

# PSHE



PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Physical health and Well Being	Feeling Safe	Me and Others	Foods and non-foods	Growth mind-set	Families and Friends
<b>Year 2</b>	Strengths and challenges	What keeps me healthy?	Keeping Safe Indoors and Outdoors.	Careers, financial capability and economic wellbeing My money.	Drug, alcohol and tobacco education Medicines and me.	RSE Boys and girls - genders, friendships and stereotypes.
<b>Year 3/4 Cycle A</b>	Tobacco is a Drug Smoking, Vaping and the Law (Money Links)	Bullying- see it, say it, stop it Cyberbullying	Transitions and New Dynamics	Celebrating Difference 1	How Does Food Benefit Me?	Growing Up and Changing Hygiene Friendships, Family and Conflict
<b>Year 3/4 Cycle B</b>	Celebrating Difference	Making Choices- Alcohol and the Law	Why Is Exercise Important To Me?	Online and Reality	Accepting Mistakes	RSE: Growing Up and Changing Body Parts How Are Babies Made?
<b>Year 5</b>	Different influences (drugs, alcohol, etc)	Stereo types and discrimination	Dealing with feelings	Self care-bodies in the media etc	Borrowing and earning money	Focus on bullying
<b>Year 6</b>	RSE - relationships	Keeping safe and managing risk	Careers and finance	Identity, society and equality	RSE - hygiene	Growth Mindset - secondary ready