



Subject Sequencing PHSE

Year Group							
EY	How do we keep healthy? Good Diet, exercise, sleep.	What makes a good healthy diet? What foods do we enjoy? What are the food groups and which things from food groups do we like? Dislike?	What exercise do we do? Which do we like? What can we do without equipment?	Why is exercise good? Keeps you fit and healthy and strong.	How do we know how we are feeling? What feelings are there? Happy, sad worried, excited.	What things make us happy/ sad/ worried? What things make our friends or family happy/ sad. How do we know?	What can we do if someone is feeling sad or worried?
EY	Who are the people special to us? Family and friends who we see a lot.	Who is in our families?	Which other people are important but are not family/ friends?	How do we show people we care? What do our families do for us that show they care?	How do we make good friends in school? Talking, smiling, helping.	What do good friends do? What things do we do with friends? Talking, helping us feel better.	What do we do if we fall out with people? How do we make things better?
EY	What things happen to us sometimes that make us feel sad or hurt?	What does it feel like if someone is unkind? Where might this happen?	What would you do if someone was unkind lots and lots and you wanted it to stop?	What is a stranger?	What do you do if someone asks you to do something you do not want to do? Playing a game, going somewhere you don't want to go?	What can you do if someone does something you do not like.	How do we play nicely with everyone? How do we show we are part of a team?
EY	How do we keep safe in school? What are our rules? Why do we have them?	How do we keep safe at home? What things could happen? How do we stop it?	What to do if you see something you do not like on the computer or device at home or in school.	Which people have jobs that are there to help us?			
EY	How do we care for ourselves and keep ourselves safe?	Who/ what else do we care for? animals, younger children, people who may need help.	How can we look after our classroom and school?	How can we help to look after the wider world?	Who are people with responsibilities in our community?	What kinds of jobs do people have who we know? Why do we go to work? To earn money... Why do people need money?	
EY	What makes me special? We are all different but amazing!	What makes people around us special? Celebrate the differences in each other.	What do we do when things get hard?	SRE	SRE	SRE	
1	Healthy lifestyles and mental health	Healthy lifestyles and mental health Different food groups and what nutrients they have.	Healthy lifestyles and mental health How do we relax? Why is relaxing important?	Healthy lifestyles and mental health	Healthy lifestyles and mental health Managing big feelings – what are big feelings and what	Healthy lifestyles and mental health Managing big feelings – what can we do to help	



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	How to keep healthy – diet, exercise, mental health and sleep			What happens when we feel sad or down? What can we do to feel better?	happens to our bodies when these feelings occur?	when feelings get big? Who are the people we trust to help us?	
1	Relationships: Identify family members, people who love and care for us. Harvest Anti – Racism Day	Relationships: Roles of different people – close family, other family members, friends. How do they show up in our lives?	Relationships: Identify features of common family life – feeling safe and secure, a sense of belonging, loved and cared for, can talk to them	Relationships: How to share if you are unhappy or worried, who to report to	Relationships: What makes a good friendship	Relationships: How to resolve an argument	
1	Relationships What is bullying? How to identify feelings that hurt including words and actions.	Relationships How do people feel if they are being bullied? What can bullying look like?	Relationships How we can report bullying and what do we expect to happen.	Relationships How do we respond to strangers? How do we know if people we don't know are safe?	Relationships What kind of physical contact is safe? How do we know? What to do if any physical contact feels unsafe.		
1	Keeping safe, including drug education	Keeping safe, including drug education	Keeping safe, including drug education	Keeping safe, including drug education			
1	Healthy me: Being physically active	Healthy me: Keeping safe	Healthy me: Being a good friend.	Healthy me: Keeping calm and dealing with a situation.	Ourselves, changing and growing: To talk about what makes us special and unique.	Ourselves, changing and growing: What I'm good at, what I like and dislike	Ourselves, changing and growing: How to manage when finding things difficult
1	Ourselves, changing and growing: Naming the parts of the body, including external genitalia (penis, vagina)	Ourselves, changing and growing: Biological differences between male and female babies.	Ourselves, changing and growing: To know that body parts are private. NSPCC Pants Rules.	Ourselves, changing and growing: Changes happen when growing from young to old. How people's needs change.	Ourselves, changing and growing: Prepare to move to a new class/year group.	SRE	SRE
2	Healthy Lifestyles and Mental Health: ZOR language around feelings. Big feelings can be managed in different ways. E.g. loss Asking for help with feelings and who to ask.	Healthy Lifestyles and Mental Health: How activities affect our mental health. Ways in which people can relax and feel good Limiting device time.	Healthy Lifestyles and Mental Health: Spreading germs and how to stop it. Washing hands effectively.	Healthy Lifestyles and Mental Health: Medicines and vaccines. Regular medications for everyday needs e.g allergies. Importance of adult supervision.	Healthy Lifestyles and Mental Health: How to brush teeth and foods that support oral health	Healthy Lifestyles and Mental Health: Sun safety – SPF, clothing and protective wear, hydration	Harvest Anti – Racism Day
2	Relationships: Who cares for us? Family members and their different roles	Relationships: Different types of family. What type of family do we have?	Relationships: What kind of things make us worry? Who do we talk to if we are worried? How	Relationships: How to get help if a friendship is making you feel unhappy.	Relationships: People who have different roles around us – family, friends, people in society.		



