

PSHE curriculum

Year 1

Term	Core Theme	Key learning
Autumn 1	Relationships	R9. to identify their special people (family, friends, carers), what makes them special and how special people should care for one another
	Health and wellbeing	H13. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention
	Health and wellbeing	H4. About good and not so good feelings, vocabulary to describe their feelings to others and to develop some simple strategies for managing feelings.
Autumn 2	Relationships	R2. to recognise that their behaviour can affect other people
	Relationships	R12. to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say

Term	Core Theme	Key learning
Spring 1	Health and wellbeing	H3. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals
	Relationships	R13. to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable
Spring 2	Health and wellbeing	H14. to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets
	Relationships	R11. that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)

Term	Core Theme	Key learning
Summer 1	Living in the wider world	L8. ways in which they are all unique; understand that there has never been and will never be another 'them'
	Health and wellbeing	H12. rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety
Summer 2	Living in the wider world	L7. about the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices
	Health and wellbeing	H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring

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Year 2

Term	Core Theme	Key learning
Autumn 1	Relationships	R1. to communicate their feelings to others, to recognise how others show feelings and how to respond
	Living in the wider world	L8. ways in which they are all unique; understand that there has never been and will never be another 'them'
Autumn 2	Relationships	R4. to recognise what is fair and unfair, kind and unkind, what is right and wrong
	Relationships	R3. the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid

Term	Core Theme	Key learning
Spring 1	Relationships	R10. to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)
	Health and Wellbeing	H11. that household products, including medicines, can be harmful if not used properly
Spring 2	Health and Wellbeing	H16. what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy
	Relationships	R.14 strategies to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help

Term	Core Theme	Key learning
Summer 1	Living in the wider world	L6. that money comes from different sources and can be used for different purposes, including the concepts of spending and saving
	Health and well being	H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring
	Living in the wider world	L10. about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.
Summer 2	Health and Wellbeing	H12. rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety
	Health and Wellbeing	H5. about change and loss and the associated feelings (including moving home, losing toys, pets or friends)

PSHE curriculum

Year 3

Term	Core Theme	Key learning
Autumn 1	Health and Wellbeing	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals
	Living in the wider world	L8. to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices
Autumn 2	Living in the wider world	L9. what being part of a community means, and about the varied institutions that support communities locally and nationally
	Living in the wider world	L11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom

Term	Core Theme	Key learning
Spring 1	Relationships	R3. to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support
	Relationships	R4. to recognise different types of relationship, including those between acquaintances, friends, relatives and families
	Health and wellbeing	H9. To differentiate between the terms, 'risk', 'danger' and 'hazard'
Spring 2	Health and Wellbeing	H4. to recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves
	Relationships	R16. to recognise and challenge stereotypes

Term	Core Theme	Key learning
Summer 1	Relationships	R21. to understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy
	Health and Wellbeing	H20. about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers
Summer 2	Relationships	R1. to recognise and respond appropriately to a wider range of feelings in others
	Relationships	R5. that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment R19. that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership
	Health and wellbeing	H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement

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Year 4

Term	Core Theme	Key learning
Autumn 1	Health and Wellbeing	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals
	Health and Wellbeing	H2. how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'
Autumn 2	Relationships	R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves
	Living in the wider world	L8. to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices

Term	Core Theme	Key learning
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Spring 1	Living in the wider world	L11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
	Relationships	R2. to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships
Spring 2	Living in the wider world	L10. to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing
	Relationships	R18. how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)

Term	Core Theme	Key learning
Summer 1	Living in the wider world	L17. to explore and critique how the media present information
	Living in the wider world	L18. to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others
Summer 2	Health and wellbeing	H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement
	Health and wellbeing	H9. To differentiate between the terms, 'risk', 'danger' and 'hazard'

PSHE curriculum

Year 5

Term	Core Theme	Key learning
Autumn 1	Health and wellbeing	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals
	Relationships	R15. to recognise and manage 'dares'
Autumn 2	Health and wellbeing	H6. to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others
	Health and wellbeing	H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these

Term	Core Theme	Key learning
Spring 1	Relationships	R18. how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)
	Health and wellbeing	H20. about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers
Spring 2	Living in the wider world	L11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
	Relationships	R16. to recognise and challenge stereotypes

Term	Core Theme	Key learning
Summer 1	Living in the wider world	L15. that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world
	Living in the wider world	L18. to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others
Summer 2	Relationships	R17. about the difference between, and the terms associated with, sex, gender identity and sexual orientation
	Relationships	R6. that marriage is a commitment freely entered into by both people, that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves R20. that forcing anyone to marry is a crime; that support is available to protect and prevent people from being forced into marriage and to know how to get support for them self or others

PSHE curriculum

Year 6

Term	Core Theme	Key learning
Autumn 1	Relationships	R16. to recognise and challenge stereotypes
	Health and wellbeing	H4. to recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves
Autumn 2	Health and wellbeing	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals
	Relationships	R18. how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)

Term	Core Theme	Key learning
Spring 1	Health and wellbeing	H1. what positively and negatively affects their physical, mental and emotional health
	Health and wellbeing	H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these
Spring 2	Living in the wider world	L3. to understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child
	Living in the wider world	L4. that these universal rights are there to protect everyone and have primacy both over national law and family and community practices

Term	Core Theme	Key learning
Summer 1	Living in the wider world	L13. about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer
	Living in the wider world	L14. to develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT)
Summer 2	Health and wellbeing	H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement
	Living in the wider world	L5. To know that there are some cultural practices which are against British Law and universal human rights.