Bestwood VILLAGE SCHOOL

KS2 PHSE Scheme of Work

A S P I R E

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	**Belonging & Safety**	**Trust**	**Mind & Body**	**Safe & Unsafe Touch (Puberty at appropriate level-Yr5+)**	**Illness & Injury**	**Communication**
	Pupils build skills for making friends and managing disagreements.	Pupils explore who we can trust, when to share or not share information and how to get help	Pupils explore difficult feelings and how to cope with them	Pupils learn about the differences between safe and unsafe touch	Pupils learn about keeping well and what to do if they are hurt or unwell	Pupils explore safe ways to communicate online
Year B	**Respect**	**Safe & Unsafe**	**Changing Emotions**	**Different Relationships (Puberty at appropriate level-Yr5+)**	**Hygiene Routines**	**How to Trust Online**
	Pupils learn about what it means to respect differences in others	Pupils build skills for keeping safe in school and their wider environment and who can help them	Pupils continue to gain understanding of complex feelings and strategies to cope	Pupils explore differences in their relationships between family, friends, adults and peers	Pupils build skills around hygiene routines such as sleep, personal hygiene, dental health	Pupils learn about the rules of the internet that protect children online
Year C	**Close Relationships**	**Public & Private**	**Healthy Relationships**	**Growing Up (Puberty at appropriate level-Yr5+)**	**Being Active**	**Online Influences**
	Pupils reflect on their closest relationships and who they care about	Pupils continue to learn about what is public and private, who to trust and how to get help	Pupils are taught to recognise healthy and unhealthy behaviours	Pupils learn about the physical and emotional changes in our bodies as we grow up	Pupils explore reasons for being active and eating healthy	Pupils learn that not all things online are true and how to make safe choices
Year D	**Self-Respect & Resilience**	**Hazards & Risks**	**Mental Wellbeing**	**Growing Up (Puberty at appropriate level-Yr5+))**	**My Health & Wellbeing**	**Online & Feelings**
	Pupils explore what they think about who they are and how they feel themselves	Pupils consider how they can keep themselves safe in different situations and who can help	Pupils learn more about mental health and wellbeing, how it can impact us and how to seek support	Pupils learn about the physical and emotional changes in our bodies as we grow up	Pupils learn about how keeping healthy can also support their wellbeing and mental health	Pupils explore the difference between healthy and unhealthy relationships online and how to seek advice

KS2 PHSE
Academic Year 26-27
Owner: Alison Scotney