

PSHE Scheme of work – Whole School overview

Year A	Autumn Term Value: Compassion PSHE focus: Relationships	Spring Term Value: Community PSHE focus: Living in the Wider World	Summer Term Value: Courage PSHE focus: Health and Well being
Rec 1/2	<p>Topic:</p> <p><u>Families and Close relationships</u> R6: about how people make friends and what makes a good friendship.</p> <p><u>Friendships</u> R7: about how to recognise when they or someone else feels lonely and what to do. R8: simple strategies to resolve arguments between friends positively R9: how to ask for help if a friendship is making them feel unhappy.</p> <p><u>Safe Relationships</u> R17: about knowing there are situations when they should ask for permission and also when their permission should be sought. R18: about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually). R19: basic techniques for resisting pressure to do something they don't want to do and which may make them feel unsafe. R20: what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard.</p> <p><u>Respecting themselves and others</u> R21: about what is kind and unkind behaviour and how this can affect others. R22: about how to treat themselves and others with respect; how to be polite and courteous. R23: to recognise the ways in which they are the same and different to others.</p>	<p>Topic:</p> <p><u>Shared Responsibilities</u> L1: about what rules are, why they are needed, and why different rules are needed for different situations. L2: how people and other living things have different needs; about the responsibilities of caring for them. L3: about things they can do to help look after their environment.</p> <p><u>Communities</u> L4: about the different groups they belong to. L5: about the different roles and responsibilities people have in their community. L6: to recognise the ways they are the same as, and different, to other people.</p>	<p>Topic:</p> <p><u>Healthy Lifestyles</u> H1: about what keeping healthy means; different ways to keep healthy. H2: about foods that support good health and the risks of eating too much sugar. H3: about how physical activity help us to stay healthy; and ways to be physically active everyday. H4: about why sleep is important and different ways to rest and relax. H5: simple hygiene routines that can stop germs from spreading. H6: that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy. H7: about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. H8: how to keep safe in the sun and protect the skin from sun damage. H9: about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. H10: about the people who help us to stay physically healthy.</p> <p><u>Mental Health</u> H18: different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. H19: to recognise when they need help with feeling; that it is important to ask for help with feelings; and how to ask for it.</p>

	<p>R24: how to listen to other people and play and work cooperatively.</p> <p>R25: how to talk about and share their opinions on things that matter to them.</p>		<p>H20: about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.</p> <p><u>Ourselves – Growing and Changing</u></p> <p>H25: to name the main parts of the body including external genitalia (e.g vulva, vagina, penis, testicles)</p> <p>H26: about growing and changing from young to old and how people’s needs change</p> <p>H27: about preparing to move to a new class / year.</p>
Year 3/4	<p>Topic:</p> <p><u>Friendships</u></p> <p>R10: about the importance of friendships; strategies for building positive friendships; how positive friendships supports wellbeing.</p> <p>R11: what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.</p> <p>R12: to recognise what it means to ‘know someone online’ and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face.</p> <p>R13: the importance of seeking support if feeling lonely or excluded.</p> <p>R14: that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them.</p> <p>R15: strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.</p> <p><u>Safe Relationships</u></p>	<p>Topic:</p> <p><u>Shared Responsibilities</u></p> <p>L1: to recognise reasons for rules and laws; consequences of not adhering to rules and laws.</p> <p>L2: to recognise there are human rights, that are there to protect everyone.</p> <p>L3: about the relationships between rights and responsibilities.</p> <p>L4: the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others.</p> <p>L5: ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling, food choices)</p> <p><u>Communities</u></p> <p>L6: about the different groups that make up their community; what living in a community means.</p> <p>L7: to value the different contributions that people and groups make to the community.</p>	<p>Topic:</p> <p><u>Healthy Lifestyles</u></p> <p>H4: how to recognise that habits can have both positive and negative effect on a healthy lifestyle.</p> <p>H5: about what good physical health means; how to recognise early signs of physical illness.</p> <p>H6: about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</p> <p><u>Mental Health</u></p> <p>H17: to recognise that feelings can change over time and range in intensity.</p> <p>H18: about everyday things that can affect feelings and the importance of expressing feelings.</p> <p>H19: a varied vocabulary to use when talking about feelings; how to express feelings in different ways.</p> <p><u>Ourselves – Growing and Changing</u></p> <p>H25: about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)</p> <p>H26: that for some people gender identity does not correspond with their biological sex.</p> <p>H27: to recognise their individuality and personal qualities.</p>

