

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Self-Aware	<b>Keeping Safe</b> <ul style="list-style-type: none"> <li>Ways the public are kept safe</li> <li>Ways to stay safe at home</li> <li>Ways to stay safe in school (Playground Rules, Fire Drills etc.)</li> </ul>	<b>How Do You Feel?</b> <ul style="list-style-type: none"> <li>Exploring and appreciating different emotions</li> <li>Problem solving</li> <li>Managing different emotions</li> </ul>	<b>What Makes Us Unique?</b> <ul style="list-style-type: none"> <li>Knowing that everyone has a different identity, strengths and skills</li> <li>Understanding success and failure</li> <li>Being ambitious</li> </ul>	<b>What Makes a Good Friend?</b> <ul style="list-style-type: none"> <li>Falling Out</li> <li>Understanding peer pressure</li> <li>Bullying</li> </ul>	<b>Personal Safety</b> <ul style="list-style-type: none"> <li>Ways we can be safe when we are out and about</li> <li>Tempting situations People who can help us in different situations</li> </ul>	<b>Living in the UK</b> <ul style="list-style-type: none"> <li>The Welfare State</li> <li>Education Reforms</li> <li>Birth of Public Health England</li> </ul>
Autumn 2 Our Responsibilities	<b>Valuing Ourselves</b> <ul style="list-style-type: none"> <li>Ways we are similar and different to others</li> <li>Things we are good at</li> <li>Having hobbies and interests</li> </ul>	<b>Our Rights</b> <ul style="list-style-type: none"> <li>What is respect?</li> <li>Knowing that the rights of a child and ways these can be respected</li> <li>Exploring UNICEF Rights of the Child</li> </ul>	<b>Caring for the Environment</b> <ul style="list-style-type: none"> <li>Knowing how our school helps the environment</li> <li>Understanding the process of recycling</li> <li>What are currently the biggest threats to our environment?</li> </ul>	<b>Looking After Our Mental Health</b> <ul style="list-style-type: none"> <li>Being a mindful person</li> <li>Feeling nervous</li> <li>The importance of relaxing</li> </ul>	<b>Being a Worldly Citizen</b> <ul style="list-style-type: none"> <li>Understanding the UN</li> <li>Charitable giving</li> <li>Exploring current affairs and recent important events</li> </ul>	<b>Law</b> <ul style="list-style-type: none"> <li>Understanding the history of law</li> <li>What is the purpose of the law? How is it made?</li> <li>Consequences of not obeying the law</li> </ul>
<b>Anti-Bullying Week</b>						
Spring 1 Self-Care	<b>Exercise and Diet</b> <ul style="list-style-type: none"> <li>Ways to stay active</li> <li>What makes certain foods healthy?</li> <li>What happens to our bodies when we exercise?</li> </ul>	<b>Being Independent</b> <ul style="list-style-type: none"> <li>Knowing what we can do for ourselves</li> <li>How can we be independent learners?</li> <li>Changes in responsibilities as we grow up</li> </ul>	<b>People who Inspire Us</b> <ul style="list-style-type: none"> <li>Understanding and identifying role models</li> <li>Researching and presenting a person who inspires us (x2 lessons)</li> </ul>	<b>Looking After Our Bodies</b> <ul style="list-style-type: none"> <li>Oral hygiene</li> <li>The role of sleep in our lives</li> <li>People who can advise us about our health</li> </ul>	<b>Diet and Exercise</b> <ul style="list-style-type: none"> <li>Understanding the relationship between diet and exercise</li> <li>Making good choices regarding food and exercise</li> <li>Body image and the media</li> </ul>	<b>Looking After Our Mental Health</b> <ul style="list-style-type: none"> <li>Knowing why it is important to care for your mental health</li> <li>Practising mindfulness and relaxation</li> <li>Building positive self esteem</li> </ul>

Spring 2 Health and Relationships	<b>Caring for Ourselves</b> <ul style="list-style-type: none"> <li>• Keeping clean</li> <li>• Growing and changing</li> <li>• Families</li> </ul>	<b>Differences</b> <ul style="list-style-type: none"> <li>• Boys and girls</li> <li>• Male and female</li> <li>• Naming body parts</li> </ul>	<b>Valuing Difference</b> <ul style="list-style-type: none"> <li>• Male and female</li> <li>• Personal space</li> <li>• Family difference</li> </ul>	<b>Growing Up</b> <ul style="list-style-type: none"> <li>• Growing and changing</li> <li>• What is puberty?</li> <li>• Puberty changes and reproduction</li> </ul>	<b>Puberty</b> <ul style="list-style-type: none"> <li>• Talking about puberty</li> <li>• Male and female changes</li> <li>• Puberty and hygiene</li> </ul>	<b>Puberty, Relationships and Reproduction</b> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Understanding relationships</li> <li>• Communication in relationships</li> <li>• Conception and pregnancy</li> </ul>
	Diversity Week					
Summer 1 Drugs and Alcohol	<b>Medicines</b> <ul style="list-style-type: none"> <li>• Staying healthy</li> <li>• Medicines</li> <li>• Who gives us medicines?</li> </ul>	<b>Keeping Safe</b> <ul style="list-style-type: none"> <li>• What is a risk?</li> <li>• Hazardous substances</li> <li>• Rules that keep us safe</li> </ul>	<b>Smoking</b> <ul style="list-style-type: none"> <li>• Smoking in society</li> <li>• The effects of smoking on the body</li> <li>• Smoking and the Law</li> </ul>	<b>Alcohol</b> <ul style="list-style-type: none"> <li>• The effects of alcohol</li> <li>• Alcohol and its associated risks</li> <li>• Alcohol and the Law</li> </ul>	<b>Legal and Illegal Drugs</b> <ul style="list-style-type: none"> <li>• Distinguishing between legal and illegal substances</li> <li>• Exploring different attitudes to drugs</li> <li>• Peer pressure</li> </ul>	<b>Preventing Early Use</b> <ul style="list-style-type: none"> <li>• The effects, risks and Law surrounding cannabis</li> <li>• To understand the risks of volatile substance abuse and seeking help</li> </ul>
Summer 2 Living in the Wider World	<b>Obeying Rules</b> <ul style="list-style-type: none"> <li>• Understanding why we have rules</li> <li>• What rules do we have to follow in our daily lives?</li> <li>• Introduction to the Law</li> </ul>	<b>Living in the UK</b> <ul style="list-style-type: none"> <li>• History of society/ The UK as we know it</li> <li>• Who lives in the UK?</li> <li>• What makes a community?</li> </ul>	<b>Money Matters</b> <ul style="list-style-type: none"> <li>• Understanding the role that money plays in everyday life</li> <li>• Ways to pay</li> <li>• The role of banks and the economy</li> </ul>	<b>Understanding Democracy</b> <ul style="list-style-type: none"> <li>• Knowing how a government is elected</li> <li>• Understanding different points of view</li> <li>• Knowing where Parliament is located and the roles of the different Houses</li> </ul>	<b>Money Matters</b> <ul style="list-style-type: none"> <li>• The world of work</li> <li>• Knowing what a budget is and why it is useful</li> <li>• Understanding the process of saving, want vs. need</li> </ul>	<b>Moving On</b> <ul style="list-style-type: none"> <li>• Changes in roles and responsibilities</li> <li>• The importance of team work</li> <li>• Seeking support</li> </ul>

PSHE coverage within the science curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Classification	Being Healthy	Nutrition Muscles	Teeth	Life Cycles Growing Up	Diet and Exercise The effects of drugs

Online Safety to be taught in accordance with computing units