

There are six key themes which are colour-coded to give an 'at a glance guide' in order to demonstrate how the PSHE curriculum develops over the primary phase – it is recognised these themes overlap.

Lessons have been blocked out (numbered) but teachers may wish to spend more than one session on themes if needed/appropriate.

					Rights and Responsibilities	Feelings and Friendship
					Money	Safety and Risk
					Health	Identity
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b><u>How do we decide how to behave?</u></b></p> <ol style="list-style-type: none"> <li>1. Class rules.</li> <li>2. Respecting others' needs.</li> <li>3. Behaviour (what is good/kind/considerate?)</li> <li>4. Listening (how can you show good listening?)</li> <li>5. Feelings and bodies can be hurt.</li> <li>6. Growth mindset.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How do we feel?</u></b></p> <ol style="list-style-type: none"> <li>1. Different kinds of feelings.</li> <li>2. Different strategies to manage feelings.</li> <li>3. Change and loss.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How do we keep safe?</u></b></p> <ol style="list-style-type: none"> <li>1. Keeping safe in familiar and unfamiliar situations.</li> <li>2. Household products can be harmful.</li> <li>3. Secrets and surprises.</li> <li>4. Appropriate/inappropriate touch.</li> <li>5. Who helps keep us safe?</li> <li>6. Asking for help.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p> <p><i>(Familiar/unfamiliar situations can include schools, homes, local area, school trips, beach, countryside, other countries, etc.)</i></p>	<p><b><u>How can I stay healthy?</u></b></p> <ol style="list-style-type: none"> <li>1. Exercise</li> <li>2. What is a healthy meal?</li> <li>3. Looking after mental health and emotional wellbeing.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p> <p><i>(Refer back to Autumn 2 for mental and emotional wellbeing).</i></p>	<p><b><u>What makes us special?</u></b></p> <ol style="list-style-type: none"> <li>1. Respecting similarities/differences between people.</li> <li>2. we are all unique.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p> <p><i>(Similarities/Differences to include areas such as race, religion, gender identity, disability, likes, dislikes, family life, etc.)</i></p>	<p><b><u>What can we do with money?</u></b></p> <ol style="list-style-type: none"> <li>1. Where money comes from.</li> <li>2. Spending (sensibly, how we spend, use of card/cash/coins).</li> <li>3. Saving.</li> <li>4. Keeping money safe.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>
Year 2	<p><b><u>How can we help?</u></b></p>	<p><b><u>What is bullying?</u></b></p>	<p><b><u>How can we be healthy?</u></b></p> <ol style="list-style-type: none"> <li>1. Things that keep bodies and minds healthy.</li> </ol>	<p><b><u>What is the same and different about us?</u></b></p>	<p><b><u>How do we show our feelings?</u></b></p>	<p><b><u>How can we keep safe in different places?</u></b></p>

	<ol style="list-style-type: none"> <li>1. Group and class rules and why they are important.</li> <li>2. Respecting own and others' rights and needs.</li> <li>3. Privacy.</li> <li>4. Looking after the environment.</li> <li>5. Growth mindset.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>1. Hurtful teasing and bullying are wrong.</li> <li>2. What to do about bullying.</li> <li>3. Unsafe secrets.</li> <li>4. Inappropriate touch and what to do if it happens.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>2. Hygiene routines.</li> <li>3. Healthy choices.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>1. Recognise what they are good at.</li> <li>2. Set simple goals.</li> <li>3. Growing, changing and being more independent.</li> <li>4. Naming body parts correctly.</li> <li>5. Belonging to different groups.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>1. Different kinds of feelings.</li> <li>2. Strategies to manage feelings.</li> <li>3. Change and loss.</li> <li>4. Recognising how others are feeling.</li> <li>5. Sharing feelings.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>1. Rules for keeping safe in different places (including online).</li> <li>2. People who work in the community.</li> <li>3. Asking for help (including an emergency).</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p> <p><i>(Safety in different places can include beach and road [consider flags, signs, symbols]).</i></p>
Year 3	<p><b><u>What are the rules that keep us safe?</u></b></p> <ol style="list-style-type: none"> <li>1. Importance of school rules for health and safety.</li> <li>2. Hygiene routines.</li> <li>3. Difference between</li> </ol>	<p><b><u>What can we do about bullying?</u></b></p> <ol style="list-style-type: none"> <li>1. Recognising bullying.</li> <li>2. How to respond and ask for help.</li> </ol>	<p><b><u>What are we responsible for?</u></b></p> <ol style="list-style-type: none"> <li>1. Responsibilities.</li> <li>2. Rights and duties at home, school and the local environment.</li> <li>3. How actions affect self and others.</li> </ol>	<p><b><u>How can we describe our feelings?</u></b></p> <ol style="list-style-type: none"> <li>1. Wider range of feelings.</li> <li>2. Experiencing conflicting</li> </ol>	<p><b><u>How can we eat well?</u></b></p> <ol style="list-style-type: none"> <li>1. What makes a balanced lifestyle?</li> <li>2. Balanced diet.</li> <li>3. Making choices.</li> <li>4. What influences choices?</li> </ol>	<p><b><u>What jobs would we like?</u></b></p> <ol style="list-style-type: none"> <li>1. What it means to be enterprising.</li> <li>2. Working collaboratively towards shared goals.</li> </ol>