	<p>R22: about privacy and personal boundaries; what is appropriate in friendship and wider relationships (including online).</p> <p>R23: about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.</p>		<p>H28: to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.</p> <p>H29: about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.</p> <p><u>Keeping Safe</u></p> <p>H41: strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.</p> <p>H42: about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.</p> <p>H43: about what is meant by first aid; basic techniques for dealing with common injuries.</p> <p>H44: how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.</p>
Year 5/6	<p>Topic:</p> <p><u>Families and Close relationships</u></p> <p>R1: to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)</p> <p>R2: that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.</p> <p>R3: about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.</p>	<p>Topic:</p> <p><u>Media Literacy / Digital Resilience</u></p> <p>L11: recognise ways in which the internet and social media can be used both positively and negatively.</p> <p>L12: how to assess the reliability of sources of information online; and how to make safe; reliable choices from search results.</p> <p>L13: about some of the different ways information and data is shared and used online, including for commercial purposes.</p> <p><u>Economic Well-being: Money</u></p> <p>L17: about the different ways to pay for things and the choices people have about this.</p>	<p>Topic:</p> <p><u>Healthy Lifestyles</u></p> <p>H1: how to make informed decisions about health.</p> <p>H2: about the elements of a balanced, healthy lifestyle.</p> <p>H3: about choices that support a healthy lifestyle, and recognise what might influence these.</p> <p><u>Mental Health</u></p> <p>H22: to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p>

R4: that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.

Respecting themselves and others

R32: about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.

R33: to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own.

R34: how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.

L18: to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'

Economic Well-being: Aspirations, work & career

L30: about some of the skills that will help them in their future careers e.g. teamwork communication and negotiation.

L31: to identify the kind of job that they might like to do when they are older.

L32: to recognise a variety of route into careers e.g. college, apprenticeship, university

H23: about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement.

H24: problem-solving strategies for dealing with emotion, challenge and change, including the transition to new schools.

Ourselves – Growing and Changing

H33: about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for.

H34: about where to get more information, help and advice about growing and changing, especially about puberty.

H35: about the new opportunities and responsibilities that increasing independence may bring.

H36: strategies to manage transitions between classes and key stages.

Drugs, Alcohol and Tobacco

H46: about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.

H47: to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.

H48: about why people choose to use or not use drugs (including nicotine, alcohol and medicines).

H49: about the mixed messages in the media about drugs, including alcohol and smoking/vaping.

H50: about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.

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Year B	Autumn Term Value: Compassion PSHE focus: Relationships	Spring Term Value: Community PSHE focus: Living in the Wider World	Summer Term Value: Courage PSHE focus: Health and well being
Rec 1/2	<p>Topic:</p> <p>Families and Close relationships R1: about the roles different people (e.g. acquaintances, friends and relatives) play in our lives. R2: to identify the people who love and care for them and what they do to help them feel cared for. R3: about different types of families including those that may be different to their own. R4: to identify common features of family life. R5: that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried. <u>Managing hurtful behaviour</u> R10: that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. R11: about how people may feel if they experience hurtful behaviour or bullying. R12: that hurtful behaviour (offline and online) including teasing, name-calling bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult.</p>	<p>Topic:</p> <p>Communities L7: about how the internet and digital services can be used safely to find things out and communicate with others L8: about the role of the internet in everyday life. L9: that not all information seen online is true. L10: what money is; forms that money comes in; that money comes from different sources. <u>Media Literacy / Digital Resilience</u> L11: that people make different choices about how to save and spend money. L12: about the difference between needs and wants; that sometimes people may not always be able to have the things they want. L13: that money needs to be looked after; different ways of doing this. L14: that everyone has different strengths. L15: that jobs help people to earn money to pay for things. L16: different jobs that people they know or people who work in the community do. <u>Economic Well-being: Money</u> L17: about some of the strengths and interests someone might need to do different jobs.</p>	<p>Topic:</p> <p>Mental Health H11: about different feelings that humans can experience. H12: how to recognise and name different feelings. H13: how feelings can affect people’s bodies and how they behave. H14: how to recognise what others might be feeling. H15: to recognise that not everyone feels the same at the same time, or feels the same about the same things. H16: about ways of sharing feelings; a range of words to describe feelings. H17: about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) <u>Ourselves – Growing and Changing</u> H21: to recognise what makes them special. H22: to recognise the way in which we are all unique. H23: to identify what they are good at, what they like and dislike. H24: how to manage when finding things difficult.</p>