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			does being worried make us feel?				
2	Relationships: What is bullying? What are the actions that hurt – including words and actions?	Relationships: How do people feel if they are being bullied?	Relationships: What can you do if you feel you or someone else is being bullied.	Relationships: NSPCC Pants rule. Safe touch and contact.	Relationships: What kind of contact is good? What can feel uncomfortable? Asking for permission.	Relationships: Who to talk to if you feel unhappy or uncomfortable about something that is happening to you.	
2	Keeping safe, Including drugs and alcohol What rules are in place and age restrictions to keep us safe	Keeping safe, Including drugs and alcohol How to keep safe at home – including medicines and cleaning products.	Keeping safe, Including drugs and alcohol How do we keep safe when out and about? Beach, swimming pool, on the street.	Keeping safe, Including drugs and alcohol How do we keep safe on line?	Keeping safe, Including drugs and alcohol What things can happen on line that make us unsafe. Who to tell.	Keeping safe, Including drugs and alcohol How do we get help in an emergency?	
2	Living in the wider world Where do we find rules, and why do we need them?	Living in the wider world How do we care for living things? What are our responsibilities in this?	Living in the wider world How do we look after the environment?	Living in the wider world What is money and how do we pay for things?	Living in the wider world What do we do if we want things but don't have the money? Saving		
2	Ourselves, Changing and Growing	Ourselves, Changing and Growing	Ourselves, Changing and Growing	Ourselves, Changing and Growing	Ourselves, Changing and Growing	SRE	SRE
3	Healthy lifestyles and mental health: Making choices on keeping healthy. Food and exercise.	Healthy lifestyles and mental health: Habits. What is a habit? Recognise good and bad habits.	Healthy lifestyles and mental health: Healthy diets – varied nutrition, beneficial to health. Risks of unhealthy diet (obesity, tooth decay)	Healthy lifestyles and mental health: Regular exercise – mental and physical health benefits, opportunities to exercise	Healthy lifestyles and mental health: Everyday hygiene, spread of infection	Healthy lifestyles and mental health: Medication	Harvest Anti – Racism Day
3	Relationships Different types of relationship – friends, family, romantic, online	Relationships: Different types of relationships – family and friends, including these on line.	Relationships: Features of family life and how we show care for each other.	Relationships: Different types of family: single parent, adoptive, same sex.	Relationships: What makes a positive friendship? Why are friendships so important?	Relationships: What to do if friendships go wrong. Who can help and how can we sort out problems?	
3	Relationships: What is bullying? Types of bullying on and off line.	Relationships: What kind of behaviour can be hurtful?	Relationships: What things do we like to keep private? What are boundaries? How do we give consent?	Relationships: How to respond to strangers. Permission and consent.	Relationships: What to do if you do not feel comfortable. Where to get help and support if needed.		
3	Keeping Safe:	Keeping safe: Taking medicines correctly.	Keeping safe:	Keeping safe:			



