



# PSHE Curriculum Map and Progression

We use the Cambridgeshire PSHE Scheme of work

 <b>EYFS</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>PSHE</b>	<p><b>Myself and My Relationships 1</b>  <b>Beginning and Belonging (BB, OF)</b></p> <ul style="list-style-type: none"> <li>How do I feel about what is special about other people in my class?</li> <li>What have I learnt to do and what would I like to learn next?</li> <li>How can we welcome new people to our class?</li> <li>What can I do to make the classroom safe and happy place?</li> <li>How can I play and work well with others?</li> <li>How can I respect the needs of others?</li> <li>How does my behaviour make other people feel?</li> </ul> <p><b>Healthy and Safer Lifestyles 1</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul> <p><b>Citizenship 1</b>  <b>Identifying and Belonging</b></p> <ul style="list-style-type: none"> <li>Who are the people in my class and how are we similar to and different from each other?</li> <li>Who are the different people who make up a family?</li> <li>What things are especially important to my family and me?</li> <li>What are some of the similarities and differences in the way people including families live their lives?</li> <li>How can we use different types of groups including what they believe in and how they live their lives?</li> <li>How do we celebrate what we believe in and how is this different for different people?</li> </ul>	<p><b>Healthy and Safer Lifestyles 1</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul>	<p><b>Myself and My Relationships 2</b>  <b>My Family and Friends (including Birthdays, OFER, OFER)</b></p> <ul style="list-style-type: none"> <li>Who are my special people and why are they special to me?</li> <li>What do I like to do with my family and friends?</li> <li>How do I feel about my family?</li> <li>How can I be a good friend?</li> <li>How can I help to look after my family?</li> <li>How can I make up with friends when I have taken out with them?</li> <li>How do I feel about growing up?</li> <li>How do I feel about what I am going to be?</li> </ul> <p><b>Healthy and Safer Lifestyles 2</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul>	<p><b>Citizenship 2</b>  <b>My Family and Friends (including Birthdays, OFER, OFER)</b></p> <ul style="list-style-type: none"> <li>Who are my special people and why are they special to me?</li> <li>What do I like to do with my family and friends?</li> <li>How do I feel about my family?</li> <li>How can I be a good friend?</li> <li>How can I help to look after my family?</li> <li>How can I make up with friends when I have taken out with them?</li> <li>How do I feel about growing up?</li> <li>How do I feel about what I am going to be?</li> </ul> <p><b>Healthy and Safer Lifestyles 2</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul>	<p><b>Healthy and Safer Lifestyles 3</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul> <p><b>Healthy and Safer Lifestyles 2</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul>	<p><b>Myself and My Relationships 3</b>  <b>My Family and Friends (including Birthdays, OFER, OFER)</b></p> <ul style="list-style-type: none"> <li>Who are my special people and why are they special to me?</li> <li>What do I like to do with my family and friends?</li> <li>How do I feel about my family?</li> <li>How can I be a good friend?</li> <li>How can I help to look after my family?</li> <li>How can I make up with friends when I have taken out with them?</li> <li>How do I feel about growing up?</li> <li>How do I feel about what I am going to be?</li> </ul> <p><b>Healthy and Safer Lifestyles 3</b>  <b>My Body and Belonging (B)</b></p> <ul style="list-style-type: none"> <li>What does my body look like?</li> <li>How do I feel about my body?</li> <li>What can my body do?</li> <li>What differences and similarities are there between our bodies?</li> <li>What differences and similarities are there between our bodies?</li> <li>How can I look after my body and keep it safe?</li> <li>How can I help to look after my body and what do I need to help me?</li> <li>What are the reasons for being and feeling people who look after me?</li> <li>How do I feel about growing up?</li> </ul>

