

# Topic Cycle Rationale



To ensure full coverage of all the statutory requirements of the new RSHE curriculum, we must cover the following **Thought Box topics**:

1. **Love & Relationships**
2. **Home**
3. **Habitats**
4. **Happiness**
5. **Identity**
6. **Journeys**
7. **Global Cultures**
8. **Social Media**
9. **Awe & Wonder**
10. **Kindness**
11. **Equality & Justice**
12. **Changing Climates**

## Stand Alone Lessons

In addition to the ThoughtBox topics, we also cover the following 'stand alone' topic areas, which **are not** covered by ThoughtBox.

1. Basic First Aid
2. Health & Prevention
3. Being Safe (Split into with adults and online)
4. Drugs, Alcohol and Tobacco
5. Healthy Eating
6. Physical Health & Fitness
7. Changes in Adolescent Body
8. Economic Wellbeing - Money
9. Sex Education Lessons (Yrs 5&6 only)

These lessons have been planned using all the statutory elements (codes highlighted in **Yellow**) of the PSHE Association Programme of Study (link below.)

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>

## Coverage

- Each PSHE topic (ThoughtBox and Stand Alone lessons) have been carefully slotted into the 2yr cycle by cross referencing with whole school curriculum topic areas, so learning is fluid and where possible, links can be made.
- The maturity of the pupils has also been taken into account for the time of delivery within the academic year.
- Social media, Sex Education and FGM have been purposely placed in Summer 2, prior to the summer holidays.



# Sex Education

- Sex Education will be delivered in PSHE lessons for Yrs 5 & 6 only. These lessons will follow, the units of, 'Changes in Adolescent Body' (Health Education) which teach puberty explicitly. Parents will have the right to request to withdraw from these lessons.
- Relationship and Health education is statutory and parents cannot withdraw their children from this part of RSHE.
- Sex Education lessons will be co-written by our specialist Science teacher and PSHE Lead to ensure both Scientific and RSHE coverage.
- An external midwife may be invited to deliver the Yr6 Sex Education lesson to support the 'birth' aspect.
- There is one further FGM lesson which will be taught in Yr6 only, Summer term. This will be delivered by an external speaker from Oxford Against Cutting.

Year 1/2						
Cycle 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Thought Box	Identity	Habitats	Home	Love & Relationships	Journeys	Social Media
New PSHE Topic	Health & Prevention	Being Safe	Drugs, Alcohol & Tobacco Basic First Aid	Changes in Adolescent Body	Healthy Eating Economic Wellbeing – Money	Physical Health & Fitness.
Cycle 2						
Thought Box	Equality & Justice	Happiness	Changing Climates	Awe & Wonder	Global Cultures	Kindness
New PSHE Topic	Being Safe	Health & Prevention	Drugs, Alcohol & Tobacco	Basic First Aid Physical Health & Fitness.	Healthy Eating Economic Wellbeing – Money	Changes in Adolescent Body

<b>Year 3/4</b>						
<b>Cycle 1</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Thought Box</b>	Awe & Wonder	Identity	Happiness	Journeys	Global Cultures	Social Media
<b>New PSHE Topic</b>	Basic First Aid	Being Safe w/Adults feeling safe	Health & Prevention	Drugs, Alcohol & Tobacco Economic Wellbeing – Money	Physical Health & Fitness.	Healthy Eating Changes in Adolescent Body
<b>Cycle 2</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Thought Box</b>	Habitats	Changing Climates	Equality & Justice	Kindness	Home	Love & Relationships
<b>New PSHE Topic</b>	Basic First Aid	Healthy Eating Physical Health & Fitness.	Being Safe w/Adults Feeling safe	Changes in Adolescent Body	Health & Prevention	Drugs, Alcohol & Tobacco Economic Wellbeing – Money

Year 5/6						
<b>Cycle 1</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Thought Box</b>	Identity	Awe & Wonder	Changing Climates	Habitats	Journeys	Social Media
<b>New PSHE Topic</b>	Basic First Aid  Economic Wellbeing – Money	Health & Prevention	Being Safe w/adults  Feeling Safe	Drugs, Alcohol & Tobacco	Healthy Eating  Physical Health & Fitness.	Changes in Adolescent Body  x1 Sex Ed Lesson - Conception
<b>Cycle 2</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Thought Box</b>	Kindness	Equality & Justice	Global Cultures	Home	Happiness	Love & Relationships
<b>New PSHE Topic</b>	Basic First Aid  Economic Wellbeing – Money	Health & Prevention	Healthy Eating  Physical Health & Fitness.	Drugs, Alcohol & Tobacco	Being Safe w/Adults  Feeling Safe  FGM – 1 lesson → (can be moved to summer 2)	Changes in Adolescent Body  X1 Sex Ed lesson – Conception & Birth