

RSHE Sheffield Scheme at Ballifield 2025-26

Colour	Location of planning
Black – PSHE Curriculum	https://drive.google.com/drive/folders/1r_mu18BHjpuZ8hMoyyG1UfQLUQaxd8Zp
Red – Online Safety	https://drive.google.com/drive/folders/1r_mu18BHjpuZ8hMoyyG1UfQLUQaxd8Zp
Red * - Online Safety	https://drive.google.com/drive/folders/1lhBQw72JLIRcgwiYqY1VXpHghs-ELspv
Purple – PSHE Association	PSHE Association scheme of work - StaffShare
Green – First Aid	https://drive.google.com/drive/folders/1Fz1Enl0FZb8bl7csHO6odEfueWUqnx9-
Dark Blue - Consent	Consent folder – StaffShare
Orange – Anti-Racism / Discrimination	Primary (KS1 and KS2) lessons — Anti-Racism Education (antiracism.education) https://www.antiracism.education/primary
Gold – British Values	British Values Folder - StaffShare

Foundation Stage

Personal, Social and Emotional Development

	Autumn		Spring		Summer	
FS1	Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.	Play with one or more other children, extending and elaborating play ideas Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.	Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.	Develop appropriate ways of being assertive. Talk with others to solve conflicts.	Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them	Develop appropriate ways of being assertive. Talk with others to solve conflicts.

	Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations.	Develop their sense of responsibility and membership of a community.	Understand gradually how others might be feeling.			
FS2	Myself - Who am I? – my name <i>I am Nefertiti</i> - What's special about me? <i>Only one you</i> - Friendships <i>Smile</i> <i>I'm sticking with you</i> - Classroom rules and routines - Feelings <i>Ruby's worry</i> <i>Daisy's dragons</i> <i>Colour monster</i> - Trusted adults	Squeaky Clean - Toileting - Tooth brushing <i>Lion at bedtime</i> - Hidden germs - Hygiene Dentist visit Myself and those around me - Being independent - Our feelings - Being a good friend <i>Meesha makes a friend</i> - Being respectful, kind <i>Sesame street videos</i>	Taking care of our world - Respecting our classroom and environment - Recycling <i>The messy magpie</i> - Global warming (linked to UW) Taking care of my body - Healthy living – exercise, sleep, screen time - Healthy eating Doctor visit	Staying safe - PANTS campaign <i>Pantosaurus</i> Myself and those around me - Friendships - Right and wrong choices - Feelings of others <i>Have you filled a bucket today?</i>	Staying safe - Online safety <i>Smartie the penguin</i> - Road safety Myself and those around me - Friendships - What makes a good friend? <i>Squirrels who squabble</i> - Feelings of others <i>Have you filled a bucket today?</i>	Personal growth - Setting goals - Being focussed - Perseverance - Resilience <i>Sesame street videos</i> - Getting ready for Year One

KS1 & KS2

Context	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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	Mental Wellbeing	Relationships and Family	Relationships Friends	Living in the wider world. Community	Physical Health	Growing up
Unit Codes OS = Online Safety Sx = Sex (optional) First Aid PSHE Association Anti-Racism	M = Mental Wellbeing	Fa = Family	Fr = Friend	C= Community	P= Physical Health	G= Growing up
KS1						
Y1	M1) Where do feelings come from? M2) Who am I? Os) Passwords C1 * Consent KS1 Asking for permission British Values Introduction	Fa1) Who's in my family? Fa2) Do Families always stay the same? Fa3) How should families treat each other? Os1) Screen time (L1) British Values Rule of Law	Fr1) Who is my friend? Fr2) What makes a good friend? Os) What is the internet? C2* R9. how to ask for help if a friendship is making them feel unhappy Anti-discrimination lessons	C1) How do we make a happy school? C2) Who lives in my neighbourhood? Os) Choosing what to do online L2* L10. what money is; forms that money comes in; that money comes from different sources L13. that money needs to be looked	P1) How do I help my body stay healthy? P2) How do I decide what to eat? Os) Searching safely P3 * British Values Respect and Tolerance	Os) Communicating online S3 * Os) Being kind online S2* First Aid – Emergencies and calling for help. Consent Recap KS1 Asking for permission British Values

			British Values Democracy	after; different ways of doing this Anti-discrimination lessons British Values Individual Liberty		Summary / Evaluation
Y2	Recap M2 M2) Who am I? M3) What helps me to be happy? Os) Feeling uncomfortable online * Consent KS1 Asking for permission British Values Introduction	Fa4) When should I say no? Fa5) Who owns my body? I do! Fa6) Are all families the same? Os2) Personal information (S1) L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want	Fr3) Should friends tell us what to do? Fr4) How do we stop bullying? Os3 Online strangers (P1) Anti-discrimination lessons British Values Democracy	Recap C2 C2) Who lives in my neighbourhood? C3) What makes a boy or a girl? C4) How should I save up to buy something? Os4) Fake News (N1) L11. that people make different choices about how to save and spend money	P3) How do we stop getting ill? P4) How can I stay safe? Os) Accepting messages C3* H20 – about change and loss (including death): to identify feelings associated with this; to recognise what helps people to feel better British Values	G1) How bodies change as we get older (link with science) Os) Content Creators N1* First Aid – Emergencies and calling for help. Consent Recap KS1 Asking for permission British Values