 <b>Year 1</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>PSHE</b>	<p><b>Myself and My Relationships: Beginning and Belongings</b></p> <p><b>Myself &amp; My Relationships</b>  <b>Beginning and Belonging (BB 1/2)</b></p> <ul style="list-style-type: none"> <li>Do I understand simple ways to help my school feel like a safe, happy place? RR</li> <li>How do I get to know the people in my class? CF</li> <li>How do I feel when I am doing something new? MW</li> <li>How can I help someone feel welcome in class? MW</li> <li>What helps me manage in new situations? MW</li> <li>Who can help me at home and at school? BS</li> </ul>	<p><b>Citizenship: Rights, Rules and Responsibilities</b></p> <p><b>Citizenship</b>  <b>Rights, Rules &amp; Responsibilities (RR 1/2)</b></p> <ul style="list-style-type: none"> <li>How do rules and conventions help me to feel happy &amp; safe? RR</li> <li>How do I take part in making rules?</li> <li>Who looks after me and what are their responsibilities?</li> <li>What jobs and responsibilities do I have in school and at home?</li> <li>Can I listen to other people, share my views and take turns? RR</li> <li>Can I take part in discussions and decisions in class?</li> </ul>	<p><b>Healthy and Safer Lifestyles: Managing Risks</b></p> <p><b>Healthy &amp; Safer Lifestyles</b>  <b>Managing Safety and Risk (MSR 1/2)</b></p> <ul style="list-style-type: none"> <li>What are risky situations and how might I feel? MW</li> <li>What is my name, address and phone number and when might I need to give them? BFA</li> <li>What makes a place or activity safe for me? MW</li> <li>What are the benefits and risks for me when walking near the road, and how can I stay safer? MW</li> <li>What are the benefits and risks for me in the sun and how can I stay safer? HP</li> <li>What do I enjoy when I'm next water and how can I stay safer? MW</li> <li>What are the risks for me if I am lost and how can I get help? BS</li> <li>How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA</li> </ul>	<p><b>Healthy and Safer Lifestyles: Relationships and Sex Education</b></p> <p><b>Healthy &amp; Safer Lifestyles</b>  <b>Relationships and Sex Education (RS 1)</b></p> <ul style="list-style-type: none"> <li>What are the names of the main parts of the body? BS</li> <li>What can my amazing body do?</li> <li>When am I in charge of my actions and my body? BS</li> <li>How can I keep my body clean? HP</li> <li>How can I avoid spreading common illnesses and diseases? HP</li> </ul>	<p><b>Citizenship: Working Together</b></p> <p><b>Myself &amp; My Relationships</b>  <b>My Emotions (ME 1/2)</b></p> <ul style="list-style-type: none"> <li>What am I good at and what is special about me? RR</li> <li>How can I stand up for myself? RR</li> <li>Can I name some different feelings? MW</li> <li>Can I describe situations in which I might feel happy, sad, cross etc? MW</li> <li>How do my feelings and actions affect others? MW</li> <li>How do I manage some of my emotions and associated behaviours? MW</li> <li>What are the different ways people might relax and what helps me to feel relaxed? MW</li> <li>Who do I share my feelings with? MW</li> </ul>	<p><b>Citizenship: Diversity and Communities</b></p> <p><b>Citizenship</b>  <b>Diversity and Communities (DC 1/2)</b></p> <ul style="list-style-type: none"> <li>What makes me 'me', what makes you 'you'? RR</li> <li>Do all boys and all girls like the same things? RR</li> <li>What is my family like and how are other families different? FP</li> <li>What are the different groups do we belong to? RR</li> <li>Who helps people in my locality and what help do they need? MW</li> <li>What does my community mean and how does it feel to be part of it? MW</li> <li>How do people find out about what is happening in my community? MW</li> <li>How do we care for animals and plants?</li> <li>How can I help look after my school?</li> </ul>



# Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<b>Myself and My relationships: Managing Change</b>	<b>Citizenship- Working Together</b>	<b>Healthy and Safer Lifestyles - Drug Education</b>	<b>Myself and my relationships- Family and Friends</b>	<b>Healthy and Safer Lifestyles: Relationships and Sex Education</b>	<b>Economic Wellbeing- Financial capability</b>
	<p><b>Myself &amp; My Relationships Managing Change (MC 1/2)</b></p> <ul style="list-style-type: none"> <li>How are my achievements, skills and responsibilities changing and what else might change?</li> <li>How might people feel during times of loss and change? MW</li> <li>How do friendships change? CF</li> <li>What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW</li> <li>How might people feel when they lose a special possession?</li> <li>When can I make choices about changes?</li> </ul> <ul style="list-style-type: none"> <li>Changing friendship patterns</li> <li>Changing skills &amp; responsibilities</li> <li>Changing habits</li> <li>Transitions within school</li> <li>Losing things</li> <li>Emotions involved with change</li> </ul>	<p><b>Citizenship Rights, Rules &amp; Responsibilities (RR 1/2)</b></p> <ul style="list-style-type: none"> <li>How do rules and conventions help me to feel happy &amp; safe? (RR)</li> <li>How do I take part in making rules?</li> <li>Who looks after me and what are their responsibilities?</li> <li>What jobs and responsibilities do I have in school and at home?</li> <li>Can I listen to other people, share my views and take turns? RR</li> <li>Can I take part in discussions and decisions in class?