

Years 1 and 2						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE PSHE Association	Relationships Year 1 People who care for them. The role these different people play in children’s lives and how they care for them What it means to be a family and how families are different. The importance of telling someone — and how to tell them — if they are worried about something in their family Situations when someone’s body or feelings might be hurt and whom to go to for help What it means to keep something private, including parts of the body that are private Identify different types of touch and how they make people feel How to respond if being touched makes them feel uncomfortable or unsafe When it is important to ask for permission to touch others How to ask for and give/not give permission What kind and unkind behaviour mean in and out school How kind and unkind behaviour can make people feel What respect means Class rules, being polite to others, sharing and taking turns	Living in the Wider World Year 1 Examples of rules in different situations, e.g. class rules, rules at home, rules outside Different people have different needs How we care for people, animals and other living things in different ways How they can look after the environment, e.g. recycling How and why people use the internet The benefits of using the internet and digital devices How people find things out and communicate safely with others online Everyone has different strengths, in and out of school How different strengths and interests are needed to do different jobs People whose job it is to help us in the community Different jobs and the work people do	Health and Wellbeing Year 1 What it means to be healthy and why it is important Take care of themselves on a daily basis Basic hygiene routines, e.g. hand washing Healthy and unhealthy foods, including sugar intake Physical activity and how it keeps people healthy Different types of play, including balancing indoor, outdoor and screen-based play People who can help them to stay healthy How to keep safe in the sun Recognise what makes them special and unique including their likes, dislikes and what they are good at How to manage and whom to tell when finding things difficult, or things go wrong They are the same and different to others Different kinds of feelings Recognise feelings in themselves and others How feelings can affect how people behave How rules can help to keep us safe Why some things have age restrictions, e.g. TV and film, games, toys or play areas Basic rules for keeping safe online Whom to tell if they see something online that makes them feel unhappy, worried, or scared	Relationships Year 2 How to be a good friend Different ways that people meet and make friends Strategies for positive play with friends What causes arguments between friends How to positively resolve arguments between friends How to recognise hurtful behaviour, including online What to do and whom to tell if they see or experience hurtful behaviour, including online About what bullying is and different types of bullying How someone may feel if they are being bullied About the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help How to resist pressure to do something that feels uncomfortable or unsafe How to ask for help if they feel unsafe or worried and what vocabulary to use About the things they have in common with their friends, classmates, and other people How friends can have both similarities and differences How to play and work cooperatively in different groups and situations How to share their ideas and listen to others, take part in discussions, and give reasons for their views	Living in the Wider World Year 2 Being a part of different groups, and the role they play in these groups Different rights and responsibilities that they have in school and the wider community How a community can help people from different groups to feel included Recognise that they are all equal, and ways in which they are the same and different to others in their community Ways in which people can access the internet Recognise the purpose and value of the internet in everyday life Recognise that some content on the internet is factual and some is for entertainment Information online might not always be true What money is and its different forms, and ways of paying for things How money can be kept and looked after Getting, keeping and spending money People are paid money for the job they do Recognise the difference between needs and wants People make choices about spending money, including thinking about needs and wants	Health and Wellbeing Year 2 Routines and habits for maintaining good physical and mental health Sleep and rest are important for growing and keeping healthy Medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies Importance of, and routines for, brushing teeth and visiting the dentist Food and drink that affect dental health Describe and share a range of feelings Ways to feel good, calm down or change their mood How to manage big feelings including those associated with change, loss and bereavement When and how to ask for help, and how to help others, with their feelings Human life cycle and how people grow from young to old How our needs and bodies change as we grow up Identify and name the main parts of the body including external genitalia Change as people grow up, including new opportunities and responsibilities Preparing to move to a new class and setting goals for next year How to recognise risk in everyday situations Help keep themselves safe in familiar and unfamiliar environments Identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger How to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products Things that people can put into their body or onto their skin and how these can affect how people feel How to respond if there is an accident and someone is hurt Whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say
Years 3 and 4						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE PSHE Association	Relationships Year 3 Recognise and respect that there are different types of families, Being part of a family provides support, stability and love The positive aspects of being part of a family, such as spending time together and caring for each other The different ways that people can care for each other Identify if/when something in a family might make someone upset or worried What to do and whom to tell if family relationships are making them feel unhappy or unsafe What is appropriate to share with friends,	Living in the Wider World Year 3 Reasons for rules and laws in wider society The importance of abiding by the law and what might happen if rules and laws are Broken What human rights are and how they protect people Identify basic examples of human rights How they have rights and also responsibilities With every right there is also a responsibility How the internet can be used positively for leisure, for school and for work Recognise that images and information online can be altered or adapted and the reasons for why this happens Strategies to recognise whether something	Health and Wellbeing Year 3 The choices that people make in daily life that could affect their health Identify healthy and unhealthy choices What can help people to make healthy choices and what might negatively influence Habits and that sometimes they can be maintained, changed or stopped The positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally Regular exercise has positive benefits for their mental and physical health	Relationships Year 4 About the features of positive healthy friendships Strategies to build positive friendships How to seek support with relationships if they feel lonely or excluded How to communicate