

Our PSHE curriculum is taught through 3 themes and this overview shows the content taught in each year group:

| Families and Relationships   | Living in the Wider World   | Health and Wellbeing   |
|--|---|--|
| Families and Friendships<br>Respecting self and others<br>Safe Relationships | Belonging to a community<br>Money and work<br>Media Literacy and digital resilience | Physical health and mental wellbeing<br>Growing and Changing<br>Keeping safe |

|        | Autumn   | Spring   | Summer  |  |  |
|--------|--|--|---|--|--|
| Year 1 | <p><b>Families and friendships</b><br/>Roles of different people; families; feeling cared for</p> <p><b>Respecting ourselves and others</b><br/>How behaviour affects others; being polite and respectful</p>  | <p><b>Safe relationships</b><br/>Recognising privacy; staying safe; seeking permission</p>   | <p><b>Belonging to a community</b><br/>What rules are; caring for others' needs; looking after the environment</p> <p><b>Money and work</b><br/>Strengths and interests; jobs in the community</p>  | <p><b>Media literacy and digital resilience</b><br/>Using the internet and digital devices; communicating online</p> <p><b>Keeping safe</b><br/>How rules and age restrictions help us; keeping safe online</p>    | <p><b>Physical health and mental wellbeing</b><br/>Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p><b>Growing and changing</b><br/>Recognising what makes them unique and special; feelings; managing when things go wrong</p>   |
| Year 2 | <p><b>Families and friendships</b><br/>Making friends; feeling lonely and getting help</p> <p><b>Respecting ourselves and others</b><br/>Recognising things in common and differences; playing and working cooperatively; sharing of opinions</p>                          | <p><b>Safe relationships</b><br/>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p>  | <p><b>Belonging to a community</b><br/>Belonging to a group; roles and responsibilities; being the same and different in the community</p>  | <p><b>Media literacy and digital resilience</b><br/>The internet in everyday life; online content and information</p> <p><b>Money and work</b><br/>What money is; needs and wants; looking after money</p>         | <p><b>Physical health and mental wellbeing</b><br/>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><b>Growing and changing</b><br/>Growing older; naming body parts; moving class or year</p> <p><b>Keeping safe</b><br/>Safety in different environments; risk and safety at home; emergencies</p>                           |
| Year 3 | <p><b>Families and friendships</b><br/>What makes a family; features of family life</p>  | <p><b>Safe relationships</b><br/>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><b>Respecting ourselves and others</b><br/>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> | <p><b>Belonging to a community</b><br/>The value of rules and laws; rights, freedoms and responsibilities</p>   | <p><b>Media literacy and digital resilience</b><br/>How the internet is used; Assessing information online</p> <p><b>Money and work</b><br/>Different jobs and skills; job stereotypes; setting personal goals</p> | <p><b>Physical health and mental wellbeing</b><br/>Health choices and habits; what affects feelings; expressing feelings<br/>oral hygiene and dental care</p> <p><b>Growing and changing</b><br/>Personal strengths and achievements; managing and re-framing setbacks</p> <p><b>Keeping safe</b><br/>Risks and hazards; safety in the local environment and unfamiliar places</p>                       |
| Year 4 | <p><b>Families and friendships</b><br/>Positive friendships, including online</p>  | <p><b>Belonging to a Community</b><br/>What makes a community; shared responsibilities</p>   | <p><b>Safe relationships</b><br/>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others</b><br/>Respecting differences and similarities; discussing difference sensitively</p> | <p><b>Media literacy and digital resilience</b><br/>How data is shared and used</p> <p><b>Money and work</b><br/>Making decisions about money; using and keeping money safe</p>                                    | <p><b>Physical health and mental wellbeing</b><br/>Maintaining a balanced lifestyle; how tobacco / vaping can effect health</p> <p><b>Keeping safe</b><br/>Medicines and household products; drugs common to everyday life</p>   |
| Year 5 | <p><b>Media literacy and digital resilience</b><br/>How information online is targeted; different media types, their role and impact</p> <p><b>Money and work</b><br/>identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> | <p><b>Families and friendships</b><br/>Managing friendships and peer influence</p> <p><b>Respecting ourselves and others</b><br/>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>                                     | <p><b>Safe relationships</b><br/>Physical contact and feeling safe</p>  | <p><b>Belonging to a community</b><br/>Protecting the environment; compassion towards others</p>   | <p><b>Physical health and mental wellbeing</b><br/>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies; alcohol</p> <p><b>Growing and changing</b><br/>Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe</b><br/>Keeping safe in different situations, including responding in emergencies; first aid</p> |
| Year 6 | <p><b>Belonging to a community</b><br/>Valuing diversity; challenging discrimination and stereotypes</p>   | <p><b>Safe relationships</b><br/>Recognising and managing pressure; consent in different situations</p> <p><b>Respecting ourselves and others</b><br/>Expressing opinions and respecting other points of view, including discussing topical issues</p>               | <p><b>Media literacy and digital resilience</b><br/>Evaluating media sources; sharing things online</p> <p><b>Money and work</b><br/>Influences and attitudes to money; money and financial risks</p>   | <p><b>Families and friendships</b><br/>Attraction to others; romantic relationships; civil partnership and marriage</p>  | <p><b>Physical health and mental wellbeing</b><br/>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p><b>Growing and changing</b><br/>Human reproduction and birth; increasing independence; managing transition</p>   |