</li> </ul> <ul style="list-style-type: none"> <li>Class and school rules and charters</li> <li>Rules and laws in society</li> <li>Understanding right and wrong</li> <li>Explaining views</li> <li>Decision making</li> <li>School and class councils</li> <li>Responsibilities to other people</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Drug Education (DE 1/2)</b></p> <ul style="list-style-type: none"> <li>Which substances might enter our bodies, how do they get there and what do they do? DAT</li> <li>What are medicines and why and when do some people use them? DAT</li> <li>When and why do people have an injection from a doctor or a nurse? HP</li> <li>Who is in charge of what medicine I take? DAT</li> <li>What different things can help me feel better if I feel poorly? DAT</li> <li>How can I keep safe with medicines and substances at home and at school? DAT</li> <li>What is persuasion and how does it help to be persuaded? MW</li> </ul> <ul style="list-style-type: none"> <li>Medicines</li> <li>Health professionals</li> <li>Going to the doctors</li> <li>Family &amp; feeling better</li> <li>Risky household substances</li> <li>Safety rules</li> <li>Being persuaded</li> </ul>	<p><b>Myself &amp; My Relationships Family and Friends (FF 1/2)</b></p> <ul style="list-style-type: none"> <li>Can I describe what a good friend is and does and how it feels to be friends? CF</li> <li>Why is telling the truth important? CF</li> <li>What skills do I need to choose, make and develop friendships? CF</li> <li>How might friendships go wrong, and how does it feel? CF</li> <li>How can I try to mend friendships if they have become difficult? CF</li> <li>What is my personal space and how do I talk to people about it? BS</li> <li>Who is in my family and how do we care for each other? FP</li> <li>Who are my special people, why are they special and how do they support me? CF</li> </ul> <ul style="list-style-type: none"> <li>Friendship</li> <li>Friendliness</li> <li>My family</li> <li>Special people</li> <li>Problem solving in relationships</li> <li>Different parts of my life</li> <li>Personal space</li> <li>Networks of support</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Relationships and Sex Education (RS 2)</b></p> <ul style="list-style-type: none"> <li>How do babies change and grow? (Statutory NC Science Y2)</li> <li>How have I changed since I was a baby? (Statutory NC Science Y2)</li> <li>What is growing in that bump? (NC Science)</li> <li>What do babies and children need from their families? FP</li> <li>Which stable, caring relationships are at the heart of families I know? FP</li> <li>What are my responsibilities now I'm growing up? CAB</li> </ul> <ul style="list-style-type: none"> <li>Babies to children to adults</li> <li>Coming up</li> <li>Caring families</li> <li>Family safety</li> <li>Marriage</li> <li>Changing responsibilities</li> </ul>	<p><b>Economic Wellbeing Financial Capability (FC 1/2)</b></p> <ul style="list-style-type: none"> <li>Where does money come from and where does it go when we use it?</li> <li>How might I get money and what can I do with it?</li> <li>How do we pay for things?</li> <li>What does it mean to have more or less money than you need?</li> <li>How do I feel about money?</li> <li>How do my choices affect me, my family, others?</li> <li>What is a charity?</li> </ul> <ul style="list-style-type: none"> <li>Money in different / better contexts</li> <li>Cash values</li> <li>Money as a finite resource</li> <li>Uses of money</li> <li>Saving and spending</li> <li>Checks of fees</li> <li>How banks etc. work</li> <li>Emotions in relation to money</li> <li>Charity</li> </ul>



# Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<b>Myself &amp; Relationships: Beginnings and Belonging</b>	<b>Citizenships: Working Together</b>	<b>Healthy and Safer Lifestyles: Relationships and Sex Education</b>	<b>Myself and My Relationships: Managing change</b>	<b>Healthy and Safer Lifestyles: Healthy Lifestyles</b>	<b>Healthy and Safer Lifestyles: Personal Safety</b>
	<p><b>Myself &amp; My Relationships Beginning and Belonging (BB 3/4)</b></p> <ul style="list-style-type: none"> <li>What is my role in helping my school be a place where we can learn happily and safely? RR</li> <li>How can we build relationships in our class and how does this benefit me? CF</li> <li>What does it feel like to be new or to start something new? MW</li> <li>How can I help children and adults feel welcome in school? RR</li> <li>What helps me manage a new situation or learn something new? MW</li> <li>Who are the different people in my network who I can ask for help? BS</li> </ul> <ul style="list-style-type: none"> <li>Ground rules / class charters</li> <li>Responsibilities</li> <li>Belonging</li> <li>New situations</li> <li>Meeting new people</li> <li>Resilience</li> <li>Managing feelings</li> <li>Asking for help</li> <li>Networks of support</li> </ul>	<p><b>Citizenship Working Together (WT 3/4)</b></p> <ul style="list-style-type: none"> <li>What are I good at and what are others good at?