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	What are rules and why do we follow them?		Hazards inside and outside the home.	How to keep personal information safe.			
3	Living in the wider world: Relationship between rights and responsibilities	Living in the wider world: What groups make up a community? How do we show compassion and care for others?	Living in the wider world: How can we help protect the environment?	Living in the wider world: How do we pay for things? The difference between wanting and needing things.	Living in the wider world: What do we do if we want things but do not have the money?		
3	Ourselves, changing and growing: Identify features of personal identity (ethnicity, gender, faith, family, personality)	Ourselves, changing and growing: Identify personal strengths, aspirations and interests and how these contribute to self-worth	. Ourselves, changing and growing: Ways of managing setbacks and perceived failure, how to re-frame unhelpful thinking (BLP)	Ourselves, changing and growing: Identify external genitalia of males and females and know why these are private. Understand that not everyone identifies with biological sex.	Ourselves, changing and growing: Changes – physical and emotional approaching puberty. Basic hygiene and importance of keeping clean.	Ourselves, changing and growing: Touch, personal space and speaking up when feeling uncomfortable	Ourselves, changing and growing: Changes and transition to a new class
3	Ourselves, Changing and Growing: SRE	Ourselves, Changing and Growing: SRE	Ourselves, Changing and Growing: SRE				
4	Healthy Lifestyles: To make healthy choices: diet, exercise, sleep,	Healthy Lifestyles: Positive and negative habits we can form which impact health.	Healthy Lifestyles: Change4 life snack swaps and advice cards. Children taste some healthy snacks and evaluate.	Healthy Lifestyles: The importance of sleep and how we can prepare for a good sleep.	Healthy Lifestyles: What are good hygiene practices: washing hands, preparation of food, containing germs (sneezing etc...)	Healthy Lifestyles: Protecting from the sun. What harm can sun rays cause and how we can keep safe in the sun.	Harvest Anti – Racism Day
4	Relationships Different types of family: friendships, close family, distant family. What is a romantic relationship.	Relationships Different types of family? Same – sex families, adoptive families, step – families, single parent families.	Relationships Features of family life – what do people do as families to show they care for each other?	Anti – Bullying week	Relationships What makes a positive friendship? What would this look and feel like? What might it look and feel like is it was not positive?	Relationships How do we ask for help with friendships? What might we do to resolve problems?	
4	Relationships: Bullying – what is it? Focus on what bullying on line may look like.	Relationships: What is meant by discrimination? Respectful behaviour.	Relationships: How do we respond to strangers? Where might we meet strangers?	Relationships: Consent and respectful behaviours.			
4	Keeping Safe: Where do we find rules around us? Why do we need rules?	Keeping Safe: What are the rules for medicines and cigarettes/	Keeping Safe: Organisations that can help with substance use.	Keeping Safe: How do we keep personally safe? Outdoors? Personal information.			



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		alcohol? Why are these in place?					
4	Living in the wider world: Relationships between rights and responsibilities.	Living in the wider world: How do we show compassion and care? Protecting the environment.	Living in the wider world: What groups make up our community? Charitable groups and activist groups.	Living in the wider world: What can I recognise as my strengths and the positive things about me? Dealing with setbacks	Living in the wider world: How people spending money can have an impact on the world: fairtrade, plastics etc..		
4	Ourselves, changing and growing: What are our personal identities? Faith, gender, hobbies etc..	Ourselves, changing and growing: What is prejudice and how do we celebrate differences?	Ourselves, changing and growing: Recognising diversity in our class community and the wider community.	Ourselves, changing and growing: SRE	Ourselves, changing and growing: SRE	Ourselves, changing and growing: SRE	
5	Healthy Lifestyles and Mental Health: Mental health and ill health. Warning signs.	Healthy Lifestyles and Mental Health: Supporting own mental health – wellbeing (5 steps)	Healthy Lifestyles and Mental Health: Importance of discussing feelings, identifying people to talk to, vocabulary for a range.	Healthy Lifestyles and Mental Health: Expressing emotions. Strategies in response to intense and conflicting feelings.	Healthy Lifestyles and Mental Health: Conflict. Strategies and steps of restorative practice.	Healthy Lifestyles and Mental Health: Change and loss as a part of life. Responding to changes and challenges.	Healthy Lifestyles and Mental Health: Death, grief and bereavement.
5	Healthy Lifestyles and Mental Health: To know how and when to seek support for themselves or others.	Relationships: Different types of relationships – family, friends, romantic, on – line. How are these the same and different?	Relationships: Different types of romantic relationships – How people can be attracted to others of the same sex (use Proud materials)	Relationships: What is the difference between on – line and off – line relationships?	Anti – Bullying Week	Relationships What does a healthy friendship look like?	Relationships What can you do if you feel a relationship is not positive? Who do you ask for help?
5	Relationships: What is bullying and what impact does it have on people?	Relationships: What is respectful behaviour and how do we show respect? What is discrimination.	Relationships: Recognise different types of physical contact – what is acceptable and what is not.	Relationships: Consent and what is appropriate and not appropriate contact.	Relationships: Recognising pressure and responding to it.	Relationships: Where people can get advice and support for themselves and for others.	
5	Keeping Safe: How to keep personal information private. What personal information may they have now? When they are older?	Keeping Safe: Organisations that can help people with drug and substance use.	Keeping Safe: Basic First Aid				
5	Living in the wider world:	Living in the wider world: What are Human Rights?	Living in the wider world:	Living in the wider world:	Living in the wider world:	Living in the wider world:	