		British Values Rule of Law		Anti-discrimination lessons British Values Individual Liberty	Respect and Tolerance	Summary / Evaluation
LKS2						
Y3	M1) How do I manage my feelings? Os1) Online strangers (P1) Consent KS2 Giving and seeking permission British Values Introduction	Fa1) Do Families always stay the same? Fa2) Are all families like mine? Os2) Sharing Online(P2) Racism <u>Lesson 1: Talking about race and racism</u> British Values Rule of Law	Fr1) What makes a good friend? Fr2) Are all friends the same? Os3) Friendship Online (S1) Consent KS2 Personal boundaries British Values Democracy	C1) How do we make the world fair? C2) Where do you feel like you belong? Os4) Personal Information (C2) Racism <u>Lesson 2: Defining anti-racism</u> British Values Individual Liberty	P1) How do I keep my body healthy? P2) How do I get a healthy diet? Os) Screen Time L1* Os) Sleep L2* H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully) Consent KS2	Os4) Personal Information (C2) Os) Deciding what is appropriate L3 * Os) Suspicious Messages C4 * First Aid – Bites and stings British Values Summary / Evaluation

					Appropriate and inappropriate touch British Values Respect and Tolerance	
Y4	Recap M1 M1) How do I manage my feelings? M2) Are we happy all the time? Os5) Digital media (N1) Consent KS2 Giving and seeking permission British Values Introduction	Recap Fa2 Fa2) Are all families like mine? Fa3) Are boys and girls the same? Os6) Verifying content and echo chambers (N3) Racism <u>Lesson 3: Redefining racism</u> British Values Rule of Law	Recap Fr1 and 2 Fr1) What makes a good friend? Fr2) Are all friends the same? Fr3) Are friendships always fun? Fr4) What is sexism? Os) Passwords C5 * Consent KS2 Personal boundaries British Values Democracy	Recap C2 C2) Where do you feel like you belong? C3) How can we help the people around us? Os) Media Bias N2 * H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others Racism <u>Lesson 4: Understanding</u>	P3) How do I stop getting ill? Os) Copyright C3 * H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping Consent KS2 Appropriate and inappropriate touch British Values Respect and Tolerance	G1) What is a period? (Optional Y4 lesson) Os) Advertising C1 * First Aid – Asthma British Values Summary / Evaluation

				<u>racial socialisation and stereotypes</u> British Values Individual Liberty		
UKS2						
Y5	M1) Does everybody have the same feelings? M2) Should we be happy all the time? Os) Social Media anxiety L1* Os) Self Esteem L2 * Consent KS2 Giving and seeking permission British Values Introduction	Fa1) Why do people get married? Fa2) Are families ever perfect? Os1) Control and consent (S1) Os2) Protecting our identity(P1) Os) Passwords C3* Racism <u>Lesson 5: Unconscious bias</u> British Values Rule of Law	Fr1) What makes a close friend? Fr2) Should I try and fit in with my friends? Fr3) Should friends tell us what to do? Os) Online Behaviour S2 * Os) Protecting images of us online P2* Consent KS2 Personal boundaries British Values Democracy	C1) What is prejudice? C2) What is the history of prejudice? C3) What should I do if I encounter prejudice? Os3a) Meeting strangers online (P4) Os3b) How do we decide what to share? Os4) Personal Information, terms and conditions Os) Fake news N2 * Racism	P1) Is there such a thing as the perfect body? P2) How can I stay fit and healthy? P3) Can I avoid getting ill? Os5) Analysing Digital Media (N1) Os) Digital '5 a day' L4 * H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);	G1) How will my body change as I get older? G2) How will my feelings change as I get older? G3) How will I stay clean during puberty G4) What is Menstruation? Os6) Bias (N2) Os) Game ratings L6 * First Aid - Bleeding British Values

				<u>Lesson 6: Being anti-racist in our actions</u> British Values Individual Liberty	H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns Consent KS2 Appropriate and inappropriate touch British Values Respect and Tolerance	Summary / Evaluation
Y6	M3) Why do we argue? M4) Who am I? Os7) Echo Chambers (N5) Os8) Does the internet make us happy? (L1)	Recap Fa1 and Fa2 Fa1) Why do people get married? Fa2) Are families ever perfect? Fa3) Is there such a thing as a	Fr4) Why are some people unkind? Fr5) What are stereotypes? Fr6) How do I accept my friends for who they are?	C4a) How can I be a great citizen? C4b) How can we make positive changes in the world? C5a) Why is money important?	P4) Why do some people take drugs? P5) Where should I get my health information? P6) How do I save a life?	Recap G1, G2, G3 and G4 G1) How will my body change as I get older? G2) How will my feelings change as I get

	Consent KS2 Giving and seeking permission British Values Introduction	normal family? Os) Meeting Strangers P4 * Os) Online Stereotypes L5 * Racism <u>Lesson 7: Representation matters</u> British Values Rule of Law	Fr7) How do we reduce sexism? Os) Verifying info online N3* Consent KS2 Personal boundaries British Values Democracy	C5b) How should I spend my money? C5c) How can I earn money? C6) What makes us feel like we belong? C7) What does it mean to be British? Os) Online Ads and money on the internet C1* Os) In App purchases and credit card info C5 Racism <u>Lesson 8: Myth busting anti-racism</u> British Values Individual Liberty	Os) Inaccurate health info L3* Consent KS2 Appropriate and inappropriate touch British Values Respect and Tolerance	older? G3) How will I stay clean during puberty G4) What is Menstruation? Sx1) How do plants and animals reproduce? (Statutory - Taught through science - does not include sexual intercourse) Sx2) Optional lessons on sexual reproduction/ (Not statutory - taught at the discretion of the leadership of each school) Os) Unhealthy Attention P3 *
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						First Aid – Choking and basic life support. Head injuries. British Values Summary / Evaluation
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