</li> <li>What new skills would I like or need to develop?</li> <li>How well can I listen to other people? RR</li> <li>How do I ask open questions? RR</li> <li>How can I share my views and opinions effectively? RR</li> <li>How can different people contribute to a group task?</li> <li>How can I persuade and overcome obstacles to my learning? CF</li> <li>How can I work well in a group? CF</li> <li>What is useful evaluation?</li> <li>How do I give constructive feedback and receive it from others? RR</li> </ul> <ul style="list-style-type: none"> <li>Recognising and valuing strengths</li> <li>Developing skills</li> <li>Empowering goals</li> <li>Effective communication</li> <li>Questioning skills</li> <li>Problem solving and perseverance</li> <li>Decision making</li> <li>Communication and group work skills</li> <li>Evaluating</li> <li>Feedback</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Relationships and Sex Education (RS 3)</b></p> <ul style="list-style-type: none"> <li>How are male and female bodies different and what are the different parts called? BS</li> <li>When do we talk about our bodies, how they change, and who do we talk to? BS</li> <li>What can my body do and how is it special?</li> <li>Why is it important to keep myself clean? HP</li> <li>What can I do for myself to stay clean and how will this change in the future? HP</li> <li>How do different illnesses and diseases spread and what can I do to prevent this? HP</li> </ul> <ul style="list-style-type: none"> <li>Male and female bodies</li> <li>Taking shared bodies</li> <li>Keeping the body's uniqueness &amp; cleanliness</li> <li>Responsibilities for hygiene</li> <li>Preventing spread of diseases</li> </ul>	<p><b>Myself &amp; My Relationships Managing Change (MC 3/4)</b></p> <ul style="list-style-type: none"> <li>What changes have I and my peers already experienced and what might happen in the future?</li> <li>What helps me when I'm experiencing strong emotions due to loss or change? MW</li> <li>What strategies help me to thrive when my friendships change? MW</li> <li>How might I behave when I feel strong emotions linked to loss and change? MW</li> <li>How might people feel when loved ones or pets die, or they are separated from them for other reasons?</li> <li>What changes might people welcome and how can they plan for these?</li> </ul> <ul style="list-style-type: none"> <li>Range of experiences of change</li> <li>Positive changes</li> <li>Emotions involved in loss and change</li> <li>Taking responsibility for choices</li> <li>Confidence in new situations</li> <li>People I see, people I don't see</li> <li>Reassurance</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Healthy Lifestyles (HL 3/4)</b></p> <ul style="list-style-type: none"> <li>What does healthy eating and a balanced diet mean? HE</li> <li>What is an active lifestyle and how does it help me to be healthier? PHF</li> <li>What is mental wellbeing and how is it affected by my physical health? MW</li> <li>How much sleep do I need &amp; what happens if I don't have enough? HP</li> <li>How do nutrition and physical activity work together?</li> <li>How can I take and prepare simple, healthy meals safely? HE</li> <li>How can I look after my teeth and why is it important? HP</li> <li>Who is responsible for my health choices and how are these choices influenced?</li> </ul> <ul style="list-style-type: none"> <li>Eatwell Guide</li> <li>Basic food hygiene &amp; preservation</li> <li>Active lifestyles</li> <li>Mental wellbeing</li> <li>Sleep</li> <li>Relationships to health choices</li> <li>Drink safe</li> <li>Leisure activities</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Personal Safety (PS 3/4)</b></p> <ul style="list-style-type: none"> <li>How do I recognise my own feelings and communicate them to others? MW</li> <li>Which school/department rules and having people to feel safe? RR</li> <li>Can I recognise when my Early Warning Signs are telling me I don't feel safe? BS</li> <li>What qualities do trusted adults and trusted friends have? CF</li> <li>Who is on my network of support and how can I ask them for help? BS</li> <li>What could I do if I feel worried about a friendship or family relationship? BS</li> <li>What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS</li> <li>How can I decide if a secret is safe or unsafe? BS</li> <li>How can I keep safe online? BS</li> </ul> <ul style="list-style-type: none"> <li>Identifying and communicating feelings</li> <li>Developmental rules</li> <li>Early Warning signs</li> <li>Networks of support</li> <li>Quality connections</li> <li>Recognising and reporting safety concerns</li> <li>Privacy boundaries</li> <li>Trusted adults and trusted friends</li> <li>Safe and unsafe secrets</li> <li>Online safety</li> </ul>



# Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE						

	<p><b>Citizenship: Rights, Rules and Responsibilities</b></p> <p><b>Healthy and Safer Lifestyles: Relationships and Sex Education</b></p> <p><b>Citizenships: Diversity and Communities</b></p> <p><b>Myself and My Relationships: Anti-bullying</b></p> <p><b>Healthier and Safer Lifestyles: Managing Safety and Risk</b></p> <p><b>Economic Wellbeing: Financial Capability</b></p>
	<p><b>Citizenship</b> Rights, Rules &amp; Responsibilities (RR 3/4)</p> <ul style="list-style-type: none"> <li>What does it mean to be treated and to treat others with respect? RR</li> <li>Who are those in positions of authority within our school and communities and how can we show respect? RR</li> <li>Why do we need rules and conventions at home and at school? RR</li> <li>What part can I play in making and changing rules?</li> <li>What do we mean by rights and responsibilities?</li> <li>What are my responsibilities at home and at school?</li> <li>How do we make democratic decisions in school?</li> <li>What is a representative and how do we elect them?</li> </ul> <p><b>Respect</b></p> <ul style="list-style-type: none"> <li>Asks</li> <li>Class/hood rules &amp; charters</li> <li>Rights and responsibilities</li> <li>Democracy at school</li> <li>School and class councils</li> <li>Dispute resolving</li> <li>Debating and voting</li> <li>Responsibilities at school and at home</li> </ul>
	<p><b>Healthy &amp; Safer Lifestyles</b> Relationships and Sex Education (RS 4)</p> <ul style="list-style-type: none"> <li>Stages of human life cycle</li> <li>Reproduction</li> <li>Being grown up</li> <li>My responsibilities</li> <li>Family responsibilities</li> <li>Caring services</li> </ul>
	<p><b>Citizenship</b> Diversity and Communities (DC 3/4)</p> <ul style="list-style-type: none"> <li>What have we got in common and how are we different? RR</li> <li>How might others' expectations of girls and boys affect people's feelings and choices? RR</li> <li>Do people who live in my locality have different traditions, cultures and beliefs? RR</li> <li>How does valuing diversity benefit everyone? RR</li> <li>Why are stereotypes unfair and how can I challenge them? RR</li> <li>How do people in my locality benefit from being part of different groups? RR</li> <li>What are the roles of people who support others with different needs in my community? RR</li> <li>How does the media work in my community? RR</li> <li>How can we care for the local environment and what are the benefits?</li> <li>What do animals need, and what are our responsibilities?</li> </ul> <p><b>Stereotypes and differences</b></p> <ul style="list-style-type: none"> <li>People in the community</li> <li>People who share</li> <li>Backgrounds</li> <li>Stereotypes</li> <li>Roles in the community</li> <li>Local environment</li> <li>Animal welfare</li> <li>Role of the media</li> </ul>
	<p><b>Myself &amp; My Relationships</b> Anti-bullying (AB 3/4)</p> <ul style="list-style-type: none"> <li>How are falling out and bullying different? CF</li> <li>How do people use power when they bully others? RR</li> <li>What are the key characteristics of different types of bullying? RR</li> <li>How can lack of respect and empathy towards others lead to bullying? RR</li> <li>What is the difference between direct and indirect bullying? RR</li> <li>What are bystanders and followers and how might they feel? MW</li> <li>Do I understand that bullying might affect how people feel for a long time? MW</li> <li>How can I support people I know who are being bullied by being assertive? RR</li> <li>How does my school prevent bullying and support people involved? RR</li> </ul> <p><b>Falling out</b></p> <ul style="list-style-type: none"> <li>Prejudiced-based bullying</li> <li>Respect</li> <li>Direct and indirect bullying</li> <li>Cyberbullying</li> <li>Bystanders and followers</li> <li>Being supportive</li> <li>Getting help</li> </ul>
	<p><b>Healthy &amp; Safer Lifestyles</b> Managing Safety and Risk (MSR 3/4)</p> <ul style="list-style-type: none"> <li>How do I feel in risky situations and how might my body react? MW</li> <li>Can I make decisions in risky situations and might my friends affect these decisions?</li> <li>When might I meet adults I don't know &amp; how can I respond safely? BS</li> <li>What actions could I take in an emergency or accident and how can I call the emergency services? BA</li> <li>What are the benefits of using the roads and being near water and how can I reduce the risks? MW</li> <li>How is the risky and how can I reduce the risks?</li> <li>How do I keep myself safe during activities and visits?</li> <li>How can I stop accidents happening at home and when I'm out?</li> </ul> <p><b>Emotions in risky situations</b></p> <ul style="list-style-type: none"> <li>Dealing with pressure in risky situations</li> <li>Reactions to risk</li> <li>Taking action in an emergency</li> <li>Road safety</li> <li>Fire safety</li> <li>Boat safety</li> <li>Safe near waterways</li> <li>Safety during activities and visits</li> <li>Preventing accidents in familiar settings</li> </ul>
