



Burscough Bridge Methodist School  
Caring and Learning Together

## PHSE/RSE KEYSTAGE 2 CYCLE A

(All units build on units covered in KS1)



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### Autumn 1 All About Me

**R13:** To recognise that similarities and differences between people arise from a number of factors including family, cultural, ethnic, racial and religious diversity.

- To know we are all special and unique
- To know we all have talents and we can learn from other people's talents.
- To understand the words diversity and discrimination and the impact they can have on individuals and groups.

### Autumn 2 Mental Wellbeing

**H1:** To know what positively and negatively affects their physical, mental and emotional health.

**H2:** To know how to make informed choices and to begin to understand the concept of a 'balanced lifestyle'.

**H6:** To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings.

**H7:** To recognise that they may experience conflicting emotions and when they might need to, or overcome these.

**H14:** To recognise when they need help and to develop the skills to ask for help.

**H23:** To know about people who are responsible for helping them to stay healthy and safe; how they can help these people to keep them healthy and safe.

**R14:** To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice language, 'trolling', and how to respond and ask for help.

**L6:** To realise the consequences of anti-social, aggressive behaviours such as bullying and discrimination of individuals and communities.

## Spring 1 Caring Friendships

**R2:** To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.

**R3:** To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.

**R12:** To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise.

- To know that most friendships have ups and downs and these can often be worked through so that a friendship is repaired or even strengthened.

## Spring 2 Physical Health and Fitness

**H1:** To know what positively and negatively affects their physical, mental and emotional health.

**H2:** To know how to make informed choices and to begin to understand the concept of a 'balanced lifestyle'.

**H20:** To begin to understand how to take care of their bodies.

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines.
- The risks associated with an inactive lifestyle including obesity.

**H23:** To know about people who are responsible for helping them to stay healthy and safe; how they can help these people to keep them healthy and safe.

## Summer 1 Families and People Who Care for Me

**R4:** To recognise different types of relationships including those between acquaintances, friends, relatives and families.

- That families are important for children growing up because they can give love, security and stability,
- That families, either in school or in the wider world sometimes looks different from their family, but they should respect those differences.
- That stable, caring relationships, which may be different types, are at the heart of happy families, and are important for children's security as they grow up.

**R5:** To know that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment.

**R3:** To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.

## Summer 2 Healthy Eating

**H1:** To know what positively and negatively affects their physical, mental and emotional health.

**H3:** To recognise opportunities and develop the skills to make their own choices about food, understand what might influence their choices and the benefits of eating a balanced diet.

- What constitutes a healthy diet
- The principles of planning and preparing healthy meals
- The characteristics of a poor diet and the risks associated with unhealthy eating (including obesity and tooth decay)

**H17:** To know which, why and how, commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others.