respectfully with friends when using digital devices Knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don’t know What to do or whom to tell if they are worried about any contact online Differentiate between playful teasing, hurtful behaviour and bullying, including online	Living in the Wider World Year 4 The meaning and benefits of living in a community Recognise that they belong to different communities as well as the school community The different groups that make up and contribute to a community The individuals and groups that help the local community Show compassion towards others in need and the shared responsibilities of caring That everything shared online has a digital footprint Organisations can use personal information to encourage people to buy things	Health and Wellbeing Year 4 Identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally Good physical health means and how to recognise early signs of physical illness Common illnesses can be quickly and easily treated with the right care Maintain oral hygiene and dental health, including how to brush and floss correctly Importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health How to identify external genitalia and reproductive organs The physical and emotional changes during

	classmates, family and wider social groups including online What privacy and personal boundaries are, including online Basic strategies to help keep themselves safe online Bullying and hurtful behaviour is unacceptable in any situation The effects and consequences of bullying for the people involved Bullying online, and the similarities and differences to face-to-face bullying What to do and whom to tell if they see or experience bullying or hurtful behaviour to recognise respectful behaviours e.g. helping or including others, being responsible How to model respectful behaviour in different situations The importance of self-respect and their right to be treated respectfully by others What it means to treat others, and be treated, politely The ways in which people show respect and courtesy in different cultures and in wider society	they see online is true or accurate Evaluate whether a game is suitable to play or a website is appropriate for their age-group Make safe, reliable choices from search results How to report something seen or experienced online that concerns them or content that worry them, unkind or inappropriate communication Jobs that people may have from different sectors People can have more than one job at once or over their lifetime Common myths and gender stereotypes related to work Challenge stereotypes through examples of role models in different fields of work Some of the skills needed to do a job, such as teamwork and decision-making Recognise their interests, skills and achievements and how these might link to future jobs How to set goals that they would like to achieve this year e.g. learn a new hobby	The things that affect feelings both positively and negatively Strategies to identify and talk about their feelings Some of the different ways people express feelings e.g. words, actions, body language Recognise how feelings can change overtime and become more or less powerful That everyone is an individual and has unique and valuable contributions to make Recognise how strengths and interests form part of a person’s identity How to identify their own personal strengths and interests and what they’re proud of Recognise common challenges to self -worth Basic strategies to manage and reframe setbacks, focusing on what they can learn from a setback, remembering what they are good at, trying again Identify typical hazards at home and in school How to predict, assess and manage risk in everyday situations Fire safety at home including the need for smoke alarms The importance of following safety rules from parents and other adults How to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety	How to respond if they witness or experience hurtful behaviour or bullying, including online Recognise the difference between ‘playful dares’ and dares which put someone under pressure, at risk, or make them feel uncomfortable Manage pressures associated with dares When it is right to keep or break a confidence or share a secret How to recognise risks online such as harmful content or contact How people may behave differently online including pretending to be someone they are not How to report concerns and seek help if worried or uncomfortable about someone’s behaviour, including online Recognise differences between people Recognise what they have in common with others The importance of respecting the differences and similarities between people Vocabulary to sensitively discuss difference and include everyone	Recognise what online adverts look like Compare content shared for factual purposes and for advertising Why people might choose to buy or not buy something online That search results are ordered based on the popularity of the website and that this can affect what information people access People make different spending decisions based on their budget, values and needs Keep track of money and why it is important to know how much is being spent Different ways to pay for things How people spend money can have positive or negative effects on others	puberty Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams Strategies to manage the changes during puberty including menstruation The importance of personal hygiene routines during puberty including washing regularly and using deodorant How to discuss the challenges of puberty with a trusted adult How to get information, help and advice about puberty The importance of taking medicines correctly and using household products safely Recognise what is meant by a ‘drug’ That drugs common to everyday life can affect health and wellbeing Identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects Identify some of the risks associated with drugs common to everyday life Some people using drugs can become a habit which is difficult to break How to ask for help or advice
Years 5 and 6						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE PSHE Association	Relationships Year 6 What it means to be attracted to someone and different kinds of loving relationships People who love each other can be of any gender, ethnicity or faith Difference between gender identity and sexual orientation and everyone’s right to be loved The qualities of healthy relationships that help individuals flourish Ways in which couples show their love and commitment to one another, including those who are not married or who live apart What marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults People have the right to choose whom they marry or whether to get married To force anyone into marriage is illegal How and where to report forced marriage or ask for help if they are worried Compare the features of a healthy and unhealthy friendship The shared responsibility if someone is put under pressure to do something dangerous and something goes wrong Strategies to respond to pressure from friends including online How to assess the risk of different online ‘challenges’ and ‘dares’ Recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable How to get advice and report concerns about personal safety, including online What consent means and how to seek and give/not give permission in different situations	Living in the Wider World Year 6 What prejudice means Differentiate between prejudice and discrimination To recognise acts of discrimination Strategies to safely respond to and challenge discrimination To recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups Stereotypes are perpetuated and how to challenge this About the benefits of safe internet use