	<p><b>Economic Wellbeing</b> Financial Capability (FC 3/4)</p> <ul style="list-style-type: none"> <li>What different ways are there to earn and spend money?</li> <li>What do saving, spending and budgeting mean to me?</li> <li>How can I decide what to spend my money on and choose the best way to pay?</li> <li>What might my family have to spend money on?</li> <li>What is value for money?</li> <li>How do my feelings about money change?</li> <li>How do my choices affect my family, the community, the world and me?</li> </ul> <p><b>Understanding large amounts of money</b></p> <ul style="list-style-type: none"> <li>Sources of money</li> <li>Saving and borrowing</li> <li>Cash versus money</li> <li>Keeping track of money</li> <li>Value for money</li> <li>Impact of choices</li> <li>Challenges</li> <li>Emotions</li> </ul>



# Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE						
	<b>Myself and My Relationships: Beginning and Belonging</b>	<b>Healthier and Safer Lifestyles: Managing Safety and Risk</b>	<b>Citizenship: Working Together</b>	<b>Healthy and Safer Lifestyles: Personal Safety</b>	<b>Healthy and Safer Lifestyles: Healthy Lifestyles</b>	<b>Healthy and Safer Lifestyles - Sex and Relationships Education</b>
	<p><b>Myself &amp; My Relationships Beginning and Belonging (BB 5/6)</b></p> <ul style="list-style-type: none"> <li>What are my responsibilities for helping others in school feel happy and safe? RR</li> <li>How can I take responsibility for building relationships in my school and how does this benefit us all? CF</li> <li>How might different people feel when starting something new and how can I help? MW</li> <li>How do we help people feel welcome and valued in and out of school? CF</li> <li>What helps me to be resilient in a range of new situations? MR</li> <li>Are there more ways I can get help now and how do I seek support? BS</li> </ul> <ul style="list-style-type: none"> <li>Ground Rules / class charters</li> <li>Responsibilities</li> <li>Belonging</li> <li>New experiences</li> <li>Resilience</li> <li>Managing emotions</li> <li>Networks of support</li> <li>Online sources of support</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Digital Lifestyles (TG Digital Lifestyles)</b></p> <ul style="list-style-type: none"> <li>What are some examples of how I use the internet, the services it offers, and how do I make decisions? OR</li> <li>What are the principles for my contact and conduct online, including when I am anonymous? OR</li> <li>How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? OR</li> <li>How might the media shape my ideas about various issues and how can I challenge or reject these? OR</li> <li>Can I explain some ways in which information and data is shared and used online? OR</li> <li>How can online content impact on me positively or negatively? OR</li> <li>What are my responsibilities for my own and other's mental and physical wellbeing online and how can I fulfil these? IS</li> <li>What are some ways of reporting concerns and why is it important to persist in asking? IS</li> <li>Can I identify, flag and report inappropriate content? IS</li> </ul> <ul style="list-style-type: none"> <li>Decision making</li> <li>Positive contributions</li> <li>Evaluating content</li> <li>Information storage &amp; sharing</li> <li>Mental &amp; physical wellbeing</li> <li>Responsibilities</li> <li>Reporting</li> </ul>	<p><b>Citizenship Working Together (WT 5/6)</b></p> <ul style="list-style-type: none"> <li>What are my strengths and skills and how are they seen by others?</li> <li>What helps me learn new skills effectively?</li> <li>What would I like to improve and how can I achieve this?</li> <li>How could my skills and strengths be used in future employment?</li> <li>What are some of the jobs that people do?</li> <li>How can I be a good learner to other people? CF</li> <li>How can I share my views effectively and negotiate with others to reach agreement? RR</li> <li>How can I persuade and help others to do so? CF</li> <li>How can I give, receive and act on sensitive and constructive feedback? RR</li> </ul> <ul style="list-style-type: none"> <li>Self perception and self evaluation</li> <li>Developing skills</li> <li>Short term goals</li> <li>The world of work</li> <li>Effective communication</li> <li>Creating group decisions</li> <li>Conflict, negotiation &amp; debate</li> <li>Problem solving and perseverance</li> <li>Influence of the media</li> <li>Evaluation</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Personal Safety (PS 5/6)</b></p> <ul style="list-style-type: none"> <li>How do I recognise my own feelings and consider how my actions