

















PSHE

 denotes lessons which link directly to safeguarding

| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------|--|--|---|---|--|---|
| Reception | <ul style="list-style-type: none"> see themselves as a valuable individual build constructive and respectful relationships express their feelings and consider the feelings of others Manage their own personal hygiene Work and play cooperatively and take turns with others. Give focused attention to what the teacher says. | | <ul style="list-style-type: none"> show resilience and perseverance in the face of challenge identify and moderate their own feelings socially and emotionally Manage their own personal hygiene | | <ul style="list-style-type: none"> think about the perspectives of others manage their own needs and personal hygiene know and talk about the different factors that support their overall health and wellbeing including: <ul style="list-style-type: none"> regular physical activity healthy eating toothbrushing sensible amounts of 'screen time' having a good sleep routine being a safe pedestrian | |
| Year 1 | Identity, society & equality: Me and others (including relationships education) Mindmate lesson | Keeping safe & managing risk: Feeling safe  Mindmate lesson | Mental health & emotional wellbeing: Feelings Mindmate lesson | Drug, alcohol and tobacco education: What do we put into and on to bodies?  Mindmate lesson | Careers, financial capability & economic wellbeing: My money Relationships Education: Growing up with Yasmine & Tom Mindmate lessons | Physical Health & well-being: Fun times Mindmate lessons |
| Year 2 | Physical Health & Wellbeing: What keeps me healthy? Mindmate lesson | Mental health & emotional wellbeing: Friendship Mindmate lesson | Relationship & sex education: Boys & girls, families. Growing up with Yasmine & Tom  Mindmate lessons | | Keeping safe and managing risk: Indoors and outdoors.  Mindmate lesson | Drug, alcohol and tobacco education: Medicines and me.  Mindmate lesson |
| Year 3 | Drug, alcohol and tobacco education: Tobacco is a drug Mindmate lesson | Keeping safe and managing risk: Bullying – see it, say it, stop it.  Mindmate lesson | Mental health and emotional wellbeing: Strengths and challenges. Mindmate lesson | Careers, financial capability and economic wellbeing. Mindmate lessons | Identity society and equality: Celebrating difference - Relationships education: Growing up with Yasmine & Tom Mindmate lessons | Physical health and wellbeing: What helps me choose? Mindmate lesson |

| | | | | | | |
|--------|---|---|--|---|---|--|
| Year 4 | Identity, society and equality: Democracy. Mindmate lesson | Drug, alcohol and tobacco education: Making choices.  Mindmate lesson | Physical health and wellbeing: What is important to me? Mindmate lesson | Keeping safe and managing risk: Playing safe.  Mindmate lesson | Relationship and sex education: Growing up and changing. Growing up with Yasmine & Tom  Mindmate lessons | |
| Year 5 | Keeping safe and managing risk: When things go wrong.  Relationships and sex education: Puberty Growing up with Yasmine & Tom Mindmate lesson | Physical health and wellbeing: In the media. Mindmate lesson | Identity, society and equality: Stereotypes, discrimination and prejudice. Mindmate lesson | Mental health and emotional wellbeing: Dealing with feelings. Mindmate lesson | Drug, alcohol and tobacco education: Different influences.  Mindmate lesson | Careers, financial capability and economic wellbeing: Borrowing and earning money. Mindmate lesson |
| Year 6 | Identity, society and equality: Human rights.  Mindmate lesson |  Keeping safe and managing risk: Keeping safe – out and about. Mindmate lesson | Drug, alcohol and tobacco education: Weighing up risk.  Mindmate lesson | Mental health and emotional wellbeing :  Mindmate lesson | Healthy minds/Mental health Mindmate lesson | Relationship and sex education: Healthy relationships/how a baby is made. FGM. Growing up with Yasmine & Tom  Life Changes (Transition to high school) Mindmate lesson |