships

- What information should I share with my family, friends and family?
- What does "privacy" mean? What things are private? When should I keep things private? What should I do if someone asks me to keep something private that I know should not be?

Physical health and mental wellbeing

Bodies leading to the changing adolescent body (sex education)

- What are the names for our private body parts?
- Why are some parts of our bodies private? (under underwear – breast, penis and vagina)

Use Valuing differences and keeping safe Y3L1 To explore the differences between males and females and to name body parts.

- When is someone allowed to "touch" my private body parts?
- Who can I talk to if someone wants to touch my private body parts?

Use Valuing differences and keeping safe Y3L2 To consider touch and to know that a person has the right to say what they like and dislike.

What does consent mean? What things do I need to consent to? What can I do if I don't want to consent to something? What should I do if I don't consent to something? *consent = permission

Year 4 Personal Learning Strategic Planning		
Autumn 1	Spring 1	Summer 1
Autumn 1 Living in the wider world Diverse Britain What does diverse/diversity mean? How is diversity identified? What does it mean to have a diverse community? What are my interests? Why do people have different strengths and interests? How should I respond to someone who has a different interest to me? How might people feel if they are made to feel "wrong" because of the way they live their lives? (choice or not) Why does diversity matter? Why should we embrace diversity?	Physical health and mental wellbeing Internet safety and harm Relationships Online relationships TAKE PLANNING FROM THE COMPUTING CURRICULUM	Relationships Families and people who care for us • What makes for a healthy family life? (commitment, care, spending time together) • Why might family relationships make me feel unhappy or unsafe? • Who and where can I get help from if my family makes me feel unhappy or worried?
 Physical health and mental well-being Emotional relationships and mood Emotion emojis How do I know how I might be feeling? What are positive and negative emotions? What is my mental health? Why is it important to look after my mental health? Who can I go to for help if I don't feel emotionally well? 		
Autumn 2	Spring 2	Summer 2

Respectful relationships and caring friendships

- What are respectful behaviours? Why is being respectful important?
- What is privacy?
- What are personal boundaries?
- How can people invade my personal boundaries?
- What is a friend (school, pen-friend, online etc) Ensure children know what a true friend is and not someone they think they know. Why do friendships change over time? What can I do if a friendship is making me feel unsafe, worried or uncomfortable?
- What is a dare? Are all dares ok? Should I take part in a dare? What should I do if I am "dared" to do something I don't want to do?
- Why do people bully? How can I help stop a bully? — delivered via anti-bullying week

Physical health and mental wellbeing

Drugs Education

- What effect alcohol has on the body?
- What are the risks related to drinking alcohol?
- How does society limits the drinking of alcohol?

Physical health and mental wellbeing

Basic first aid

- What is the difference between a burn and a scald? (Burns are caused by dry heat (e.g. fire). Scalds are caused by wet heat (e.g. boiling water).
- Whose job is it to keep us safe?
- Which emergency service helps with first aid?
- How to call 999 and what to say?
- To know how to respond if there is an accident and someone who is hurt
- Whose job is it to keep us safe
- How to call 999 and what to say?
- How do I do the DRABC survey?

Safe Relationships

Safe relationships

- What does it mean to be confidential (secretive)?
- Why might someone ask you to keep a secret or be confidential?
- When is it ok to break a confidence (or share a secret)?

Physical health and mental wellbeing

Bodies leading to the changing adolescent body (sex education)

• What does the word "adolescence" mean? What happens to my body during adolescence?

Use Growing up Y4L1 To explore the human lifecycle.

- What is personal hygiene? How can I have good personal hygiene?
- What is puberty and how does it affect boys and girls? Why does might my mood change during puberty?
- Who can I ask for advice during puberty?

Use Growing up Y4L2 To identify some basic facts about puberty, reproduction and pregnancy. Y4L3 To learn about physical and emotional changes associated with puberty

What is menstruation?

Use Periods | Childline

Repeated learning

- What are the names for our private body parts?
- Why are some parts of our bodies private? (under underwear breast, penis and vagina)
- When is someone allowed to "touch" my private body parts?
- Who can I talk to if someone wants to touch my private body parts?

Autumn 1	Spring 1	Summer 1
Year 5 Personal Learning Strategic Planning Autumn 1 Living in the wider world Diverse Britain What does diverse/diversity mean? How is diversity identified? What does tolerance, discrimination/prejudice mean? What types of things are discriminated against in society? How can I challenge discrimination? Why does diversity matter? Why should we embrace diversity? To Speak Up Why should we embrace diversity? What is my mental health? Why is it important to look after my mental health? How can I control my emotionally behaviour? What is emotional behaviour and how can I control my emotional behaviour? Who can I go to for help if I don't feel	Spring 1 Physical health and mental wellbeing Internet safety and harm Relationships Online relationships TAKE PLANNING FROM THE COMPUTING CURRICULUM	Summer 1 Relationships Families and people who care for us • How are families different? (including single parents, same-sex parents, step-parents, blended families, foster parents) • What is the role of a family? (love, security and stability). • Who and where can I get help from if my family makes me feel unhappy or worried?