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	Recognise the need for rules in society, and how systems are in place to protect us.	What are Children's rights?	How do our choices impact the environment and what can we do to help?	What are stereotypes and prejudices? Protected characteristics.	How to keep track of money and make choices about what to spend/ how to pay for things	Risks associated with money – how it can be lost/ stolen and the impact of this on emotions and physical well – being.	
5	Ourselves, changing and Growing: What is personal identity? Celebrating differences and individual qualities.	Ourselves, changing and Growing: How do we manage setbacks and perceived failures?	Ourselves, changing and Growing: SRE	Ourselves, changing and Growing: SRE	Ourselves, changing and Growing: SRE		
6	Healthy Lifestyles and Mental Well Being: What is a healthy lifestyle? What and who can effect the lifestyles we choose?	Healthy Lifestyles and Mental Well Being What good and bad habits can be formed? Why are they good/ Bad	Healthy Lifestyles and Mental Well Being What makes us ill? Bacteria/ viruses. How do we know when we are becoming physically ill? What do we do about it?	Healthy Lifestyles and Mental Well Being: How we can prevent the spread of disease and viruses? How do we treat them? Medicines and safety.	Healthy Lifestyles and Mental Well Being: Sun safety and the damage sunshine can do.	Healthy Lifestyles and Mental Well Being Mental health is a part of daily life. We can help keep good mental health through the 5 steps (NHS).	Healthy Lifestyles and Mental Well Being: Expressing feelings in different ways and dealing with conflict. Process or restorative practice.
6	Relationships: Naming different relationships in your life – which of these are really important? Why?	Relationships: Different types of romantic relationships – including on – line and same – sex.	Relationships: Gender re – orientation: what is it and what does it mean for people?	Relationships: Managing peer influence – what might influences look and feel like? Recognising positive influences and negative ones.	Relationships: What is forced marriage? How can you get help for yourself or others if you feel this is happening.	Relationships: FGM – Brief overview and where to get help if you feel this may have happened to you or anyone you know.	
6	Relationships: Different types of bullying – including discrimination how to recognise these and how they make people feel.	Relationships: Acting against bullying – what action can you take?	Relationships: Privacy and boundaries – different types of physical contact. What is acceptable and what is not. How to respond to this.	Relationships: What things might we have to give consent to? What type of consent is there?	Relationships: What to do if you feel physical contact is not appropriate? What help is available?		
6	Keeping safe: How do we manage risks? What risks may the children face as teens? As adults? What role does peer pressure play in this?	Keeping safe: Risks of alcohol and drug abuse – impact on finance, mental health, physical health, social well – being.	Keeping safe: What are the mixed messaged about drugs and alcohol/ vaping? What do adverts look like? What might peers say?	Keeping safe: Who are the organisations who can help with drug and substance misuse?			
6	Living in the wider world:	Living in the wider world:	Living in the wider world:	Living in the wider world:	Living in the wider world:		



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	What are the rules and laws that we have to follow? Why are these in place? Human rights	How everyday decisions can effect the environment and how we can help protect them.	What are stereotypes, discrimination and how do we challenge this?	Planning for spending – what does a budget look like and how do people make choices?	Jobs and careers – what does futher and higher education look like in the UK?		
6	Ourselves, moving and growing What is people’s personal identity? Gender and gender identity.	Ourselves, moving and growing: Recognising strengths in ourselves and other people.	Ourselves, moving and growing SRE	Ourselves, moving and growing SRE	Ourselves, moving and growing SRE	Ourselves, moving and growing SRE	
6	Transition Activities – Dealing with change	Transition Activities – Dealing with change	Transition Activities – Dealing with change				