



Subject Matrix: PSHE

Subject	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Other?
UNIT TITLE	Healthy Lifestyles and mental Health	Relationships Family and close positive relationships friendships	Relationships Managing hurtful behaviour and bullying Safe Relationships Respecting self and others.	Keep safe Drugs alcohol and Tobacco	Living in the wider world Shared responsibilities communities	Ourselves changing and growing SRE	
Rec/Nur	How do we keep healthy? Food, exercise and sleep. Having a good time!	Who are our family? Why are they important? Who else do we know who we trust? What makes a good friend? What happens if we fall out?	What is bullying? What do we need to keep private? How do we say yes and no?	What things at home can be a danger? What things in the community can be a danger. How do we keep safe?	What are rules? What are our class rules? Why do we need them?	What makes people special? Celebrating difference. What do we like/dislike How things grow and change.	Safety British values Black History Week
Y1	What being healthy means – food, exercise and hygiene. Dental care. Exploring feelings, recognising feelings. Things that make us feel good.	Roles of different people – friends, relatives. Identify people who love and care for you. Identify features common in family life. How to talk if you are unhappy or worried. What makes a good friendship. How to resolve arguments.	What is bullying? Feelings that hurt including words and actions. How do people feel if they are bullied? What is bullying? Calling names, teasing, excluding others. How to report bullying. How to respond to strangers. What to do if physical contact feels uncomfortable. Not keeping adult secrets.	Recognising risk Safety at home: appliances Keeping safe at the shopping centre, park People who keep us safe. What to do if there is an accident. Getting help. Know that different things we put in our bodies can make us feel different: chocolate, sweets, limes etc...	What are rules and why do we need them? Where do we find rules? How do we care for humans and other living things? What groups do we belong to? How are we the same and different to others? What is money? How do we pay for things? How do we save for something we want?	What makes people special We are all unique What are you good at? What do you like/ dislike? Name main parts of the body. Growing from young to old. Preparing for year 2. SRE CURRICULUM Y1	Safety British values Black History Week
Y2	Importance of sleep, medicines, sun safety and taking a break. Sharing feelings. Everyone feels different about things. managing big feelings. Managing loss.	Roles of different people. Who cares for us? Different types of family that are different to your own. Talking about things you are worried about. How to help if a friendship is making you unhappy.	What is bullying? Feelings that hurt including words and actions. How do people feel if they are bullied? What is bullying? Calling names, teasing, excluding others. How to report bullying. NSPCC pants rule People on line may not be who they say they are.	Rules that keep us safe Safety at home: medicines & cleaning products. Keeping safe at the beach, swimming pool, on the street. Rules to keep safe on line. What to do if someone is hurt.	Where do we find rules and why do we need them? How do we care for living things, and what are our responsibilities in this? What can we do to help look after the environment. What roles and responsibilities do people have in the community? How are we the same and different to others? What is money?	What makes people special We are all unique What are you good at? What do you like/ dislike? Name main parts of the body. Growing from young to old. Preparing for year 3. SRE CURRICULUM Y2	Safety British values Black History Week

