

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Personal Identity & Zones of Regulation</p> <p>Welcome to Ralph Sadleir. We begin our study of PSHE in the autumn term by studying Zones of Regulation. Zones of Regulation is a scheme that enables pupils to understand their emotions and those of their peers. Zones of Regulation provides pupils with strategies to support their mental wellbeing, and to self-regulate.</p>	<p>Zones of Regulation</p> <p>As the autumn term continues, pupils become familiar with the concepts of the zones as they gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help Year 5 pupils recognise when they are in different states, called "zones," with each of four zones represented by a different colour. In the activities, pupils also learn how to use strategies or tools to stay in a zone or move from one to another. Pupils explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.</p>	<p>Respecting Ourselves and Others</p> <p>What makes somebody happy? Self-recognition and self-worth, Recognising and challenging stereotypes; Exploring the meaning of the term discrimination; Recognising and caring about other people's feelings</p>	<p>Staying Safe</p> <p>Identifying where to get help if I need it; Internet dangers; How to stay safe online and how to recognise the dangers of online grooming. Privacy and personal boundaries; Acceptable and unacceptable content; Permission seeking and giving; Personal safety.</p>	<p>Keeping Active and the benefits of a Balanced Lifestyle</p> <p>Balancing internet use; How physical activity and exercise affects wellbeing; how a good night's sleep affects health and wellbeing; balanced diets</p>	<p>Careers</p> <p>Career types; challenging career stereotypes. Ways to pay for goods and services; the importance of record keeping; the benefits of spending and saving; the advantages and disadvantages of lending and borrowing money; how to manage money effectively.</p>

Subject: PSHE/Relationships Education Long-term Overview 2021-2022

Year group: **6**

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<p>Mental Health and Wellbeing</p> <p>In light of the recent COVID-19 pandemic and a long period of lockdown, how can we take care of our mental health and emotional wellbeing? How do we manage and deal with challenges? How do we develop effective coping strategies to help us deal with stressful situations? What measures can we put in place to help us cope with stressful situations in the future, e.g. SATs? How do we manage feelings? Assertiveness.</p>	<p>Managing Change, Feelings, Respecting Others and Bullying</p> <p>How to manage my own feelings and recognise how others are feeling; Challenging other people's points of view; Recognising peer pressure and types of bullying in all of its forms, including, prejudice-based bullying in person, online and through social media; discrimination; how to get help.</p>	<p>Media Literacy and Personal Safety</p> <p>How data is shared and used online; evaluating the reliability of sources/fake news; choosing age-appropriate TV, games and online content; positive and negative influences; the importance of staying safe when using the internet/social networking sites.</p>	<p>Health and Hygiene</p> <p>In this unit, pupils will learn how to make informed choices regarding a healthy lifestyle, including nutrition.</p> <p>Further study will include how bacteria and viruses spread. Routines that help to prevent the spread of bacteria and viruses.</p>	<p>Online Friendships and Relationships and Staying Safe</p> <p>How people connect online; the nature of online-only friendships; reporting harmful content staying safe online.</p>	<p>Puberty & Reproduction</p> <p>Pupils will learn more about the changes that can happen at puberty and build on their Year 5 learning in science lessons. Managing change - looking at new roles and responsibilities as we grow up. Positive and healthy relationships and human reproduction - how a baby is made and how it grows.</p>

Subject: PSHE/RSE Long-term Overview 2021-2022

Year group: **7**

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<p>Economic Wellbeing & How to Manage Money</p> <p>Evaluating value for money; Debt; Fraud and personal values; Financial exploitation; Record keeping; savings and spending; Lending and borrowing.</p>	<p>Crime</p> <p>What it means to commit a crime; The difference between rules and laws; Civil and criminal laws; Considering feelings of victims of crime. Analyse Hertfordshire crime figures</p>	<p>Substances</p> <p>Social norms regarding drugs, alcohol and tobacco; myths and misconceptions around drugs; influence/peer pressure; risks relating to substance abuse</p>	<p>Friendships and Diversity</p> <p>Respectful relationships; Multi-culturalism, race, religion, LGBT+; British Values & 'Ralphie' values; Equality, diversity and tackling prejudice;</p>	<p>Relationships</p> <p>Healthy and positive relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent.</p>	<p>Careers</p> <p>Financial wellbeing and exploitation. Personal values around finance. Enterprise project; developing entrepreneurial skills; the world of work and young people's employment rights.</p>

Subject: PSHE/RSE Long-term overview 2021-2022

Year group: **8**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p data-bbox="136 512 405 627">Promoting Positive Mental Health and Wellbeing</p> <p data-bbox="129 676 398 1007">Attitudes to mental health and wellbeing; the stigma of mental health; digital resilience; body image; managing challenges; seeking support from others; self- help.</p>	<p data-bbox="465 512 674 595">First Aid and Keeping Safe</p> <p data-bbox="432 691 696 871">First aid including CPR and defibrillator use; Personal safety including travel safety</p>	<p data-bbox="748 512 994 635">Friendships and managing influences:</p> <p data-bbox="732 691 1003 1054">Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.</p>	<p data-bbox="1070 512 1272 547">Relationships</p> <p data-bbox="1032 691 1294 983">Behaviour and intimacy; consent in intimate situations; The dangers and consequences of sexting; introduction to contraception and sexual health.</p>	<p data-bbox="1413 499 1552 531">Resilience</p> <p data-bbox="1335 663 1630 1257">This program of study aims to improve pupil's psychological wellbeing by building resilience and promoting accurate thinking. Pupils are taught skills and coping strategies which are designed to contribute towards a number of resilience competencies, such as emotional intelligence and flexible and accurate thinking</p>	<p data-bbox="1787 512 1951 595">Careers & Moving On</p> <p data-bbox="1653 647 2078 1315">Life and career aspirations; personal strengths and skills for employment; routes into careers; application and interview process (including mock interviews); online presence. As our Year 8 pupils complete their final term at Ralph Sadleir, and their transition to a new educational setting is on the horizon, we focus on their personal strengths and achievements. We look at moving to a new school, managing change, dealing with anxiety, building on their confidence, based on the previous term's study of resilience.</p>