

PSHE Year 1	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Keeping and Staying Safe	Keeping and Staying Safe	Keeping and Staying Healthy	Keeping and Staying Healthy	Relationships and Sex Education	Relationships and Sex Education
KEY KNOWLEDGE/ Skills	<ul style="list-style-type: none"> Identify potential dangers in different environments. Practise simple ways of keeping safe and finding help. Maintain their personal safety now and in the future. 		<ul style="list-style-type: none"> Understand that food is needed for bodily health and growth, and will be able to identify what types of food are positive choices explore and practise simple personal cleanliness routines. understand that some diseases are infectious, and that transmission may be reduced when simple hand washing routines are introduced. understand, and explore simple safety rules related to medicinal drugs 		<ul style="list-style-type: none"> Recognise people and situations in their lives that make them happy. Understand the concept of gender and that there are similarities and differences between genders. Understand all living things reproduce and that the female gives birth. Understand that their body has already undergone physical changes and that this continues throughout life. Understand the importance of hygiene, particularly dental hygiene. Be aware of potential dangers and be confident to speak to an adult if they feel unsafe. 	

PSHE Year 2	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Being Responsible	Being Responsible	SATs	SATs	Feelings and Emotions	Relationships and Sex Education
QUESTION						
KEY KNOWLEDGE/Skills	<ul style="list-style-type: none"> • identify what things they have learnt to do for themselves, what duties they are responsible for daily, and how this will change as they grow. • Know how they can help those around them and the importance of taking responsibility for their own actions. • set goals to improve their skills in an area of their choice. 				<ul style="list-style-type: none"> • recognise and name a range of emotions and develop an understanding of their physical effects. • distinguishing between uncomfortable and comfortable emotions. • .acquire a range of strategies for managing unpleasant/uncomfortable emotions and be able to apply these in real-world scenarios. 	<ul style="list-style-type: none"> • Understand that other people have feelings and how to treat them with respect so not to hurt their feelings. • Recognise similar physical features to others and unique differences in their physical, emotional and mental characteristics. • Understand that all living things originate from other living things. • Know that living things grow and change and have a natural life cycle. • Understand the importance of washing hands and that germs can be passed on if this is not done thoroughly. • Understand the meaning of the word trust and be able to name 5 people in their lives who they can trust.

PSHE Year 3	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Computer Safety	Positive Mental Health and Wellbeing	Money Matters	Hazard Watch	Relationships and Sex Education	Relationships and Sex Education
KEY KNOWLEDGE/Skills	<ul style="list-style-type: none"> • Know the positives and negative aspects of using technology. • Practise rules to stay safe online and know who and how they can ask for help. • Understand how their online activity can affect others. • Explore potential outcomes for online bullying, sharing images, and making friends online with people who they do not know. • 	<ul style="list-style-type: none"> • . Identify the people in our support networks and how and when they might help us. • Practise resilience by reframing our thinking to help us overcome challenges and adverse experiences. • Understand what we can do to keep a healthy mind. • Identify events such as Christmas which may not be a happy time for everyone and why and the importance of being sensitive to this. 	<ul style="list-style-type: none"> • Explore the basic rules of saving money and the importance of keeping money safe. 	<ul style="list-style-type: none"> • Explore and identify potential dangers in different environments. • Develop an awareness of hazardous items in a safe environment to help to prevent accidents. 	<ul style="list-style-type: none"> • Recognise and celebrate their own personal qualities. • Identify desirable qualities in friends. • Know what makes positive relationships with others. • Understand that a friendship is a two way process. • Understand that all living things change as they get older. • Understand that they will become more independent as they grow and change. 	<ul style="list-style-type: none"> • Recognise how they will change as they get older and how their clothes will reflect this. • Understand the need to take more responsibility for their own hygiene as they get older and have an awareness of the appropriate products to help them stay clean. • Be aware of the members of staff in school who can offer them support and be confident to ask for it where needed.

