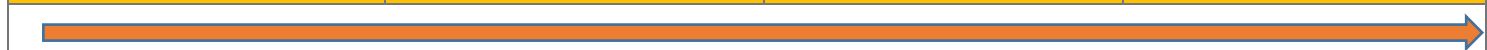
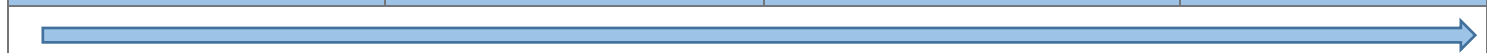


PSHE Knowledge Sequence

Relationships			
YEAR 3	YEAR 4	YEAR 5	YEAR 6
Families and friendships What makes a family; features of family life	Families and friendships Positive friendships including online	Families and friendships Managing friendships and peer influence	Families and friendships Attraction to others; romantic relationships; civil partnership and marriage
Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online	Safe relationships Physical contact and feeling safe	Safe relationships Recognising and managing pressure; consent in different situations
Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	Respecting ourselves and others Expressing opinions and respecting other points of view, including discussing topical issues



Living in the Wider World			
YEAR 3	YEAR 4	YEAR 5	YEAR 6
Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	Belonging to a community What makes a community; shared responsibilities	Belonging to a community Protecting the environment; compassion towards others	Belonging to a community Valuing diversity; challenging discrimination and stereotypes
Media literacy and Digital resilience How the internet is used; assessing information online	Media literacy and Digital resilience How data is shared and used	Media literacy and Digital resilience How information online is targeted; different media types, their role and impact	Media literacy and Digital resilience Evaluating media sources; sharing things online
Money and Work Different jobs and skills; job stereotypes; setting personal goals	Money and Work Making decisions about money; using and keeping money safe	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Money and Work Influences and attitudes to money; money and financial risks



Health and Wellbeing			
YEAR 3	YEAR 4	YEAR 5	YEAR 6
Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings	Physical health, Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care	Physical health, Mental wellbeing and safety Personal identity; recognising individuality and different qualities; mental wellbeing.	Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
Growing and changing Personal strengths and achievements; managing and reframing setback	Growing and Changing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Growing and changing Human reproduction and birth; increasing independence; managing transitions
Keeping safe Risks and hazards; safety in the local environment and unfamiliar places	Keeping safe Medicines and household products; drugs common to everyday life	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid	Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

