



Personal Social Health Education (PSHE)



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| EYFS | <p><u>Managing self: My Wellbeing</u></p> <ul style="list-style-type: none"> *What is exercise? *Yoga and relaxation *Looking after ourselves *Being a safe pedestrian *Eating Healthily *A rainbow of food | <p><u>Self-regulation: My feelings</u></p> <ul style="list-style-type: none"> *identifying my feelings *Feelings jars *Coping strategies *Describing feelings *Facial expressions *Creating a calmer corner | <p><u>Building relationships: Special relationships</u></p> <ul style="list-style-type: none"> *My family *Special people *Sharing *I am unique *My interests *Similarities and differences | <p><u>Managing self: Taking on challenges</u></p> <ul style="list-style-type: none"> *Why do we have rules? *Building towers *Team den building *Grounding *Team races *Circus skills | <p><u>Self-regulation: Listening and following instructions</u></p> <ul style="list-style-type: none"> *Simon says *Listening to a story *Pass the whisper *Obstacle races *Blindfold walks *Treasure hunt | <p><u>Building relationships: My family and friends</u></p> <ul style="list-style-type: none"> *Festivals *Sharing *What makes a good friend? *Being a good friend *Teamwork *Celebrating friendships |
| Year 1/2 Cycle A | <p><u>Wellbeing</u></p> <ul style="list-style-type: none"> *Discover - Perseverance *Take notice - Feelings/Colour expression *Connect - Compliments *Give - Generosity *Move - Nature Walk | <p><u>Families and Relationships</u></p> <ul style="list-style-type: none"> *Family *Friendships *Families are all different *Other people's feelings *Getting along with others *Friendship problems *Gender Stereotypes | <p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> *Understanding my feelings *Relations *What am I like? *Ready for bed? *Handwashing and personal hygiene *Sun safety *Allergies *People who help us stay healthy | <p><u>Citizenship</u></p> <ul style="list-style-type: none"> *Rules *Similar, yet different *Belonging *Job roles in the community *Our school environment *Our local environment | <p><u>Safety and the changing body</u></p> <ul style="list-style-type: none"> *Communicating with adults *People who help to keep us safe in our local community *Road Safety *Safety with medicines *Making an emergency call *The difference between secrets and surprises *Appropriate contact *My private parts are private *Personal boundaries | <p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> *Money *Needs and wants *Looking after money *Banks and Building societies *Jobs <p><u>Transition Lesson</u></p> <ul style="list-style-type: none"> *Change can cause mixed feelings |

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| <p>Year 1/2 Cycle B</p> | <p><u>Wellbeing</u> *Discover - Making mistakes *Take notice - Sound *Connect - Understanding others *Give - Sharing *Move - Gardening</p> | <p><u>Families and Relationships</u> *Family *Friendships *Other people's feelings *Getting along with others *Friendship problems *Gender stereotypes *Change and loss</p> | <p><u>Health and Wellbeing</u> *Understanding my feelings *Steps to success *Developing a growth mindset *Being active *Relaxation: breathing exercises *Healthy diet *Looking after our teeth</p> | <p><u>Citizenship</u> *Rules *Similar, yet different *Caring for others: animals *The needs of others *Democratic decisions *School council *Giving my opinion</p> | <p><u>Safety and the changing body</u> *Communicating with adults *Road safety *Safety at home *Safety with medicines *What to do if I get lost *The internet *Appropriate contact *My private parts are private *Personal boundaries</p> | <p><u>Economic Wellbeing</u> *Money *Needs and wants *Saving and spending *Banks and building societies *Jobs</p> <p><u>Transition Lesson</u> *Change can cause mixed feelings</p> |
| <p>Year 3/4 Cycle A</p> | <p><u>Wellbeing</u> *Discover - Practise makes progress *Take notice - Making a difference *Connect - Shared interests *Give - Appreciation *Move - Motion detection</p> | <p><u>Families and Relationships</u> *Friendship issues and bullying *The effect of bullying *Stereotyping - gender *Stereotyping - age/disability *Healthy friendships - boundaries *Learning who to trust *Respecting differences *Change and loss - bereavement</p> | <p><u>Health and Wellbeing</u> *My healthy diary *Diet and dental health *Relaxation - stretches *Wonderful me *My superpowers *Celebrating mistakes *Communicating my feelings *My happiness</p> | <p><u>Citizenship</u> *Recycling/reusing *Local community buildings and groups *Rules *Right of the child *Human rights</p> | <p><u>Safety and the changing body</u> *Be kind online *Cyberbullying *Share aware *Privacy and secrecy *First Aid: bites and stings *Choices and influences *Year 3 first aid: emergencies and calling for help *Year 4: introducing puberty Year 3: Road safety Year 4: Growing up</p> | <p><u>Economic Wellbeing</u> *Spending choices *Budgeting *Money and emotions *Jobs and careers *Gender and careers</p> <p><u>Transition Lesson</u> *Goal setting and strategies to cope with change</p> |

