PSHE

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|  | Years 1 and 2 | Years 3 and 4 | Years 5 and 6 |
| Autumn Term 1 | Families and RelationshipsExploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair. Looking at the conventions of manners and developing an understanding of self-respect. | Families and RelationshipsLearning about how to deal with friendship issues and identifying bullying and its effects, learning about the issues with stereotyping, considering physical and emotional boundaries and who to trust, thinking about how to support someone who has suffered a bereavement. | Families and RelationshipsLearning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement. |
| Autumn Term 2 | Health and WellbeingUnderstanding emotions, identifying our strengths and qualities, learning why we wash our hands and how to do so effectively, learning about the importance of sleep and relaxation for our wellbeing, learning how to stay safe in the sun and deal with allergic reactions, thinking about the people who help to keep us healthy. | Health and WellbeingLearning about how to stay healthy and how our diet affects our bodies and our teeth, identifying our strengths, learning how to celebrate mistakes and develop a growth mindset, considering how we can increase our happiness. | Health and WellbeingLearning about the importance of relaxation and sleep; understanding how to cope with failure; learning how to set goals and how to achieve goals; taking precautions while in the sun; healthy meals and ingredients; learning about different emotions and possible ways of dealing with a difficult situation. |
| Spring term 1 | Safety and the changing bodyLearning how to communicate safely with adults; considering who keeps us safe in our community; learning steps to crossing the road safely; identifying which substances should or should not go in the body; learning how to call 999; knowing the difference between secrets and surprises; learning about appropriate and inappropriate contact. | Safety and the changing bodyLearning about being kind and staying safe online; learning how to identify and deal with cyberbullying; understanding the difference between secrets and surprises; learning how to treat bites and stings; considering who influences our choices; learning about road safety and how to call the emergency services (Y3); thinking about how our bodies change as we go through puberty (Y4). | Safety and the changing bodyLearning about online friendships and how to stay safe online; drugs, alcohol and tobacco and the influences that others have on us; how to deal with a choking emergency and understanding puberty and menstruation (Y5) and conception, pregnancy and birth (Y6) |
| Spring term 2 | CitizenshipConsidering why we have rules; recognising similarities and differences between ourselves and others; thinking about the groups that we belong to; considering job roles in our community; suggesting ways to improve our school and local environments. | CitizenshipLearning about the importance of reusing and recycling; considering groups in the local community; understanding the role of the local council; understanding why we have rules and the consequences of breaking them; knowing about the rights that children have and human rights in general. | CitizenshipUnderstanding what happens when the law is broken; learning how to recognise and challenge discrimination; understanding the waste hierarchy; recognising the contribution people make to our community; exploring the link between rights and responsibilities; learning how parliament works. |
| Summer Term 1 | Economic wellbeingUnderstanding what money is and where it comes from; recognising the difference between needs and wants, learning how to keep cash safe; understanding the purpose of banks and building societies; understanding that skills and interests influence job choices | Economic wellbeingConsidering spending decisions; learning about how to create a budget; recognising that money affects how we feel (Y3) and how we feel when money is lost (Y4); exploring jobs available; learning about gender stereotyping in the workplace. | Economic wellbeingDeveloping understanding about income and expenditure, borrowing, risks with money and researching different careers and considering the routes into them. |
| Summer Term 2 | TransitionUnderstand that transition can cause mixed feelings. End of year transition where Year 1 consider the skills they have developed throughout the year whilst Year 2 ask questions to help them deal with the change ahead | TransitionTransition to help pupils with the change that comes from moving year groups. Year 3s consider targets for the following year and Year 4 learn about opportunities and responsibilities that they may face in Y5/6. | TransitionTo understand the skills needed to take on responsibilities in school (Year 5) to understand that a big change can bring both opportunities and worries (Year 6). Consider the opportunities that their new year group brings and Year 6 pupils also express their worries about the move to secondary school.IdentityPersonal identity and body image |