

Year 1 and 2 - Year A

| PSHE | PSHE | PSHE | PSHE | PSHE | PSHE |
|---|---|--|---|--|---|
| Health and wellbeing (Cycle A) | Health and Wellbeing (Cycle A) | Families and relationships (Cycle A) | Safety and the changing body (Cycle A) | Citizenship (cycle A) | Economic wellbeing (cycle A) |
| 1. Understanding my feelings 2. Relaxation 3. What am I like? 4. Ready for bed? 5. Hand washing and personal hygiene. | 6. Sun safety 7. Allergies 8. People who help us stay healthy. Families and relationships (Cycle A) 1. Families 2. Friendships 3. Families are all different. | 4. Other people's feelings 5. Getting along with others 6. Friendship problems 7. Gender stereotypes Safety and the changing body (Cycle A) 1. Communicating with adults. 2. People who help to keep us safe. Making a call to the emergency services. | 3. Road safety 4. Safety with medicines 5. Difference between secrets and surprises. 6. Appropriate contact 7. My private parts are private. 8. Personal boundaries. | 1. Rules 2. Similar yet different 3. Belonging 4. Job roles in the community 5. Our school environment. 6. Our local environment. | 1. Money 2. Needs and wants 3. Looking after money 4. Banks and building societies 5. Jobs 6. Transition lesson (old class before new class day) |

Year 1 and 2 - Year B

| PSHE | PSHE | PSHE | PSHE | PSHE | PSHE |
|--|--|--|---|--|--|
| Families and Relationships (Cycle B) | Families and Relationships (Cycle B) | Health and wellbeing (Cycle B) | Safety and the changing body (Cycle B) | Citizenship (Cycle B) | Economic wellbeing (cycle B) |
| 1. Family 2. Friendships 3. Other peoples feelings 4. Getting along with others 5. Friendship problems | 6. Gender stereotypes 7. Change and loss Health and wellbeing (Cycle B) 1. Understanding my feelings 2. Steps to success 3. Growth mindset 4. Being active | 5. Relaxation 6. Health diet 7. Looking after our teeth Safety and the changing body (Cycle B) 1. Communicating with adults 2. Road Safety 3. Safety at home and medicines | 4. What to do if I get lost 5. The internet 6. Appropriate contact. 7. My private parts are private. 8. Personal boundaries | 1. Rules 2. Similar yet different 3. Caring for others: animals 4. The needs of others 5. Democratic decision/school council Giving my opinion. | 1. money 2. Needs and Wants 3. Saving and spending 4. Banks and building societies 5. Jobs 6. Transition lesson |

Year 3 and 4 - Year A

| PSHE | PSHE | PSHE | PSHE | PSHE | PSHE |
|--|---|---|--|---|--|
| Health and wellbeing (Cycle A) | Health and wellbeing (Cycle A) | Families and relationships (Cycle A) | Safety and the changing body (Cycle A) | Citizenship (cycle A) | Economic wellbeing (cycle A) |
| <ol style="list-style-type: none"> 1. My Wonderful Me/My Superpowers 2. Celebrating Mistakes 3. Comminating my feelings 4. My Happiness 5. Relaxation | <ol style="list-style-type: none"> 6. My health diary 7. Diet and dental health <p>Families and Relationships (Cycle B)</p> <ol style="list-style-type: none"> 1. Friendship issues and bullying 2. Bullying and the bystander 3. Stereotyping: gender 4. Stereotyping age-disability | <ol style="list-style-type: none"> 5. Healthy friendships 6. Learning who to trust 7. Respecting differences 8. Change and loss/bereavement. <p>Safety and the changing body (Cycle A)</p> <ol style="list-style-type: none"> 1. First aid bites and stings 2. Choices and influences | <ol style="list-style-type: none"> 3. Be kind online 4. Cyberbullying 5. Share aware 6. Privacy and secrecy <p>Last 2 sessions, split year 3 and 4</p> <p>Year 3: emergencies and road safety</p> <p>Year 4 puberty/growing up</p> | <ol style="list-style-type: none"> 1. Recycling/Reusing 2. Local Community building and groups 3. Local council and democracy 4. Rules 5. Rights of the child 6. Human rights | <ol style="list-style-type: none"> 1. Spending choices 2. Budgeting 3. Money and emotions 4. Jobs and careers 5. gender and careers 6. Transition: coping strategies |