may affect the feelings of others? MR</li> <li>Can I use my Eye Witness Signs to judge how safe I am feeling? IS</li> <li>Can I use my Eye Witness Signs to judge how safe I am feeling? IS</li> <li>How do I judge who is a trusted adult or trusted friend? CF</li> <li>How can I seek help or advice from someone in my school? BS</li> <li>How could I report concerns about abuse or neglect? BS</li> <li>Can I identify appropriate &amp; inappropriate or unsafe physical contact? BS</li> <li>How do I judge when it is not right to keep a secret and what action could I take? BS</li> <li>How can I recognise risks online and report concerns? OR</li> <li>What strategies can I use to reduce risk and help me feel safer when I am feeling unsafe? BS</li> </ul> <ul style="list-style-type: none"> <li>Recognising own feelings &amp; emotions</li> <li>Trustworthy adults</li> <li>Reporting concerns</li> <li>Reporting and reporting abuse or neglect</li> <li>Online safety</li> <li>Physical safety</li> <li>Personal safety</li> <li>Personal boundaries</li> <li>Personal information</li> <li>Reporting</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Healthy Lifestyles (HL 5/6)</b></p> <ul style="list-style-type: none"> <li>How does physical activity help me &amp; what might be the risks of not engaging in it? MW</li> <li>What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? HE</li> <li>What are the different aspects of a healthy lifestyle and how could I become healthier? MR/MS</li> <li>What are the factors influencing me when I'm making lifestyle choices and how might these change over time?</li> <li>What might be the signs of physical illness and how might I respond? HP</li> <li>What are the benefits and risks of spending time online on electronic devices, in terms of my physical and mental health? IS</li> <li>Why are online apps and games age restricted? IS</li> </ul> <ul style="list-style-type: none"> <li>Eatwell Guide</li> <li>Nutritional content</li> <li>Portion sizes</li> <li>Meal planning</li> <li>Stress hygiene</li> <li>Dental health</li> <li>Health as a continuum</li> <li>Risks &amp; benefits of</li> <li>Physical fitness</li> <li>Physical safety</li> <li>Personal safety</li> <li>Personal boundaries</li> <li>Personal information</li> <li>Reporting</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Relationships and Sex Education (RS 5)</b></p> <ul style="list-style-type: none"> <li>What are male and female sexual parts called and what are their functions? BS</li> <li>How can I talk about bodies confidently and appropriately? BS</li> <li>What happens to different bodies at puberty? CAB</li> <li>What might influence my view of my body?</li> <li>How can I keep my growing and changing body clean? HP</li> <li>How can I reduce the spread of viruses and bacteria? HP</li> </ul> <ul style="list-style-type: none"> <li>Names of sexual parts</li> <li>Puberty</li> <li>Physical and emotional change</li> <li>Menstruation</li> <li>Developing body image</li> <li>Changing hygiene routines</li> <li>Viruses and bacteria</li> </ul>



# Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE						
	<b>Citizenship: Rights, Rules and Responsibilities</b>	<b>Myself and My Relationships: Family and Friends</b>	<b>Healthy and Safer Lifestyles: Drug Education</b>	<b>Healthier and Safer Lifestyles: Managing Safety and Risk</b>	<b>Economic Wellbeing: Financial Capability</b>	<b>Healthy and Safer Lifestyles: Sex and Relationships Education</b>

<p><b>Citizenship Rights, Rules &amp; Responsibilities (RR 5/6)</b></p> <ul style="list-style-type: none"> <li>What are the conventions of courtesy &amp; manners and how do these vary? RR</li> <li>How does my behaviour online affect others and how can I show respect? RR</li> <li>Why is it important to keep my personal information private, especially online? IS</li> <li>How can I contribute to making and changing rules in school?</li> <li>How else can I make a difference in school?</li> <li>What are the basic rights of children and adults?</li> <li>Why do we have laws in our country?</li> <li>How does democracy work in our community and in our country?</li> <li>What do councils, councillors, parliament and MPs do?