

	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Me In My World	- Setting personal goals - Self-identity and worth - Positivity in challenges - Rules, rights and responsibilities - Responsible choices - Seeing things from others' perspective - My Body, My Space	- Being part of a class team - Being a school citizen - Rights, responsibilities and democracy - Rewards and consequences - Group decision making - Having a voice - What motivates behaviour - Permission and Respect	- Planning for the forthcoming year - Being a citizen - Rights and Responsibilities - Rewards and consequences - How behaviour affects groups - Democracy, having a voice, participating - What is consent?	- Identifying goals for the year - Children's universal rights /citizenship - Feeling welcome and valued - Choices, consequences and rewards - Group dynamics - Democracy, having a voice - Anti-social behaviour - Role-modelling - Consent, Pressure and Choice
Autumn 2 Celebrating Difference	- Families and their differences - Family conflict and how to manage it - Bullying - Witnessing bullying and how to solve it - Recognising how words can be hurtful - Giving and receiving compliments - What is Fair and Unfair?	- Challenging assumptions - Judging by appearance - Accepting self and others - Understanding bullying - Problem solving - Identifying how special and unique everyone is - First impressions - Understanding Protected Characteristics	- Cultural differences and how they can cause conflict - Racism - Types of bullying - Material wealth and happiness - Enjoying and respecting other cultures - Challenging Discrimination	- Perceptions of normality - Understanding disability - Power struggles - Understanding bullying - Inclusion / exclusion - Differences as conflict - Difference as celebration - Empathy - Respecting Different Relationships
Spring 1 Dreams and Goals	- Difficult challenges and achieving success - Dreams and ambitions - New challenges - Motivation and enthusiasm - Recognising and trying to overcome obstacles - Evaluating learning processes - Managing big feelings - Simple budgeting	- Hopes and dreams - Overcoming disappointment - Creating new, realistic dreams - Achieving goals - Working in a group - Celebrating contributions - Resilience - Positive attitudes - When to ask for help	- Future dreams - The importance of money - Jobs and careers - Dream jobs and how to get there - Goals in different culture - Supporting others - Motivation - Mental Health vs Everyday Feelings	- Personal learning goals, in and out of school - Emotions in success - Making a difference in the world - Motivation - Recognising achievements - Compliments - Getting help and support
Spring 2 Healthy Me	- Exercise/ fitness - Food labelling - Attitude towards drugs - Keeping safe - Respect for myself - Safe and Unsafe Secrets	- Healthy friendships - Smoking/vaping/alcohol - Assertiveness/peer pressure - My Body Belongs to Me	- Smoking/vaping/alcohol/anti-social behaviour - Emergency aid - Body Image - Relationships with food / Healthy choices - Motivation and behaviour - Understanding Risk (Online & Offline)	- Taking responsibility - How substance affects the body - Exploitation including gang culture - Emotional and mental health - Managing stress - Exploitation and grooming
Summer 1 Relationships	- Family roles and responsibilities - Friendship and negotiation - Keeping safe online - Good vs Not-So-Good Friendships	- Jealousy - Love and loss - Memories of loved ones - Friendships - Girlfriends and boyfriends - Appreciation to living things - Solving Friendship Problems Safely	- Self- recognition/worth/esteem - Safe online communities - Rights and responsibilities - Gaming and gambling - Online safety rules - Dangers of online grooming – Online Safety - Healthy vs Unhealthy Relationships	- Mental health worries and support - Love and loss - Managing feelings - Technology safety – Online Safety - Power, Control and Respect
Summer 2 Changing Me	- How babies grow - Understanding a baby's needs - Body changes - Stereotypes - Transition - Changes and Feelings	- Being unique - Having a baby - Girls and puberty - Confidence in change - Environmental change - Hygiene and Self-Care	- Self and body image - Influence of online media - Puberty for girls/boys - Conception - Coping with change and transition - Relationships and Readiness	- Self-image/body image - Puberty and feelings - Conception to birth - Physical attraction - Respect and consent - Boyfriends and girlfriends - Sexting - Transition - Respectful Intimate Relationships

PSHE	BAME (Diversity and Representation)	Rights Respecting (UNCRC Articles)	Safeguarding		SMSC (Spiritual, Moral, Social, Cultural)
Year 3	Autumn 2: Giving and receiving compliments - BAME: CELEBRATING DIFFERENCE	Autumn 1: Article 2 – Non discrimination Article 6 – Life, survival and development Rules, rights and responsibilities Autumn 2: Article 9 – Separation from parents Spring 1: Article 6 – Life, survival and development Summer 1: Article 18 – Parental responsibilities	Autumn 2: Bullying Spring 1: Managing feelings – Zones of regulation link Spring 2: Attitude towards drugs Keeping safe	Summer 1: Friendship and negotiation Keeping safe online – Online Safety Summer 2: How babies grow Understanding a baby’s needs Body changes Stereotypes Transition	
Year 4	Autumn 2: Challenging assumptions – BAME: STEREOTYPES Judging by appearance – BAME: SKIN COLOUR, RELIGION, APPEARANCE Accepting self and others - BAME: CELEBRATING DIFFERENCE Identifying how special and unique everyone is – BAME: CELEBRATING DIFFERENCE	Autumn 1: Article 8 – Identity Article 26 – Social Security Rights, responsibilities and democracy Autumn 2: Article 2 – Non-discrimination Spring 1: Article 13 – Freedom of expression	Autumn 2: Bullying Spring 2: Healthy friendships Smoking/vaping/alcohol Assertiveness/peer pressure	Summer 1 Girlfriends and boyfriends Summer 2: Having a baby Girls and puberty Confidence in change Environmental change	Autumn 1: Rights, responsibilities and democracy Group decision making Having a voice
Year 5	Autumn 2: Cultural differences and how they can cause conflict Racism – BAME: STEREOTYPES, SKIN COLOUR, RELIGION, APPEARANCE Enjoying and respecting other cultures – BAME. CELEBRATING DIFFERENCE	Autumn 1: Article 12 – Respect for the views of the child Article 13 – Freedom of expression Rights and responsibilities Autumn 2: Article 31 – Leisure, play and culture Spring 1: Article 29 – Right to education Summer 2: Rights and responsibilities. Awareness of the UN Convention on the Rights of the Child	Autumn 2: Racism Bullying Spring 2: Smoking/vaping/alcohol/anti-social behaviour Emergency aid	Summer 1: Dangers of online grooming – Online Safety Online gaming and grooming – Online Safety Summer 2: Self and body image Influence of online media Puberty for girls/boys Conception Coping with change and transition	Autumn 1: Rights and responsibilities Democracy Having a voice Participation
Year 6	Autumn 2: Difference as conflict Difference as celebration - BAME. CELEBRATING DIFFERENCE	Autumn 1: Article 28 – Right to education Article 13 – Freedom of Expression Children’s universal rights / citizenship Autumn 2: Article 23: Children with disability	Autumn 1: Democracy, having a voice Anti-social behaviour Autumn 2: Bullying Inclusion / exclusion Differences as conflict Spring 2: How substance affects the body Exploitation including gang culture Emotional and mental health Managing stress	Summer 1: Mental health worries and support Love and loss Managing feelings Technology safety – Online Safety Summer 2: Self-image/body image Puberty and feelings Conception to birth Physical attraction Respect and consent Boyfriends and girlfriends Sexting Transition	Autumn 1: Democracy Having a voice