	<p>appropriate and inappropriate touch.</p> <ol style="list-style-type: none"> <li>Keeping safe in local environment.</li> <li>How to get help in an emergency.</li> <li>People who help us stay safe.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>People who help them stay healthy and safe.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p>feelings at the same time.</p> <ol style="list-style-type: none"> <li>Describing feelings.</li> <li>Feelings associated with change.</li> <li>Recognising and responding to a wider range of feelings in others.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b>C-19 Catch Up – see PSHE Association.</b></p>	<ol style="list-style-type: none"> <li>Recognise achievements and set targets.</li> <li>What is meant by stereotypes?</li> <li>Growth mindset.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>
Year 4	<p><b><u>What is diversity?</u></b></p> <ol style="list-style-type: none"> <li>Difference and diversity of people living in the UK.</li> <li>Values and customs of people around the world.</li> <li>Stereotypes.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How can we be a good friend?</u></b></p> <ol style="list-style-type: none"> <li>Recognise wider range of feelings in others.</li> <li>Responding to feelings.</li> <li>Strategies to resolve disputes.</li> <li>Negotiation and compromise.</li> <li>Resolving differences and feedback.</li> </ol>	<p><b><u>How can we grow and change?</u></b></p> <ol style="list-style-type: none"> <li>Changes that happen as we grow.</li> <li>Keeping good hygiene.</li> <li>Managing complex emotions.</li> <li>Different types of relationships.</li> <li>What makes a healthy friendship?</li> <li>Maintaining positive relationships.</li> <li>Who is responsible for their health and wellbeing?</li> <li>Who should I ask for advice?</li> <li>Growth mindset.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How can we keep safe in our local area?</u></b></p> <ol style="list-style-type: none"> <li>Managing risk in familiar situations and the local environment.</li> <li>Managing pressure.</li> <li>Recognising and managing dares.</li> <li>Actions affect themselves and others.</li> <li>People who help them stay healthy and safe.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>		

		<b>C-19 Catch Up – see PSHE Association.</b>				
Year 5	<p><b><u>What makes a community?</u></b></p> <ol style="list-style-type: none"> <li>1. What it means to be in a community.</li> <li>2. Groups and individuals that support the local community.</li> <li>3. Pressure groups.</li> <li>4. Appreciating the range of identities in the UK.</li> <li>5. Values and customs of people living around the world.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>What does discrimination mean?</u></b></p> <ol style="list-style-type: none"> <li>1. Actions can affect self and others.</li> <li>2. Discrimination, teasing and bullying.</li> <li>3. Stereotypes.</li> <li>4. Differences and similarities between people.</li> <li>5. Equalities.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How can we manage money?</u></b></p> <ol style="list-style-type: none"> <li>1. The role of money.</li> <li>2. Ways of managing money.</li> <li>3. Being a critical consumer.</li> <li>4. That images in the media do not necessarily reflect reality.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>What choices help health?</u></b></p> <ol style="list-style-type: none"> <li>1. What makes a balanced lifestyle?</li> <li>2. Making choices.</li> <li>3. What is meant by a habit?</li> <li>4. Drugs common to everyday life.</li> <li>5. Who helps them stay healthy and safe?</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>How can we be safe online and using social media?</u></b></p> <ol style="list-style-type: none"> <li>1. Keeping safe and well using a mobile phone.</li> <li>2. Strategies for managing personal safety online.</li> <li>3. Managing requests for images.</li> <li>4. Personal boundaries.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p><b><u>What makes us enterprising?</u></b></p> <ol style="list-style-type: none"> <li>1. Different ways of achieving and celebrating personal goals.</li> <li>2. High aspirations.</li> <li>3. Growth mindset.</li> <li>4. What enterprise means for work and society.</li> </ol> <p><b>C-19 Catch Up – see PSHE Association.</b></p>
Year 6	<p><b><u>What makes a healthy and happy relationship? – overlaps with Identity.</u></b></p> <ol style="list-style-type: none"> <li>1. Different relationships.</li> <li>2. What makes positive, healthy relationships.</li> <li>3. Recognising when relationships are unhealthy.</li> <li>4. Committed, loving relationships (including marriage and civil partnership); human reproduction.</li> </ol>	<p><b><u>What are human rights? – overlaps with Identity.</u></b></p> <ol style="list-style-type: none"> <li>1. Why and how laws are made.</li> <li>2. Taking part in making and changing rules.</li> <li>3. Importance of human rights.</li> <li>4. Rights of the child.</li> </ol>	<p><b><u>How can money affect us?</u></b></p> <ol style="list-style-type: none"> <li>1. Finance and its role in people's lives.</li> <li>2. Being a critical consumer.</li> <li>3. What is meant by interest, loan, debt, tax.</li> </ol>	<p><b><u>How can we stay healthy?</u></b></p> <ol style="list-style-type: none"> <li>1. What positively and negatively affects health.</li> <li>2. Informed choices.</li> <li>3. Balanced lifestyle.</li> <li>4. How drugs can affect health and safety.</li> </ol>	<p><b><u>How can we manage risk?</u></b></p> <ol style="list-style-type: none"> <li>1. Increased independence and responsibility.</li> <li>2. Strategies for managing risk.</li> <li>3. Resisting unhelpful pressure.</li> <li>4. Personal safety.</li> </ol>	

	<p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p>5. Right to protect their bodies (including FGM or forced marriage). 6. Confidentiality and when to break a confidence.</p> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p>4. How resources are allocated and how this affects individuals, communities and the environment. 5. Research and debate health and wellbeing issues.</p> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p>5. The law and drugs. 6. Who is responsible for their health and wellbeing? 7. Growth mindset.</p> <p><b>C-19 Catch Up – see PSHE Association.</b></p>	<p>5. Managing requests for images. 6. How anti-social behaviours affect wellbeing. 7. How to handle anti-social or aggressive behaviours.</p> <p><b>C-19 Catch Up – see PSHE Association.</b></p>
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