

Content overview for Lifewise PHSE and activity scheme



The content is organised into Year Groups for: **Key Stage One, Lower Key Stage Two and Upper Key Stage Two**. The **'topics'** are the **81** named topics in the **'Lifewise PSHE and Activity Scheme'** within the 4 programmes and 4 units below.

LIFEWISE
SURVIVAL
PROGRAMME

LIFEWISE
WELLBEING
PROGRAMME

LIFEWISE
LIFESTYLE
PROGRAMME

LIFEWISE
LIFE PREP
PROGRAMME

DE 'RELATIONSHIPS EDUCATION,
RELATIONSHIPS AND SEX EDUCATION RSE
AND HEALTH EDUCATION'
2019

DRUGS
EDUCATION

FEMALE
GENITAL
MUTILATION

SEX
EDUCATION

'Lifewise PSHE and Activity Scheme' programmes and units covering the **National Curriculum, Statutory and Non-Statutory Guidance and DfE 'Relationships' document**

LifeWise

Topic Information

Sex Education is taught across **all Year Groups from Y1 – Y6** in the ‘**Lifewise PSHE and Activity Scheme**’. It also links to a number of other topics covered in each Year Group. **Sex Education is not compulsory** in primary education, **however** the DfE recommends that it should be taught at this age and elements of the National Curriculum for Science already include sexual reproduction in humans, **which is compulsory**.

Drugs Education is specifically taught in **Years 2 and Year 6** in the ‘**Lifewise PSHE and Activity Scheme**’ and there are also links to content about medicines, household substances, peer pressure etc. across topics in other Year Groups in the Scheme. Drugs awareness is part of the DfE ‘Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education’ 2019.

Female Genital Mutilation is specifically taught in **Year 5** in the ‘**Lifewise PSHE and Activity Scheme**’ however, there are links to areas such as respect, law, boundaries, the human body etc. across other Year Groups in the Scheme. **The decision about if, when and how to teach this subject, remains with the school.** Many primary schools teach their pupils in mixed gender lessons about FGM. (Refer to the DfE ‘Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education’ 2019 about pupils, the law and FGM for more information.

KEY STAGE ONE		NATIONAL CURRICULUM SUBJECTS													STATUTORY RELATIONSHIPS EDUCATION					STATUTORY PHYSICAL HEALTH AND WELL-BEING EDUCATION								SEX EDUCATION, DRUGS AND FGM			
YEAR GROUP	TOPIC	LITERACY	NUMERACY	SCIENCE	D & T	GEOGRAPHY	HISTORY	ART & DESIGN	MUSIC	P E	COMPUTING	LANGS & MFL	R E	PSHE	FAMILIES AND PEOPLE WHO CARE FOR ME	CARING FRIENDSHIPS	RESPECTFUL RELATIONS	ONLINE RELATIONS	BEING SAFE	MENTAL WELL-BEING	INTERNET SAFETY AND HARMS	PHYSICAL HEALTH AND FITNESS	HEALTHY EATING	DRUGS, ALCOHOL AND TOBACCO	HEALTH AND PREVENTION	BASIC FIRST AID	CHANGING ADOLESCENT BODY	DRUGS EDUCATION	FEMALE GENITAL MUTILATION	SEX EDUCATION	
1	SIGNALLING AND SIGN LANGUAGE																														
1	EMERGENCY SERVICES																														
1	BRAVING THE WEATHER																														
1	WATER SAFETY																														
1	ROAD SAFETY																														
1	COMMUNICATION																														
1	TRUST																														
1	FOOD AND WHAT NOT TO EAT																														
1	SAFETY SYMBOLS																														
2	CYBER SAFETY																														
2	FIGHT OR FLIGHT																														
2	FIRE SAFETY																														
2	FIRST AID/ CPR																														
2	ENVIRONMENT																														
2	WILDLIFE																														
2	DESERT ISLAND																														
2	FOREST SURVIVAL																														
2	NAVIGATION																														
2	HAPPINESS																														
2	PERSONAL GOAL SETTING																														
2	FEELING SAD																														
2	THE ART OF FAILURE																														
2	ITS OKAY NOT TO BE OKAY																														
2	ANGER- DIFFICULT FEELINGS BEHAVIOURS																														
2	DEALING WITH LOSS																														
2	A PROBLEM SHARED IS A PROBLEM HALVED																														
2	RELAXATION																														