Autumn 2

Relationships

Respectful relationships and caring friendships

- What are respectful behaviours? Why is being respectful important?
- What is privacy?
- What are personal boundaries?
- How can people invade my personal boundaries?
- What is a dare? Are all dares ok? Should I take part in a dare? What should I do if I am "dared" to do something I don't want to do?
- What is a disagreement? What can cause a disagreement? Who might have a disagreement?
- What is peer-influence (peer-approval)?
 When is peer-influence positive and negative? What can I do if I feel that I am being peer-influenced and I don't like it?
- What is harassment? What is trolling? What should I do if I or someone else is being trolled or harassed?

Repeated Learning – via anti-bullying week

- What is bullying? What types are bullying are there? What roles might there be when someone is being bullied (victim, bully, onlookers, assistants)
- How do I know if someone is being bullied? How can I help someone who is being bullied?

Spring 2

Physical health and mental wellbeing

Drugs Education

- What are legal and illegal drugs and what are their risks and effects?
- What are the children's attitudes and beliefs about drug use and drug users?
- What are the strategies to resist drug use?

Physical health and mental wellbeing

Basic first aid

What do I do if I find someone who is bleeding (fast)? (pupils should get emergency help if: • a wound is large and deep • bleeding does not stop • there may be something stuck in the wound (e.g. metal or glass) teach children never to remove the sharp object • blood is bright red and spurting out of the wound (this could mean an artery has been cut) • the wound is to the face (to prevent scarring)

What should I do if someone is bleeding from their

nose? (• sit or stand up straight (they should not lie down) • pinch above their nostrils for 10 to 15 minutes • lean forward and breathe through their mouth • place an ice pack (or similar item, e.g. a bag of frozen peas) at the top of their nose

Explain that for 24 hours after a nosebleed, pupils should not: • blow or pick their nose • drink hot drinks • lift anything heavy • do any exercise • pick any scabs that emerge Teach that nosebleeds are common among children, but they usually grow out of them by the age of 11. Explain that nosebleeds sometimes require medical attention, but this is more common for adults)

What is the recovery position, when should it be used and how should I do it? (1. Lie the person on their back and kneel

and how should I do it? (1. Lie the person on their back and kneel by their side. 2. Put the arm nearest to you at a right angle to their body with the palm facing up. 3. Fold the other arm so that its hand touches the cheek nearest to you, and hold it in place. 4. Use your free hand to bend the knee furthest from you up into a right angle. 5. Pull on the bent knee to roll the person over onto their side 6. Their bent arm should support their head, and their extended arm should stop you rolling them too far. 7. Make sure their bent leg is at a right angle. 8. Open the airway by gently tilting the head back and lifting the chin, checking nothing is blocking the airway. 9. Stay with the person and monitor them until help arrives.

First aid - Recovery position - NHS (www.nhs.uk))

Whose job is it to keep us safe?
Which emergency service helps with first aid?
How to call 999 and what to say?
To know how to respond if there is an accident and someone who is hurt
Whose job is it to keep us safe
How to call 999 and what to say?

Summer 2

Safe Relationships

Safe relationships

- What physical touch is acceptable and unacceptable? How can I respond to unacceptable contact?
- Whose is in the wrong if I am touched where I don't want to be?
- Why should I report unacceptable contact? How do I report unacceptable contact?
- What does permission mean? What things could I give permission for? When might I not want to give permission for something?

Physical health and mental wellbeing

Bodies leading to the changing adolescent body (sex education)

• Why do all bodies look different? Why do people feel different?

Use Puberty Y5L1 To explore the emotional and physical changes occurring in puberty. Y5L2 To understand the male and female puberty changes in more detail.

- What does identify mean? What is my personal identify (race, sex, gender, family, faith, culture, hobbies, likes/dislikes)
- What does gender identity mean? Why might gender identify be different to biological sex?

Repeated learning

- What are the names for our private body parts?
- Why are some parts of our bodies private? (under underwear breast, penis and vagina)
- When is someone allowed to "touch" my private body parts?
- Who can I talk to if someone wants to touch my private body parts?
- Who can I ask for advice during puberty?
- What is menstruation?

How do I do the DRABC survey?	