	<p><u>Safe Relationships</u></p> <p>R13: to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.</p> <p>R14: that sometimes people may behave differently online, including by pretending to be someone they are not.</p> <p>R15: how to respond safely to adults they don't know.</p> <p>R16: about how to respond if physical contact makes them feel uncomfortable or unsafe.</p>		<p><u>Keeping Safe</u></p> <p>H28: about rules and age restrictions that keep us safe.</p> <p>H29: to recognise risk in simple everyday situations and what action can be taken to reduce harm.</p> <p>H30: about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p>H31: that household products (including medicines) can be harmful if not used correctly</p> <p>H32: ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.</p> <p>H33: about the people whose job it is to help us keep safe.</p> <p>H34: basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.</p> <p>H35: about what to do if there is an accident and someone is hurt.</p> <p>H36: how to get help in an emergency (how to dial 999 and what to say)</p>
<p>Year 3/4</p>	<p>Topic:</p> <p><u>Friendships</u></p> <p>R16: how friendships can change over time, about making new friends and the benefits of having different types of friends.</p> <p>R17: that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.</p> <p>R18: to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.</p>	<p>Topic:</p> <p><u>Economic Well-being: Money</u></p> <p>L20: to recognise that people make spending decisions based on priorities, needs and wants.</p> <p>L21: different ways to keep track of money.</p> <p>L22: about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.</p>	<p>Topic:</p> <p><u>Healthy Lifestyles</u></p> <p>H11: how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices and dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effect of smoking)</p> <p>H12: about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage</p>

<p><u>Friendships</u> R19: about the impact of bullying, including offline and online, and the consequences of hurtful behaviour. R20: strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concern and get support. R21: about discrimination: what it means and how to challenge it. <u>Safe Relationships</u> R28: how to recognise pressure from others to do something unsafe or something that makes them feel uncomfortable and strategies for managing this. R29: where to get advice and report concerns if worried about their own or someone else’s safety (including online) <u>Respecting themselves and others</u> R30: that personal behaviour can affect other people; to recognise and model respectful behaviour online. R31: to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships.</p>	<p><u>Economic Well-being: Aspirations, work & career</u> L25: to recognise positive things about themselves and their achievements, set goals to help achieve personal outcomes. L26: that there is a broad range of different jobs/careers, that people can have; that people often have more than one career/type of job during their life. L27: about stereotypes in the workplace and that a person’s career aspirations should not be limited by them.</p>	<p>and sun/heat stroke and reduce the risk of skin cancer. H13: about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. H14: how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. <u>Mental Health</u> H20: strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. H21: to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. <u>Keeping Safe</u> H37: reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming. H38: how to predict, assess and manage risk in different situations. H39: about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe. H40: about the importance of taking medicines correctly and using household products safely (e.g. following instructions safely)</p>
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<p>Year 5/6</p>	<p>Topic:</p> <p><u>Families and Close relationships</u></p> <p>R5: that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart.</p> <p>R6: that a feature of positive family life is caring relationships; about the different ways in which people care for another</p> <p>R7: to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.</p> <p>R8: to recognise other characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.</p> <p>R9: how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.</p>	<p>Topic:</p> <p><u>Communities:</u></p> <p>L8: about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.</p> <p>L9: about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.</p> <p>L10: about prejudice; how to recognise behaviours/ actions which discriminate against others.</p> <p><u>Media Literacy / Digital Resilience</u></p> <p>L14: about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.</p> <p>L15: recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.</p> <p>L16: about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of source and identify misinformation.</p> <p><u>Economic Well-being: Money</u></p> <p>L23: about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.</p> <p>L24: to identify the ways that money can impact on people’s feelings and emotions.</p> <p><u>Economic Well-bring: Aspirations, work & career</u></p> <p>L28: about what might influence people’s decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring certain jobs)</p>	<p>Topic:</p> <p><u>Healthy Lifestyles</u></p> <p>H7: how regular (daily/weekly) exercise benefits mental and physical health (e.g. waking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p> <p>H8: about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn.</p> <p>H9: that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p> <p>H10: how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.</p> <p><u>Mental Health</u></p> <p>H15: that mental health, just like physical health is part of daily life; the importance of taking care of mental health.</p> <p>H16: about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.</p> <p><u>Ourselves – Growing and Changing</u></p> <p>H33: about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for.</p> <p>H34: about where to get more information, help and advice, especially about puberty.</p>
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L29: that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.

H35: about the new opportunities and responsibilities that increasing independence may bring.

H36: strategies to manage transitions between classes and key stages.

Keeping Safe

H45: that radicalisation is a process where a person comes to adopt increasingly extreme ideas.