



Burscough Bridge Methodist School
Caring and Learning Together

PHSE/RSE KEYSTAGE 2 CYCLE B

(All units build on units covered in KS1)



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Autumn 1 Respectful Relationships

R10: To listen and respond respectfully a wide range of people, to feel confident to raise their own concerns, to recognise and care about people's feelings and to try to see, respect and if necessary constructively challenge others point of view.

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)

R16: To recognise and challenge stereotypes

R18: To recognise bullying and abuse in all its forms (including prejudices-based bullying both in person, online and through social media)

R21: To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have the right to privacy.

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

Autumn 2 Being Safe

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

H20: About taking care of their body an, understanding that they have the right to protect their body from inappropriate and unwanted contact.

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.

H25: How to manage requests for images of themselves or others; what is and is not appropriate to share; who to talk to if they feel uncomfortable.

R8: To judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.

R9: The concept of 'keeping something confidential or secret', when they should or should not agree to this and when it's right to 'break a confidence' or 'share a secret'.

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.

R21: To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have the right to privacy.

Spring 1 Online Relationships

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.

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)

H4: To recognise that images in the media (and online) do not always reflect reality.

H13: How pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know on the media.

H22: Strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others.

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.

L18: To critically examine what is presented to them in social media and why it is important to do so; understand how information in social media can be misleading; the importance of being careful what they forward to others.

Spring 2 Health and Prevention

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'.

- The importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn.
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- How to recognise early signs of illness, such as weight loss, or unexplained changes to the body.

H12: That bacteria and viruses can affect health and that following simple routines can reduce their spread.

- About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.
- How to recognise early signs of illness, such as weight loss, or unexplained changes to the body.

H17: 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.

Summer 1 Internet Safety and Harms

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

R7: That their actions affect themselves and others.

R18: To recognise bullying and abuse in all its forms (including prejudices-based bullying both in person, online and through social media)

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

H13: How pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they now and the media.

H22: Strategies for keeping safe online; the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others.

H24: The responsible use of mobile phones and safe user habits (time limits, turning it off at night etc.)

L2: Why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations.

L18: To critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others.

Summer 2 Basic First Aid

H15: To understand the need for rules (e.g. school rules) and the link to health and safety, basic emergency aid procedures, where and how to get help.

- Know how to make a clear and efficient call to emergency services if necessary
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.