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| <p>Year 3/4 Cycle B</p> | <p><u>Wellbeing</u> *Discover - Resilience *Take notice - My thoughts *Connect - Pen Pals *Give - Giving to the community *Move - Making a beat</p> | <p><u>Families and Relationships</u> *Friendship issues and bullying *Healthy families *Stereotyping - gender *Stereotyping - age/disability *How my behaviour affects others *Effective communication to support relationships *Respects and manners *Respecting differences</p> | <p><u>Health and Wellbeing</u> *My healthy diary *Looking after my teeth *Relaxation - visualisation *Meaning and purpose - my role *Resilience: breaking down problems *Emotions *Communicating my feelings *Mental health</p> | <p><u>Citizenship</u> *Recycling/reusing *Local community buildings and groups *Diverse communities *Right of the child *Charity</p> | <p><u>Safety and the changing body</u> *Fake emails *Internet safety: age restrictions *Consuming information online *Tobacco *First Aid: asthma *Choices and influences *Year 3 first aid: emergencies and calling for help *Year 4: introducing puberty Year 3: Road safety Year 4: Growing up</p> | <p><u>Economic Wellbeing</u> *Spending choices *Budgeting *Money and emotions *Jobs and careers *Jobs for me</p> <p><u>Transition Lesson</u> *Goal setting and strategies to cope with change</p> |
| <p>Year 4/5 Cycle A</p> | <p><u>Wellbeing</u> *Discover - Growth Mindset *Take notice - Others and me *Connect - Working together *Give - Paying it forward *Move - Adaptive sports</p> | <p><u>Families and Relationships</u> *Build a friend *Friendship skills *Marriage *Respecting myself *Family life *Bullying *Stereotyping: gender *Stereotyping: race and religion</p> | <p><u>Health and Wellbeing</u> *Looking after our teeth *Relaxation: visualisation *Celebrating mistakes *Meaning and purpose: my role *My happiness *Emotions *Mental health</p> | <p><u>Citizenship</u> *What are human rights? *Caring for the environment *Community *Contributing *Diverse communities *Local councillors</p> | <p><u>Safety and the changing body</u> *Internet safety: age restrictions *Share aware *First aid: asthma *Privacy and secrecy *Consuming information online Year 4 *Growing up *Introducing puberty Year 5 *Puberty *Menstruation *Emotional changes in puberty *Tobacco</p> | <p><u>Economic Wellbeing</u> *What is the value of money? *Why keep track of money? *What ways are there to look after money? *What influences career choices? *Why make a career change? *How can workplace stereotypes be challenged?</p> <p><u>Transition Lesson</u> *Setting goals</p> |

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| <p>Year 4/5 Cycle B</p> | <p><u>Wellbeing</u> *Discover - learning a new skill *Take notice - breathing exercises *Connect - conversations *Give - Acts of kindness *Move - Sleep hygiene</p> | <p><u>Families and Relationships</u> *Respect and manner *Healthy friendships *How my behaviour affects others *Bullying *Stereotypes: gender *Stereotypes: disability *Families in the wider world *Change and loss</p> | <p><u>Health and Wellbeing</u> *Relaxation: yoga *The importance of rest *Embracing failure *Going for goals *Taking responsibility for my feelings *Healthy meals *Sun safety</p> | <p><u>Citizenship</u> *Breaking the law *Rights and responsibilities *Protecting the planet *Contributing to the community *Pressure groups *Parliament</p> | <p><u>Safety and the changing body</u> *Online friendships *Staying safe online Year 4 *Growing up *Introducing puberty Year 5 *Puberty *Menstruation *Emotional changes in puberty *First aid: bleeding and head injuries *Alcohol, drugs and tobacco: making decisions</p> | <p><u>Economic Wellbeing</u> *Why prioritise needs over wants? *What is a weekly budget? *What is borrowing and loaning? *What are the risks of handling money online? *Why challenge workplace stereotypes? *What makes a suitable career?</p> <p><u>Transition Lesson</u> *Roles and responsibilities</p> |
| <p>Year 6</p> | <p><u>Wellbeing</u> *Discover - Goal setting *Take notice - Myself *Connect - Community *Give - Apologising *Move - Brain Breaks</p> | <p><u>Families and Relationships</u> *Respect *Respectful Relationships *Stereotypes: attitudes *Challenging stereotypes *Resolving conflict *Change and loss</p> | <p><u>Health and Wellbeing</u> *What can I be? *Relaxation: Mindfulness *Taking responsibility for my health *The impact of technology on health *Resilience toolbox *Immunisation</p> | <p><u>Citizenship</u> **Human rights *Food choices and the environment *Caring for others *Prejudice and discrimination *Valuing diversity *National democracy</p> | <p><u>Safety and the changing body</u> *Alcohol *Critical digital consumers *Social media *Physical and emotional changes of puberty ***Conception ***Pregnancy and birth *First aid: choking *First aid: basic life support</p> <p><u>Identity</u></p> | <p><u>Economic Wellbeing</u> *How do people navigate their feelings about money? *How do people keep money safe? *What money responsibilities are there in secondary school? *What are the risks of gambling? *What career routes are there?</p> |

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| | | | | | *What is identity? *Identity and body image | Transition Lesson Dealing with change |
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***Parents have a right to withdraw their child from part of this lesson.