PSHE Year 4	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Keeping and Staying Safe	Positive Mental Health and Wellbeing	Keeping and Staying Healthy	Keeping and Staying Healthy	Relationships and Sex Education	Relationships and Sex Education
KEY KNOWLEDGE/Skills	<ul style="list-style-type: none"> • Deepen understanding of the impact and consequences that can happen as a result of our actions. • explore peer pressure and water safety. • create documentaries. • learn how to risk assess. • recognise danger and warning signs • further understanding of the dangers that surround us 	<ul style="list-style-type: none"> • Identify the people in our support networks and how and when they might help us. • Practise resilience by reframing our thinking to help us overcome challenges and adverse experiences. • Understand what we can do to keep a healthy mind. • Identify events such as Christmas which may not be a happy time for everyone and why and the importance of being sensitive to this. 	<ul style="list-style-type: none"> • research and gain more knowledge about healthy living. • explore how we are affected by lack of sleep, exercise, too much screen time, our food choices, and much more. • create balanced diets. • explore how we can make positive lifestyle choices and avoid unhealthy experimentation with smoking and drinking alcohol. 		<ul style="list-style-type: none"> • Recognise and celebrate their own personal qualities. • Understand the importance of friendships and identify the qualities to look for in a friend. • Understand the concept of body changes through the life stages. • Identify and correctly name external male and female body parts. • Understand the need for personal hygiene and recognise what they need to do to keep clean. • Understand the importance of having someone to trust and learn the rules that will help them to keep safe. 	

PSHE Year 5	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Feelings and Emotions	Positive Mental Health and Wellbeing	Computer Safety	Computer Safety/Being Responsible	Being Responsible	Relationships and Sex Education
KEY KNOWLEDGE/Skills	<ul style="list-style-type: none"> develop a deeper understanding of being responsible for themselves and how their actions can affect those around them. explore a range of situations that they may face now and in the future, which helps them to gain an understanding of how behaviour can be considerate, sensible, and responsible. create their own documentaries to teach younger students about being responsible. 	<ul style="list-style-type: none"> Identify the people in our support networks and how and when they might help us. Practise resilience by reframing our thinking to help us overcome challenges and adverse experiences. Understand what we can do to keep a healthy mind. Identify events such as Christmas which may not be a happy time for everyone and why and the importance of being sensitive to this. 	<ul style="list-style-type: none"> deepen understanding of the negative and positive aspects of using computers and being online, including laws that have been created to protect us. gain the skills and knowledge to enable them to cope in the media generation. The video topics cover image sharing, online bullying, and making friends online. create their own documentaries on computer safety. 		<ul style="list-style-type: none"> develop a deeper understanding of being responsible for themselves and how their actions can affect those around them. explore a range of situations that they may face now and in the future, which helps them to gain an understanding of how behaviour can be considerate, sensible, and responsible. create documentaries to teach younger students about being responsible. 	<ul style="list-style-type: none"> Recognise that their identity should not be restricted to certain roles/jobs because they are a boy or girl. Understand that there are a variety of relationships they may encounter from childhood to adulthood. Understand the internal body changes that happen during puberty for a boy and a girl. Recognise and correctly name the male and female puberty related internal body parts and their function. Understand the importance of hygiene in a social context. Identify unsafe situations and recognise what to do to keep themselves safe.

PSHE Year 6	AUTUMN	AUTUMN	SPRING	SPRING	SUMMER	SUMMER
FOCUS	Working World	Positive Mental Health and Wellbeing	A World without Judgement	SATs	Relationships and Sex Education	Relationships and Sex Education
KEY KNOWLEDGE/Skills	<ul style="list-style-type: none"> • Know why and how we pay taxes and how these contribute to the services that look after us. • Understand how they can contribute to their families and communities now and in the future. • Explore enterprise skills, budgeting, and price comparisons. 	<ul style="list-style-type: none"> • Identify the people in our support networks and how and when they might help us. • Practise resilience by reframing our thinking to help us overcome challenges and adverse experiences. • Understand what we can do to keep a healthy mind. • Identify events such as Christmas which may not be a happy time for everyone and why and the importance of being sensitive to this. 	<ul style="list-style-type: none"> • Distinguish between examples of creating barriers and supporting equality. • Recognise positive attributes in others. • Explain why being different is okay. • Recognise their own strengths and goals. • Describe strategies to overcome barriers and promote diversity and inclusion. • Describe elements that help us to have a diverse community. • Know that there are a wide range of religions and beliefs in this country. • Explain each of the British Values. • Create a range of values for their own educational setting. 		<ul style="list-style-type: none"> • Understand the importance of respect in relation to themselves and others. • Understand that they will experience different feelings as they go through puberty. • Have a more comprehensive understanding about how their physical and emotional development are inter-related. • Recognise different emotions and what causes their emotions to go up and down. • Understand it is unacceptable to misuse words to put someone else down. • Understand the implications of modern technology and their personal safety. 	