

PSHE CURRICULUM FRAMEWORK

Term	Autumn			Spring			Summer		
Core Theme	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
Topics	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing difference	Rights and Responsibilities	Environment	Money
Big Questions	What can we do to stay healthy? World First Aid Day – September National Walking Month - May Walk to School Week - May	How do we grow and change?	What can we do to stay safe? Road Safety Week/Anti-Bullying Week – November Computer Science Week - December	How do we feel? Children's Mental Health Week – February World Mental Health Day - October	What makes happy, healthy relationships? Safer Internet Day – February Time to Talk Day - February	How are we the same/different? Black History Month – October International Women's Day – March World Refugee Day - June	What are your rights and responsibilities? UK Parliament Week – November National Children's Week - October	How can we look after our world? Recycle Week – September Energy Saving Week –January World Water Day – March World Oceans Day – June Clean Air Day - June	What can you do with money? World Fair Trade Day - May
Year 1	What helps keep bodies healthy, hygiene routines; feelings, dental health , managing feelings	Recognising what they are good at; setting goals. correct names for body parts (including external genitalia)	Keeping safe around household products; how to ask for help if worried about something, who can keep us safe, online safety	Behaviour; bodies and feelings can be hurt; teasing, bullying	Special people, caring; touch, acceptable and unacceptable	Respecting similarities and differences in others; sharing views and ideas	Group and class rules; everybody is unique in some ways and the same in others	Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 2)	Where money comes from; how to use money - saving and spending money
Year 2	Healthy choices; different feelings; managing feelings; healthy eating, physical activity, sleep, dental health	Recognising what they are good at, setting goals; growing, changing and being more independent; change and loss and how it feels	Keeping safe in different situations – online , road, water etc.; how to ask for help if they are worried about something; privacy	Communicating feelings, empathy; fair/unfair, right/wrong; teasing, bullying	Secrets, surprises, safety; cooperating, resolving arguments, what makes a good friend	People, similarities and differences in others; sharing, discussions, views, opinions	Group and class rules; respecting their own and others' needs; groups and communities they belong to; people who work in the	Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 1)	Where money comes from; saving and spending money; making choices; keeping track of money spent/saved

			in different contexts (including online)				community; getting help in an emergency		
Year 3	What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits; bacteria, viruses, hygiene, why keep active	Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings; change, transitions	School rules on health and safety; basic emergency aid; advice, support, asking for help; safety online, personal info, passwords	Recognising feelings in others; responding to how others are feeling; confidentiality, surprises, secrets, personal safety	Positive; healthy relationships and friendships; family, maintaining friendship; actions affect ourselves and others; working collaboratively; touch, acceptable and unacceptable	Recognising and responding to bullying; listening, viewpoints, opinions, respect; stereotypes	Human rights, children's rights; people, places, values, customs; diversity, identity, UK; rules, laws, making and changing rules;	Responsibilities; rights and duties, home and school environment	Enterprise; what it means; developing skills in enterprise (<i>CROSS YEAR-GROUP PROJECT WITH YEAR 6</i>); <i>spending, saving, budgeting</i>
Year 4	What makes a balanced lifestyle and making choices; drugs common to everyday life; media images, reality/fantasy, true/false; looking after our teeth, why sleep is important	Recognising what they are good at; setting goals. Changes that happen in life and feelings associated with change; conflicting emotions	How to keep safe in local area – roads, cycle etc. and safety online, personal info, passwords; people who help them stay healthy and safe; pressure, managing influences, media, peer	Keeping something confidential or secret; when to break a confidence; recognise and manage dares; feelings, empathy	Actions, behaviours, consequences; collaborative working, shared goals; privacy, sharing, personal boundaries; disputes, conflict, feedback, support	Listen and respond effectively to people; share points of view; bullying, discrimination, aggressive behaviour	Appreciating difference and diversity in the UK and around the world; media, social media, information forwarding	Sustainability of the environment across the world; fair trade/local produce (<i>CROSS YEAR-GROUP PROJECT with Y5</i>)	Role of money; managing money (saving and budgeting); what is meant by interest and loan; resources, sustainability, choices
Year 5	What positively and negatively affects health and wellbeing; making informed choices; different influences on food - media; skills to make choices; bacteria, viruses, hygiene; caffeine; habits;	Recognising what they are good at; setting goals; aspirations. Intensity of feelings; managing complex feelings. Coping with change and transition; puberty; reproduction	Strategies for managing personal safety in the local environment; risk, danger, hazard, responsibility, safety; online safety; including sharing images; mobile phone safety; emergency aid, help, safety, rules, possible effects of everyday medicines	Responding to feelings in others; confidentiality, secrets, surprises, personal safety; dares, challenges	Friendships; relationships; touch, acceptable and unacceptable; conflict resolution	People, identity, equality, stereotypes; bullying, discrimination, aggressive behaviour	Human rights, children's rights; Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving differences; communities, volunteers, pressure groups	Different rights; responsibilities and duties for home, school, environment; fair trade/local produce (<i>CROSS YEAR-GROUP PROJECT with Y4</i>), what careers could they have	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax

Year 6	Images in the media and reality; how this can affect how people feel; risks and effects of drugs, alcohol etc.; balanced diet, choices, food, influences	Recognising what they are good at; setting goals; aspirations. Changes at puberty (<i>recap Y5</i>); human reproduction; roles and responsibilities of parents; conflicting emotions, managing feelings	Independence; increased responsibility; keeping safe (including online); influences on behaviour; resisting pressure; rights to protect their body and speaking out. who is responsible for their health and safety; where to get help and advice	Feelings, empathy, recognising others' feelings; confidentiality and when to break a confidence; managing dares;	Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy; committed; loving relationships; marriage; personal boundaries and the right to privacy	Listening to others; raising concerns and challenge; what makes people the same or different; recognising and challenging stereotypes; discrimination and bullying	Cultural practices and British law. Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others; resolving difference, points of view	How resources are allocated, effect of this on individuals, communities and environment, fair trade; about different kinds of responsibilities (home, school, community and the environment)	Enterprise; setting up an enterprise (CROSS YEAR-GROUP PROJECT with Y3); possible careers
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