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

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| **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**

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| **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**

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| **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 | |