Year 3 and 4 - Year B

| PSHE | PSHE | PSHE | PSHE | PSHE | PSHE |
|---|---|--|--|--|---|
| Families and Relationships (Cycle B) | Families and Relationships (Cycle B) | Health and wellbeing (Cycle B) | Safety and the changing body (Cycle B) | Citizenship (cycle B) | Economic wellbeing (cycle B) |
| <ol style="list-style-type: none"> 1. Friendship issues and bullying 2. Healthy families 3. How my behaviour affects others 4. Effective communication 5. Respecting differences | <ol style="list-style-type: none"> 6. Respect and manners 7. Stereotyping: gender 8. Serotyping: age and disability <p>Health and wellbeing (Cycle B)</p> <ol style="list-style-type: none"> 1. My healthy diary 2. Looking after our teeth 3. Relaxation 4. Visualisation | <ol style="list-style-type: none"> 5. Meaning and purpose: my role. 6. Resilience 7. Emotions/communicating feelings 8. Mental health <p>Safety and the changing body (Cycle B)</p> <ol style="list-style-type: none"> 1. Tobacco 2. First aid | <ol style="list-style-type: none"> 3. Fake emails 4. Internet safety/age restrictions 5. Consuming information online 6. Choices and influences <p>Last 2 sessions, split year 3 and 4</p> <p>Year 3: emergencies and road safety</p> <p>Year 4 puberty/growing up</p> | <ol style="list-style-type: none"> 1. Recycling/Reusing 2. Local Community building and groups 3. Local council and democracy 4. Diverse communities 5. Rights of the child 6. Charity | <ol style="list-style-type: none"> 1. Spending choices 2. Budgeting 3. Money and emotions 4. Jobs and careers 5. Jobs for me 6. Transition: coping strategies |

| Year 5 and 6 - Year A | | | | | |
|---|--|---|--|--|---|
| PSHE Health and wellbeing (Cycle A) 1. Going for goals 2. Embracing failure 3. Taking responsibility for my feelings 4. Relaxation 5. The importance of rest | PSHE Health and wellbeing (Cycle A) 6. Healthy meals 7. Sun safety Families and Relationships (Cycle B) 1. Build a friend: what makes a good friend? 2. Respect 3. Respecting myself | PSHE Families and relationships (Cycle A) 4. Marriage 5. bullying 6. Stereotyping 7. Challenging stereotypes Safety and the changing body (Cycle A) 1. Online friendships 2. Staying safe online | PSHE Safety and the changing body (Cycle A) 4. First aid choking 5. Alcohol 6. Drugs, alcohol and tobacco. Last 3 sessions, split Year 5 and 6 Year 5: 1. Puberty 2. Menstruation 3. Emotional changes in puberty Year 6: 1. Physical and emotional changes of puberty 2. Conception 3. Pregnancy and birth. | PSHE Citizenship (cycle A) 1. Breaking the law 2. Prejudice and discrimination 3. Protecting the planet 4. Contributing to the community 5. Rights and responsibilities 6. Parliament and national democracy | PSHE Economic wellbeing (cycle A) 1. Borrowing 2. Income and expenditure 3. Prioritising spending 4. Risks with money 5. Careers 6. Transition lesson: roles and responsibilities Year 6 What is identity? Identity and body image. |
| Year 5 and 6 - Year B | | | | | |
| PSHE Families and Relationships (Cycle B) 1. Friendship skills 2. Respect 3. Resolving conflict 4. Family life 5. Change and loss | PSHE Families and Relationships (Cycle B) 6. Stereotyping 7. Challenging stereotypes Health and wellbeing (Cycle B) 1. Taking responsibility for my health 2. The impact of technology on health 3. Relaxation: mindfulness 4. What can I be? | PSHE Health and wellbeing (Cycle B) 5. Resilience toolkit 6. Immunisation 7. Physical health concerns 8. Good and bad habits. Safety and the changing body (Cycle B) 1. Critical digital consumers | PSHE Safety and the changing body (Cycle B) 2. Social media 3. First aid: bleeding 4. First aid: basic life support Last 3 sessions, split Year 5 and 6 Year 5: 4. Puberty 5. Menstruation 6. Emotional changes in puberty Year 6: 4. Physical and emotional changes of puberty 5. Conception 6. Pregnancy and birth. | PSHE Citizenship (cycle B) 1. Pressure groups 2. Valuing diversity 3. Food choices and the environment 4. Caring for others 5. Rights and responsibilities 6. Parliament and the national democracy | PSHE Economic wellbeing (cycle B) 1. Attitudes to money 2. Keeping money safe 3. Stereotypes in the workplace 4. Gambling 5. Careers 6. Transition: Roles and Responsibility Year 6 What is identity? Identity and body image. |