e.g. learning, connecting and communicating How and why images online might be manipulated, altered, or faked How to recognise when images might have been altered Why people choose to communicate through social media and some of the risks and challenges of doing so That social media sites have age restrictions and regulations for use The reasons why some media and online content is not appropriate for children How online content can be designed to manipulate people’s emotions and encourage them to read or share things About sharing things online, including rules and laws relating to this How to recognise what is appropriate to share online How to report inappropriate online content or contact The role that money plays in people’s lives, attitudes towards it and what influences decisions about money	Health and Wellbeing Year 6 Mental health is just as important as physical health and that both need looking after Negative experiences such as being bullied or feeling lonely can affect mental wellbeing Positive strategies for managing feelings How feelings can often be helpful, whilst recognising that they sometimes need to be overcome Identify where they and others can ask for help and support with mental wellbeing in and outside school Importance of asking for support from a trusted adult About the process of grieving and how grief can be expressed and strategies to support Balancing time online with other activities helps to maintain their health and wellbeing What to do and whom to tell if they are frightened or worried about something they have seen online What being more independent might be like, including how it may feel Transition to secondary school and how this may affect their feelings Identify the links between love, committed relationships and conception What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb That pregnancy can be prevented with contraception ² Responsibilities of being a parent or carer and how having a baby changes someone’s life Identify potential risks of personal	Relationships Year 5 What makes a healthy friendship and how they make people feel included Strategies to help someone feel included Peer influence and how it can make people feel or behave Impact of the need for peer approval in different situations, including online Strategies to manage peer influence and the need for peer approval It is common for friendships to experience challenges Strategies to positively resolve disputes and reconcile differences in friendships Friendships can change over time and the benefits of having new and different types of friends Recognise if a friendship is making them feel unsafe, worried, or uncomfortable When and how to seek support in relation to friendships To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations How to ask for, give and not give permission for physical contact How it feels in a person’s mind and body when they are uncomfortable That it is never someone’s fault if they have experienced unacceptable contact How to respond to unwanted or unacceptable physical contact That no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about Whom to tell if they are concerned about unwanted physical contact	Living in the Wider World Year 5 How resources are allocated and the effect this has on individuals, communities and the environment Importance of protecting the environment and how everyday actions can either support or damage it Show compassion for the environment, animals and other living things The way that money is spent and how it affects the environment Express their own opinions about their responsibility towards the environment Identify different types of media and their different purposes Basic strategies to assess whether content online is based on fact, opinion, or is biased Some media and online content promote stereotypes How to assess which search results are more reliable than others Recognise unsafe or suspicious content online How devices store and share information Identify jobs that they might like to do in the future About the role ambition can play in achieving a future career How or why someone might choose a certain career What might influence people’s decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values Importance of diversity and inclusion to promote people’s career opportunities Stereotyping in the workplace, its impact and how to challenge it	Health and Wellbeing Year 5 How sleep contributes to a healthy lifestyle Healthy sleep strategies and how to maintain them The benefits of being outdoors and in the sun for physical and mental health Manage risk in relation to sun exposure, including skin damage and heat stroke How medicines can contribute to health and how allergies can be managed Some diseases can be prevented by vaccinations and immunisations Bacteria and viruses can affect health They can prevent the spread of bacteria and viruses with everyday hygiene routines Recognise the shared responsibility of keeping a clean environment Personal identity and what contributes to it For some people their gender identity does not correspond with their biological sex Recognise, respect and express their individuality and personal qualities Ways to boost their mood and improve emotional wellbeing The link between participating in interests, hobbies and community groups and mental wellbeing Identify when situations are becoming risky, unsafe or an emergency Identify occasions where they can help take responsibility for their own safety Differentiate between positive risk taking and dangerous behaviour How to deal with common injuries using basic first aid techniques How to respond in an emergency, including when and how to contact different emergency services

	About the link between values and behaviour and how to be a positive role model How to discuss issues respectfully Listen to and respect other points of view How to constructively challenge points of view they disagree with Ways to participate effectively in discussions online and manage conflict or disagreements	Value for money and how to judge if something is value for money How companies encourage customers to buy things and why it is important to be a critical consumer Having or not having money can impact on a person's emotions, health and wellbeing Common risks associated with money, including debt, fraud and gambling How money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk How to get help if they are concerned about gambling or other financial risks	information Strategies for dealing with requests for personal information or images of themselves Identify types of images that are appropriate to share with others and those which might not be appropriate That images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be What to do if they take, share or come across an image which may upset, hurt or embarrass them or others Different age rating systems for social media, T.V, films, games and online gaming The laws, risks and effects of different drugs Organisations where people can get help and support concerning drug use	Recognise that everyone should be treated equally Why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own What discrimination means and different types of discrimination Identify online bullying and discrimination of groups or individuals The impact of discrimination on individuals, groups and wider society Ways to safely challenge discrimination How to report discrimination online	There is a variety of routes into work e.g. college, apprenticeships, university, training	Female genital mutilation (FGM) is against British law What to do and whom to tell if they think they or someone they know might be at risk of FGM
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