

Year 1 - PSHE

Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Feelings Pupils learn: • about different types of feelings • about managing different feelings • about change or loss and how this can feel •	Careers, financial capability and economic wellbeing: My money Pupils learn: • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do	Identity, society and equality: Me and others Pupils learn: • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Feeling safe Pupils learn: • safety in familiar situations • about personal safety • about people who help keep them safe outside the home	Physical health and wellbeing: Fun times Pupils learn: • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety	Drug, alcohol and tobacco education: What do we put into and on to bodies? Pupils learn: • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel

Year 2 - PSHE		
Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Friendship Pupils learn: - about the importance of special people in their lives - about making friends and who can help with friendships (on and offline) - about solving problems that might arise with friendships (on and offline)	Careers, financial capability and economic wellbeing: Money matters Pupils learn: - about ways we can keep track of what we spend. - Why we need to have savings - Why it is important to keep their money safe. - about different methods of payment and where we get money from	Identity, Society and Equality: Diversity within families Pupils learn: - about different types of family and how their home-life is special - to understand and respect the differences and similarities between people
		Summer 2
		Drug, alcohol and tobacco education: Medicines and me Pupils learn: - why medicines are taken - where medicines come from - about keeping themselves safe around medicine - that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
Autumn 2	Spring 2	
Keeping safe and managing risk: Indoors and outdoors Pupils learn: - about keeping safe in the home, including fire safety - about keeping safe online, including the benefits of going online - about keeping safe outside - about road safety	Physical health and wellbeing: What keeps me healthy? Pupils learn: - about eating well - about the importance of physical activity, sleep and rest about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well	Relationships & health education: Boys and girls Pupils learn: - about the biological differences between male and female animals and their role in the life cycle - the biological differences between male and female children - about growing from young to old and that they are growing and changing - that everybody needs to be cared for and ways in which they care for other.

Year 3 - PSHE

Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Strengths and challenges Pupils learn: • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks •	Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn: • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work •	Identity, society and equality: Celebrating difference Pupils learn: • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Bullying – see it, say it, stop it Pupils learn: • to recognise bullying (including online) and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying	Physical health and wellbeing: What helps me choose? Pupils learn: • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this •	Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn: • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and second-hand smoke • about the help available for people to remain smoke free or stop smoking Asthma lesson • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Year 4 - PSHE

Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Self Esteem and Positivity- The Real Me Pupils learn: • How the people closest to them have an important influence on self-esteem and confidence • How to identify and reflect their own areas of strength, weaknesses, attributes and achievements • That our inner self has, ideas, thoughts, dreams and plans that are not known to others • That when we have a good or positive self esteem we learn better	Careers, financial capability and economic wellbeing: Money management Pupils learn: • That there are different methods of payment and when it is appropriate to use them • The importance of planning and keeping track of spending and saving • How we can be critical consumers and differentiate between wants and needs. • About the concept of debt and the impact it can have on families.	Identity, society and equality: Democracy Pupils learn: • about Britain as a democratic society • about how laws are made • learn about the local council
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Playing safe Pupils learn: • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first-aid procedures	Physical health and wellbeing: What is important to me? Pupils learn: • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep	Drug, alcohol and tobacco education: Making choices Pupils learn: • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol about different patterns of behaviour that are related to drug use Relationships and health education: Changing Bodies Pupils learn: • about the way we grow and change throughout the human lifecycle • about some of the physical changes associated with puberty such as voice changes and hair growing • about the impact of puberty in physical hygiene and strategies for managing this • Menstruation- Y4 girls only- what it is, what to do if you're at school, using pads, sanitary bins

Year 5 - PSHE

Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Dealing with feelings Pupils learn: • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel about the feelings associated with loss, grief and bereavement	Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn: • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers	Identity, society and equality: Stereotypes, discrimination and prejudice Pupils learn: • about stereotyping, including gender stereotyping • about prejudice and discrimination and how this can make people feel
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Making safer choices Pupils learn: • about keeping safe online • how to keep safe when communicating with other people online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home	Physical health and wellbeing: In the media Pupils learn: • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality	Drug, alcohol and tobacco education: Different influences Pupils learn: • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol Relationships and health education: Growing and changing Pupils learn: • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation • how puberty affects emotions and behaviour and strategies for dealing with this

Year 6 - PSHE		
Autumn 1	Spring 1	Summer 1
Mental health and emotional wellbeing: Healthy minds Pupils learn: • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health about the stigma and discrimination that can surround mental health	Careers, financial capability and economic wellbeing: Being Financially Responsible Pupils learn: • how to budget their money responsibly • about debt and how too much debt can impact on mental health • that there is a cost to borrowing money called interest and these costs have to be factored in when considering taking out a loan	Identity, society and equality: Human rights Pupils learn: • about people who have moved to GB from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child (including FGM pupils learn about the importance for girls to be protected against FGM) • about homelessness
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Keeping safe - out and about Pupils learn: • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour)	Y6 Transition Project – Be Awesome- Go Big A programme of 9 lessons to support mental wellbeing, growth mindset, friendships and conflict	Drug, alcohol and tobacco education: Weighing up risk Pupils learn: • about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • about assessing the level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use
Summer continued		Relationships and health education: Healthy relationships Pupils learn: • about further changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationship
SRE- Sex Education Programme- (optional) • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of parents and carers • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it • that contraception can be used to stop a baby from being conceived (also masturbation and wet dreams- puberty)		

