



Overview of being a citizen (PSHE and RSHE) HERONS' MOOR ACADEMY 2024-25

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 1	Relationships: Members of my family. Being a good friend.	Online safety: Rules about being safe online.	Mental well-being: Rights and responsibilities of being a class member. How to make the class safe for everyone.	Physical health: Changes from a baby. Differences between healthy and unhealthy. Medicines can help when feeling ill.	Catch up	Sex education: Looking after animal babies. Life cycles of animals and humans. Parts of the body and differences between boys and girls.
YEAR 2	Relationships: Relationships with family members. Physical contact and family and friends. Appreciation for others.	Online safety: Avoid sharing personal information. Communicating online. Cyber-bullying.	Mental well-being: Own rights and responsibilities. Hopes and fears. Recognising feeling worried (and other feelings) and asking for help.	Physical health: Safe and unsafe exposure to the sun. Dental hygiene.	Catch up	Sex education: Physical difference between boys and girls. Correct names for body parts.
YEAR 3	Relationships: Roles and responsibilities of family members. Needs of children. Friendships.	Online safety: Say how to stay safe online. Explore the internet for facts. Develop knowledge of technology impact on health.	Mental well-being: Recognise positive things about themselves. Set goals. How actions affect self and others. Recognise feelings of happiness, sadness, or worry in self and others.	Physical health: Changes in animals and humans between conception and growing up.	Catch up	Sex education: Say how boys' and girls' bodies change on the inside during the growing up process and that these changes are necessary so that their bodies can make babies when they grow up.
YEAR 4	Relationships: Identify people they love. Friendships and falling out. What relationships they may have when they're older. Jealousy.	Online safety: Understand what 'fake news' means. Say how technology can have a negative impact on people's lives	Mental well-being: Say what a school community is. Care about others' feelings. Contributions to a group. Feeling included and excluded.	Physical health: Know that some personal characteristics come from birth parents.	Catch up	Sex education: Name internal and external parts of the male and female body that are necessary for making babies.
YEAR 5	Relationships: Have an accurate picture of who they are. Communities and online communities.	Online safety: Identifying how much screen time is healthy. Impact of online influencers. Understand what copyright means. Explain how to stay safe when using technology.	Mental well-being: How to face new challenges. Name the rights and responsibilities as a citizen of a country. Know what democracy is. Empathise with others whose lives are different.	Physical health: Understand that your body changes during puberty and understand the importance of looking after yourself physically and emotionally.	Catch up	Sex education: Identify phases of life cycle. Say how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation is a natural part of this.

YEAR 6	Relationships: Identify ways take care of their mental health. Recognise when people are trying to gain power or control.	Online safety: Make a judgement about online content and whether it is safe and helpful. Know how to deal with difficult situations online. Say how social media shapes our views. Know how debt can be created by online use.	Mental well-being: Set goals. Name the universal rights for all children but know some are not met for some children. Know what democracy is and how individual's voice is important. Identify own wants and needs and have an awareness of others in different communities.	Physical health: Know how to make a clear and efficient call to emergency services. Know of basic first aid. Say how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.	Catch up	Sex education: The reproductive system. Gland and hormones.
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