

PSHE

	Autumn			Spring			Summer		
	Relationships	Relationships	Health and Wellbeing	Living in the wider world			Relationships	Health and Wellbeing	Health and Wellbeing
	Families and friendships	Respecting ourselves and others	Physical health and Mental wellbeing	Belonging to a community	Media literacy and digital resilience	Money and work	Safe relationships	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	How behaviour affects others; being polite and respectful	Keeping healthy; food and exercise, hygiene routines; sun safety	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Recognising privacy; staying safe; seeking permission	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Health choices and habits; what affects feelings; expressing feelings	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places

Year 4	Positive friendships, including online	Respecting differences and similarities; discussing difference sensitively	Maintaining a balanced lifestyle; oral hygiene and dental care	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Physical contact and feeling safe	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Expressing opinions and respecting other points of view, including discussing topical issues	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	Recognising and managing pressure; consent in different situations	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

\*The content for each year group will be covered through the year but teachers may choose to change the order in which it is taught.

RSE is taught in the Summer Term