LOWER KEY STAGE TWO		NATIONAL CURRICULUM SUBJECTS													STATUTORY RELATIONSHIPS EDUCATION					STATUTORY PHYSICAL HEALTH AND WELL-BEING EDUCATION								SEX EDUCATION, DRUGS AND FGM			
YEAR GROUP	TOPIC	LITERACY	NUMERACY	SCIENCE	D & T	GEOGRAPHY	HISTORY	ART & DESIGN	MUSIC	P E	COMPUTING	LANGS & MFL	R E	PSHE	FAMILIES AND PEOPLE WHO CARE FOR ME	CARING FRIENDSHIPS	RESPECTFUL RELATIONS	ONLINE RELATIONS	BEING SAFE	MENTAL WELL-BEING	INTERNET SAFETY AND HARMS	PHYSICAL HEALTH AND FITNESS	HEALTHY EATING	DRUGS, ALCOHOL AND TOBACCO	HEALTH AND PREVENTION	BASIC FIRST AID	CHANGING ADOLESCENT BODY	DRUGS EDUCATION	FEMALE GENITAL MUTILATION	SEX EDUCATION	
3	GROWTH MINDSET																														
3	MINDFULNESS																														
3	ANXIETY																														
3	SELF-IMAGE																														
3	PROBLEM SOLVING & TIME MANAGEMENT																														
3	RELATIONSHIPS WITH OTHERS																														
3	SELF WORTH																														
3	HELPING OTHERS GET HELP																														
3	STRESS																														
4	BALANCED DIET																														
4	IMPORTANCE OF PHYSICAL ACTIVITY																														
4	HEALTHY EATING																														
4	WHERE DOES MY FOOD COME FROM?																														
4	SLEEP																														
4	SCREEN TIME																														
4	LEADERSHIP																														
4	RESPECT																														
4	PROBLEM SOLVING & RESOURCEFULNESS																														

UPPER KEY STAGE TWO		NATIONAL CURRICULUM SUBJECTS													STATUTORY RELATIONSHIPS EDUCATION						STATUTORY PHYSICAL HEALTH AND WELL-BEING EDUCATION							SEX EDUCATION, DRUGS AND FGM			
YEAR GROUP	TOPIC	LITERACY	NUMERACY	SCIENCE	D & T	GEOGRAPHY	HISTORY	ART & DESIGN	MUSIC	P E	COMPUTING	LANGS & MFL	R E	PSHE	FAMILIES AND PEOPLE WHO CARE FOR ME	CARING FRIENDSHIPS	RESPECTFUL RELATIONS	ONLINE RELATIONS	BEING SAFE	MENTAL WELL-BEING	INTERNET SAFETY AND HARMS	PHYSICAL HEALTH AND FITNESS	HEALTHY EATING	DRUGS, ALCOHOL AND TOBACCO	HEALTH AND PREVENTION	BASIC FIRST AID	CHANGING ADOLESCENT BODY	DRUGS EDUCATION	FEMALE GENITAL MUTILATION	SEX EDUCATION	
5	NUTRITIONAL VALUES																														
5	JUNK FOOD																														
5	THE HUMAN BODY																														
5	TEAMWORK																														
5	BODY LANGUAGE & COMMUNICATION																														
5	RESILIENCE																														
5	DEALING WITH ADVERSITY																														
5	RESPONSIBILITY AND INSPIRATION																														
5	LEARNING																														
5	SUPPORTING THE COMMUNITY																														
5	RESPECTING OTHERS BOUNDARIES/BELIEFS																														
5	YOU GET OUT WHAT YOU PUT INTO LIFE																														
5	BORROWING MONEY																														
5	THE DIGITAL WORLD																														
5	COMMUNICATING EFFECTIVELY																														
5	SAVING MONEY																														
5	THE NHS																														
6	TAX																														
6	ENTREPRENEURSHIP/ ENTERPRISE AND BUSINESS																														
6	BANKS																														
6	ORGANISATION OF LIFE																														
6	PENSIONS																														
6	LAW																														
6	FROM LEARNING TO WORKING																														
6	POWER OF NEGOTIATION																														
6	THE GOVERNMENT																														
6	HOW TO WRITE A CV																														