</li> <li>How do I take part in debates, respectfully listening to other people's views? RR</li> </ul> <ul style="list-style-type: none"> <li>Courtesy, manners &amp; respect</li> <li>Privacy</li> <li>Childline helpline</li> <li>Children's rights</li> <li>Confidence, rights &amp; responsibilities</li> <li>Rules and regulations in school</li> <li>Role of the police</li> <li>Local &amp; national democracy</li> <li>Participation in class &amp; school</li> <li>School and class councils</li> <li>School and moral issues</li> </ul>	<p><b>Myself &amp; My Relationships Family and Friends (FF 5/6)</b></p> <ul style="list-style-type: none"> <li>What are the characteristics of healthy friendships on and offline and how do they benefit me? CF</li> <li>How do trust and loyalty feature in my relationships on and offline? CF</li> <li>What are the benefits and risks of making new friends, including those I only know online? OR</li> <li>Can I always balance the needs of family &amp; friends &amp; how do I manage this? FP</li> <li>Can I communicate, empathise &amp; compromise when resolving friendship issues? CF</li> <li>How can I check that my friends give consent on and offline? BS</li> <li>How do people in my family continue to support each other as things change? FP</li> <li>Who are in my networks, on &amp; offline, and how have these, changed and how do we support each other? OR</li> </ul> <ul style="list-style-type: none"> <li>Healthy friendships</li> <li>Trust</li> <li>Loyalty</li> <li>Empathy</li> <li>Compromise</li> <li>Change networks</li> <li>Family support</li> <li>Resources and presents</li> <li>Cooperation</li> <li>Networks of support</li> <li>Online communities</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Drug Education (DE 5/6)</b></p> <ul style="list-style-type: none"> <li>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? DAT</li> <li>How does drug use affect the way a body or brain works? DAT</li> <li>How do medicines help people with different illnesses? DAT</li> <li>What immunisations have I had or may I have in future and how do they keep me healthy? HP</li> <li>What is drug misuse? DAT</li> <li>What are some of the laws about drugs? DAT</li> <li>How can I assess risk, recognise peer influence &amp; respond sensitively? (RR)</li> <li>When and how should I check information about drugs? DAT</li> </ul> <ul style="list-style-type: none"> <li>Effects of drug use</li> <li>Essential use of medicines</li> <li>Drug misuse</li> <li>Staying safe around risky substances</li> <li>Influence of friends and social</li> <li>Reliability of information</li> <li>Immunisations</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Managing Safety and Risk (MSR 5/6)</b></p> <ul style="list-style-type: none"> <li>When might it be good for my mental health for me to take a risk? MW</li> <li>What are the possible benefits and consequences of taking physical, emotional and social risks? MW</li> <li>When am I responsible for my own safety as I get older and how can I keep others safe? BS</li> <li>Can I carry out basic first aid in common situations, including head injuries? BSA</li> <li>What are the benefits of cycling and walking on my own and how can I stay safer? MR</li> <li>How can being outside support my wellbeing &amp; how do I keep myself safe in the sun? HP</li> <li>What are the benefits of using public transport and how can I stay safe near railways?</li> <li>How can I prevent accidents at school and at home, now that I can take more responsibility?</li> </ul> <ul style="list-style-type: none"> <li>Personal responsibility for safety</li> <li>Risk reduction strategies</li> <li>Getting help</li> <li>Seeking help or support</li> <li>Staying safe</li> <li>Road safety</li> <li>Gun safety</li> <li>Cycling safety</li> <li>Health and safety</li> <li>Health and safety rules in school</li> <li>Preventing a wider range of accidents</li> </ul>	<p><b>Economic Wellbeing Financial Capability (FC 5/6)</b></p> <ul style="list-style-type: none"> <li>What different ways are there to gain money?</li> <li>What sort of things do adults need to pay for?</li> <li>How can I afford the things I want or need?</li> <li>How can I make sure I get value for money?</li> <li>Why don't people get all the money they earn?</li> <li>How is money used to benefit the community or the wider world?</li> <li>What is poverty?</li> </ul> <ul style="list-style-type: none"> <li>Earnings &amp; deductions</li> <li>Wants and needs</li> <li>Range of jobs</li> <li>Debt and credit</li> <li>Financial planning (including insurance and pensions)</li> <li>Making choices</li> <li>Managing feelings about money</li> <li>Poverty</li> <li>Role of charities</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles Relationships and Sex Education (RS 6)</b></p> <ul style="list-style-type: none"> <li>What are different ways babies are conceived and born? (Sex Education)</li> <li>What effect might puberty have on people's feelings and emotions? CAB</li> <li>How can my words or actions affect how others feel, and what are my responsibilities? MW</li> <li>What should adults think about before they have children? FP</li> <li>Why might people get married or become civil partners? FP</li> <li>What are different families like? FP</li> </ul> <ul style="list-style-type: none"> <li>Human lifecycle</li> <li>Sexual reproduction</li> <li>Changing emotions and relationships</li> <li>Responsibility for others</li> <li>Love and care</li> <li>Marriage &amp; civil partnership</li> <li>Families</li> </ul>
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