

What is PSHE?

Personal, Social and Health Education

Learning about

- Myself and my relationships
- Healthy and safer lifestyles
- Respect, diversity and citizenship
- Economic wellbeing



What is Relationship Education?

- Families and people who care for me
- Caring Friendships
- Respectful relationships
- Online relationships
- Being Safe

What is Health Education?

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

What is Primary RSE?

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- **Health and prevention**
- Basic first aid
- **Changing adolescent body**

Relationships Ed

- **Families and people who care for me**
- Caring Friendships
- Respectful relationships
- Online relationships
- **Being Safe**

+Sex Education

Progression of RSE Skills

Body Functions and changes

- **RS1** To describe what their bodies can do.
- **RS3** To understand times to talk about private body parts, how they change and identify trustworthy and approachable adults.
- **RS5** To know and understand about the physical changes that take place at puberty and how to manage them.
- To understand that physical changes affect people in a variety of ways and at different rates.

What is Sex Education?

- 'How a **human** baby is conceived and born'

What science links to sex education?

- human lifecycle, sexual reproduction in plants and animals

What might 'Sex Education' be?

Y1/2

- How do babies change and grow? (Science)
- What's growing in that bump? (Science)

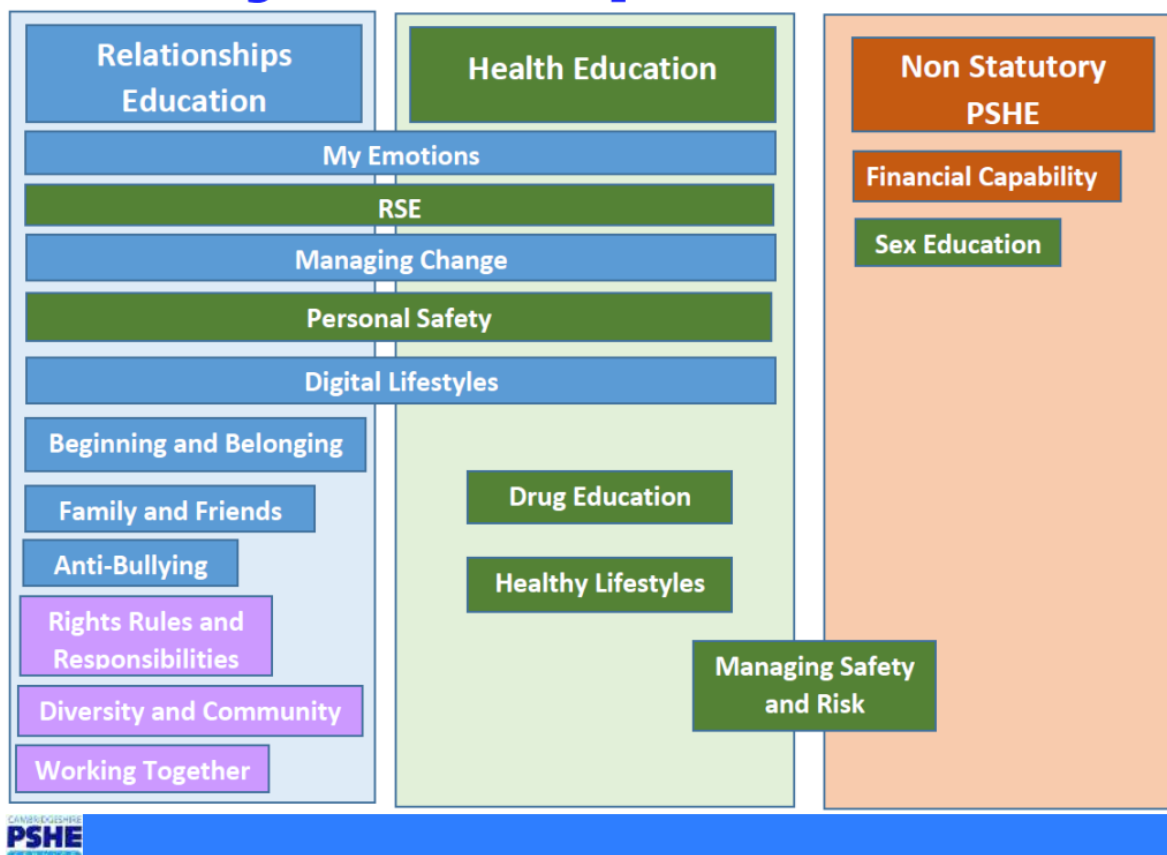
Y3/4

- How did I begin? (Sex Ed)

Y5/6

- How do **humans** have babies? (Science and Sex Ed)
- What should adults think about before they have a baby? (Sex Ed)

Primary PSHE Map



Weblinks

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made/zrnnf82>

<https://vimeo.com/333078318>

<https://www.bbc.co.uk/iplayer/cbbc/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>