Year 6 Personal Learning Strategic Planning Autumn 1	Spring 1	Summer 1
Living in the wider world	Physical health and mental wellbeing	Relationships
Diverse Britain	Internet safety and harm	Families and people who care for us
What does diverse/diversity mean?	miternet sujety una narm	 Why do families separate?
What does tolerance,	Relationships	 Writing do Jannates separates: How do I cope if my family separates?
 discrimination and prejudice mean? 	Online relationships	
What types of things are discriminated against		What might make me upset in my family? Who and whom are to at half from if my family.
in society?	TAKE PLANNING FROM THE COMPUTING	Who and where can I get help from if my family makes me feel uphanny or warried?
 What is a stereotype/social stereotypes? 	CURRICULUM	makes me feel unhappy or worried?
 Why is it important not to use stereotypes? 		
 How might I choose to live differently to social 		
stereotypes?		
What should I do if I feel like I want to live my		
life differently to that that is expected of me?		
Why does diversity matter?Why should we embrace diversity?		
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ALADES		
Physical health and mental well-being		
Emotional relationships and mood		
Emotion emojis		
What is my mental health?		
Why is it important to look after my mental health?		
How can I control my emotionally		
behaviour?		
What is emotional behaviour and how can I		
control my emotional behaviour?		
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 Who can I go to for help if I don't feel 		

emotionally well?			
Autumn 2	Spring 2	Summer 2	
 Relationships Respectful relationships and caring friendships What is peer-pressure? How can perrpressure differ? How should I deal with peerpressure? What is a role model? Who might be my role models? What can be the concerns of role models? What is a disagreement? What do people disagree about? Is it ok to disagree with someone? When can a disagreement turn nasty? How can I challenge in a positive manner? What is a secret? Why do peolpe keep secrets? When should secrets be kept and when should they be shared? Why should I not keep a secret? What is coercion? Why do people coerce others? How might I be coerced into doing something? What can I do if I feel like I am being coerced into something I don't want to? What can I do if I feel unsafe, worried or uncomfortable? Repeated Learning What is bullying? What types are bullying are there? What roles might there be when someone is being bullied (victim, bully, onlookers, assistants_ How do I know if someone is being bullied? How can I help someone who is being bullied? 	Physical health and mental wellbeing Drugs Education • What are the effects, risks and law relating to cannabis? • What are volatile substances and what is volatile substance abuse? (VSA? • What options are there for getting help, advice and support? Physical health and mental wellbeing Basic first aid • What should I if I find someone who is choking? (it is important to remove the obstruction from their airway as soon as possible. Pupils can help to do this by shouting for an adult immediately and: • encouraging the person to try coughing hard • hitting the person hard on their upper back 5 times • calling 999, if this has not worked and nobody else is around to call emergency services • continuing to hit the person between the shoulders while waiting for help) • What is CPR and when and how should it be performed? • What is the recovery position, when should it be used and how should I do it? (1. Lie the person on their back and kneel by their side. 2. Put the arm nearest to you at a right angle to their body with the palm facing up. 3. Fold the other arm so that its hand touches the cheek nearest to you, and hold it in place. 4. Use your free hand to bend the knee furthest from you up into a right angle. 5. Pull on the bent knee to roll the person over onto their side 6. Their bent arm should support their head, and their extended arm should stop you rolling them too far. 7. Make sure their bent leg is at a right angle. 8. Open the airway by gently tilting the head back and lifting the chin, checking nothing is blocking the airway. 9. Stay with the person	Relationships Safe relationships What is friendship? How many different friendships are there? What is a healthy and unhealthy "friendship"? What can I do if I find myself in an unhealthy relationship? What does consent mean? What can I give/refuse consent for? What is abuse? What types of abuse are there and what might they look like? What are the signs of abuse in a child? Physical health and mental wellbeing Bodies leading to the changing adolescent body (sex education) What does it mean to be attracted to someone Who can be attracted to each other? What is a relationship? How many different types of relationships are there? What is love? What makes a loving relationship? How might someone show love and commitment to each other? What is marriage/civil partnership? (forced marriage is illegal and must be reported) What is a sexual relationship? Use Puberty and reproduction Y6L2 To consider reproduction in the context of a relationship	

and monitor them until help arrives.

First aid - Recovery position - NHS (www.nhs.uk))

Which emergency service helps with first aid?

Whose job is it to keep us safe?

• How babies are conceived (when a sperm meets an egg and the fertilised egg settles into the lining of the womb? How is a baby born?

Use Puberty and reproduction Y6L3 To explore the process of conception and pregnancy

 How to call 999 and what to say? To know how to respond if there is an and someone who is hurt Whose job is it to keep us safe How to call 999 and what to say? How do I do the DRABC survey? 	 What are the responsibilities of being a parent? n accident Repeated learning What are the names for our private body parts? Why are some parts of our bodies private? (under underwear – breast, penis and vagina) When is someone allowed to "touch" my private body parts? Who can I talk to if someone wants to touch my private body parts?Who can I ask for advice during puberty? What is menstruation?
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