

## PSHE Programme of Study

| Core theme                               | Topic                                        | Year 1                                                                   | Year 2                                                                                           | Year 3                                                                            | Year 4                                                                              | Year 5                                                                                           | Year 6                                                                       |
|------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Core 1: Living in the wider world</b> | <b>Belonging to a community</b>              | What rules are. Caring for others' needs. Looking after the environment. | Belonging to a Group. Roles and responsibilities. Being the same and different in the community. | The value of rules and laws. Rights, freedoms and responsibilities                | What makes a Community? Shared responsibilities                                     | Protecting the environment. Compassion towards others                                            | Valuing diversity. Challenging discrimination and stereotypes.               |
|                                          | <b>Media literacy and digital resilience</b> | Using the internet and digital devices. Communicating online             | The internet in everyday life; online content and information                                    | How the internet is used, Assessing information online                            | How data is shared and used                                                         | How information online is targeted. Different media types, their role and impact                 | Evaluating media sources; sharing things online                              |
|                                          | <b>Money and work</b>                        | Strengths and Interests. Jobs in the community                           | What money is; needs and wants. looking after money                                              | Different jobs and skills; job stereotypes; setting personal goals                | Making decisions about money; using and keeping money safe                          | Identifying job interests and aspirations. What influences career choices. Workplace stereotypes | Influences and attitudes to money. Money and financial risks                 |
| <b>Core 2: Relationships.</b>            | <b>Families and friendships</b>              | Roles of different People. Families. Feeling cared for                   | Making friends. Feeling lonely and getting help.                                                 | What makes a family; features of family life.                                     | Positive friendships, including online                                              | Managing friendships and peer influence                                                          | Attraction to others. romantic relationships; civil partnership and marriage |
|                                          | <b>Safe relationships</b>                    | Recognising privacy. Staying safe; seeking permission                    | Managing secrets. Resisting pressure and getting help. Recognising hurtful behaviour             | Personal boundaries. Safely responding to others; the impact of hurtful behaviour | Responding to hurtful behaviour. Managing confidentiality. Recognising risks online | Physical contact and feeling safe                                                                | Recognising and managing pressure. Consent in different situations           |

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|                                     | <b>Respecting ourselves and others</b>      | How behaviour affects others. Being polite and respectful                                | Recognising things in common and differences. Playing and working cooperatively; sharing opinions                    | Recognising respectful behaviour. The importance of self-respect. Courtesy and being polite. | Respecting differences and similarities. Discussing differences sensitively.           | Responding respectfully to a wide range of people. Recognising prejudice and discrimination.                    | Expressing opinions and respecting other points of view, including discussing topical issues.                        |
| <b>Core 3: Health and Wellbeing</b> | <b>Physical health and Mental wellbeing</b> | Keeping healthy. Food and exercise, hygiene routines. Sun safety                         | Why sleep is important. Medicines and keeping healthy. Keeping teeth Healthy. Managing feelings and asking for help. | Health choices and Habits. What affects Feelings. Expressing feelings                        | Maintaining a balanced lifestyle; Oral hygiene and dental care.                        | Healthy sleep Habits. Sun safety. Medicines, vaccinations, immunisations and allergies.                         | What affects mental health and ways to take care of it. Managing change, loss and bereavement. Managing time online. |
|                                     | <b>Growing and changing</b>                 | Recognising what makes them unique and special. Feelings. Managing when things go wrong. | Growing older. moving class or year                                                                                  | Personal strengths and achievements. Managing and reframing setbacks.                        | Personal identity. Recognising individuality and different qualities. Mental wellbeing | Physical and emotional changes in puberty. External genitalia. Personal hygiene routines. Support with puberty. | Increasing independence; managing transition                                                                         |
|                                     | <b>Keeping safe</b>                         | How rules and age restrictions help us. Keeping safe online                              | Safety in different Environments. Risk and safety at home. Emergencies                                               | Risks and hazards. Safety in the local environment and unfamiliar places.                    | Medicines and household products. Drugs common to everyday life.                       | Keeping safe in different situations, including responding in emergencies, first aid.                           | Keeping personal information safe. Regulations and Choices. Drug use and the law. Drug use and the media             |