**PSHE Association KEY STAGE 1: Years 1 & 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **A**2020-2021 | Relationships (1) | Living in the wider world (1) | Health and wellbeing (1) |
| **Friends and family*** Roles of different people

**Safe relationships*** Recognising privacy, staying safe and seeking permission.

Respecting ourselves and others* How behaviour affects others, being polite and respectful.
 | **Belonging to a community*** What rules are; caring for others’
* Looking after the environment

**Media literacy and digital resilience*** Using the internet and digital devices; communicating online.

**Money and work*** Strengths and interests
* Jobs in the community.
 | **Physical health and mental wellbeing*** Keeping healthy
* Food and exercise, hygiene routines and sun safety

**Growing and changing*** Recognising what makes them unique and special.
* Feelings; managing when things go wrong.

**Keeping safe*** How rules and age restrictions help us.
* Keeping safe online
 |
| **B**2021-2022 | Relationships (2) | Living in the wider world (2) | Health and wellbeing (2) |
| **Friends and family*** Making friends; feeling lonely and getting help.

**Safe relationships*** Managing secrets; resisting pressure and getting help.
* Recognising hurtful behaviour.

**Respecting ourselves and others*** Recognising things in common and differences.
* Playing and working cooperatively, sharing opinions.
 | **Belonging to a community*** Belonging to a group; roles and responsibilities.
* Being the same and different in the community.

**Media literacy and digital resilience*** The internet in everyday life; online content and information.

**Money and work*** What money is, needs and wants, looking after money.
 | **Physical health and mental wellbeing*** Why sleep is important, medicines and keeping healthy, keeping teeth healthy.
* Managing feelings and asking for help.

**Growing and changing*** Growing older,
* Naming body parts
* Moving class or year.

**Keeping safe*** Safety in different environments
* Risk and safety at home
* Emergencies.
 |

**PSHE Association KEY STAGE 2: Years 3-4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **A**2020-2021 | Relationships (3) | Living in the wider world (3) | Health and wellbeing (3) |
| **Friends and family*** What makes a family? Features of family life.

**Safe relationships*** Personal boundaries; safely responding to others, the impact of being hurtful.

**Respecting ourselves and others*** Recognising respectful behaviour, importance of self- respect.
* Courtesy and being polite.
 | **Belonging to a community*** The value of rules and laws.
* Rights, freedom and responsibilities.

**Media literacy and digital resilience*** How the internet is used; assessing information online.

**Money and work*** Different jobs and skills; job stereotypes,
* Setting personal goals.
 | **Physical health and mental wellbeing*** Health choices and habits
* What affects feelings, expressing feelings.

**Growing and changing*** Personal strengths and achievements.
* Managing and reframing setbacks.

**Keeping safe*** Risks and hazards
* Safety in the local environment and unfamiliar places.
 |
| **B**2021-2022 | Relationships (4) | Living in the wider world (4) | Health and wellbeing (4) |
| **Friends and family*** Positive friendships, including online.

**Safe relationships*** Responding to hurtful behaviour.
* Managing confidence.
* Recognising online risks.

**Respecting ourselves and others*** Respecting differences and similarities,
 | **Belonging to a community*** What makes a community?
* Shared responsibilities.

**Media literacy and digital resilience*** How data is shared and used.

**Money and work*** Making decisions about money, using and keeping money safe.
 | **Physical health and mental wellbeing*** Maintaining a balance lifestyle
* Oral hygiene and dental care.

**Growing and changing*** Physical and emotional changes in puberty
* External genitalia and personal hygiene
* Support with puberty.

**Keeping safe*** Medicines and household products.
* Drugs common to everyday life.
 |

**PSHE Association KEY STAGE 2: Years 5-6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **A**2020-2021 | Relationships (5) | Living in the wider world (5) | Health and wellbeing (5) |
| **Friends and family*** Managing friendships and peer influence.

**Safe relationships*** Physical contact and feeling safe.

**Respecting ourselves and others*** Responding respectfully to a wide range of people.
* Recognising prejudice and discrimination.
 | **Belonging to a community*** Protecting the environment
* Compassion towards others

**Media literacy and digital resilience*** How information online is targeted, different media types, their roles and impact.

**Money and work*** Identifying job interests and aspirations.
* What influences career choices, workplace stereotypes.
 | **Physical health and mental wellbeing*** Healthy sleep habits, sun safety, medicine, vaccinations, immunisations and allergies.
* Metal wellbeing

**Growing and changing*** Personal identity, recognising individualities and different qualities,
* Mental wellbeing

**Keeping safe*** Keeping safe in different situations including responding to emergencies.
* First aid ad FGM
 |
| **B**2021-2022 | Relationships (6) | Living in the wider world (6) | Health and wellbeing (6) |
| **Friends and family*** Attraction to others; romantic relationships, civil partnerships and marriage.

**Safe relationships*** Recognising and managing pressure; consent in different situations.

**Respecting ourselves and others*** Expressing opinions and respecting other points of view.
* Discussing topical issues.
 | **Belonging to a community*** Valuing diversity, challenging discrimination and stereotypes.

**Media literacy and digital resilience*** Evaluating media sources; sharing things online

**Money and work*** Influences and attitudes to money; money and financial risks.
 | **Physical health and mental wellbeing*** What affects mental health and ways to take care of it.
* Managing change loss and bereavement
* Managing time online.

**Growing and changing*** Human reproduction and birth
* Increasing independence
* Managing transition.

**Keeping safe*** Keeping personal information safe
* Regulations and choices
* Drug use and the law, drug use and the media
 |