			What to do if physical contact feels uncomfortable. Asking for permission. Respectful behaviour	Know that different things we put in our bodies can make us feel different: chocolate, sweets, limes etc...	What other ways are there to pay. People can not always have what they want or may have to save. How do we look after money?		
Y3	Making decisions about health. Balanced diet. Strategies to help mental health. Everyday things that effect feelings. Words to describe feelings. Strategies to help with big feelings.	There are different types of relationships –family, friends, romantics, on line. Features of family life and ways in which people show care for each other. Different types of family and elements of family life: caring, loving, committed. Why friendships are important.	Impact of bullying on line and off. How to respond to hurtful behaviour. Discrimination Privacy and boundaries Responding to strangers. Consent Where to get advice and support Respectful behaviour	Why we follow rules Taking medicines correctly Hazards Keeping personal information private	Recognise reasons for rules. Relationship between rights and responsibilities. Compassion and care. Protecting the environment. What groups make up a community. How do we pay for things?	Personal identity – what contributes to who we are – gender, faith, hobbies etc.. To recognise individual qualities. Identifying personal strengths and achievements. How to cope when things go wrong. SRE CURRICULUM Y3	Safety British values Black History Week
Y4	Food and exercise. Good sleep routines. Keeping good hygiene. Sun safety 5 mental health and well being principles	There are different types of relationships –family, friends, romantics, on line. Features of family life and ways in which people show care for each other. Different types of family and elements of family life: caring, loving, committed. What makes a positive friendship? How to ask for help with friendships.	Impact of bullying on line and off. Discrimination Privacy and boundaries Responding to strangers. Consent Where to get advice and support Respectful behaviour	Why we follow rules Taking medicines correctly Hazards Keeping personal information private Cigarettes/Vaping and alcohol Organisations that can support drug use.	Recognise reasons for rules. Relationship between rights and responsibilities. Compassion and care. Protecting the environment. What groups make up a community. Recognising positive things about themselves.	Personal identity – what contributes to who we are – gender, faith, hobbies etc.. To recognise individual qualities. Identifying personal strengths and achievements. How to cope when things go wrong SRE CURRICULUM Y4	Safety British values Black History Week
Y5	How to make good choices. Who can effect choices. What good physical health means. How regular exercise has a positive impact. 5 mental health and well being principles Recognising mental health warnings.	There are different types of relationships –family, friends, romantics, on line. People may be attracted to someone of the same sex, or different sex. Civil marriages. Some people are in relationships but may live apart, or together. Difference between knowing people on and off line. Different types of friendship. Healthy friendships.	Impact of bullying on line and off. Discrimination Privacy and boundaries Different types of physical contact – what is acceptable and not acceptable. How to respond. Consent Confidentiality Recognising pressure and responding. Where to get advice and support	Why we follow rules Managing and assessing risk Keeping personal information private Basic first aid Drug use and illegal drugs – impact on health and habit. Organisations that can support drug use.	Recognise reasons for rules and laws and the consequences for not following them. Human rights Compassion and care. Protecting the environment. How everyday choices can effect the environment. Groups in the community. What is a stereotype. Prejudice and challenging it. Different attitudes towards saving. Spending can impact the environment.	Personal identity – what contributes to who we are – gender, faith, hobbies etc.. For some people their gender identity does not correspond with their biological sex. To recognise individual qualities. Identifying personal strengths and achievements. Managing setbacks and perceived failure SRE CURRICULUM Y5	Safety British values Black History Week

			Respectful behaviour		Gambling and negative impact. How to achieve personal goals. Jobs and careers.	Strategies to manage transition.	
Y6	Eating disorders, risks of inactive lifestyle. Use of medicines and immunisations. Oral health. 5 mental health and well being principles Responding to feelings.	There are different types of relationships –family, friends, romantics, on line. People can be attracted to people of the same sex or different sex. To learn about gender orientation. Forced marriage an how to get help. Managing peer influence. Healthy friendships.	Impact of bullying on line and off. Discrimination Privacy and boundaries Different types of physical contact – what is acceptable and not acceptable. How to respond. Consent Confidentiality Where to get advice and support Respectful behaviour	Why we follow rules Managing and assessing risk Keeping personal information private Who to call for help – accident or emergency? FGM What are mixed messages about drugs and alcohol/ vaping. Organisations that can support drug use.	Recognise reasons for rules and laws and the consequences for not following them. Human rights Compassion and care. Protecting the environment. How everyday choices can effect the environment. Diversity in the community. Stereotypes and negative impact. Prejudice and challenging it. Different attitudes towards saving. Planning for spending. Jobs and careers.	Personal identity – what contributes to who we are – gender, faith, hobbies etc.. For some people their gender identity does not correspond with their biological sex. To recognise individual qualities. Identifying personal strengths and achievements. Managing setbacks and perceived failure Strategies to manage transition. SRE CURRICULUM Y6	Safety British values Black History Week