



PSHE

Please note that some PSHE topics will not require a lesson every week; where planned lessons do not fill the full term, teachers must use any spare PSHE sessions to address issues or topics arising within their class and record these using the ad-hoc lesson slip in the floor book.

Unicef Outright Campaign will be delivered from Autumn-Spring

<p>Understanding myself <i>Looking after my wellbeing and staying safe</i></p> <ul style="list-style-type: none"> ● Wellbeing ● My Body and Me ● Healthy Choices <p><i>Article 6 - Right to life, survival and development</i> <i>Article 19 - Protection from harm</i> <i>Article 3 - Best interests of the child</i> <i>Article 24 - Right to health</i></p>	<p>Self with others <i>Having healthy and fulfilling relationships with the people around me.</i></p> <ul style="list-style-type: none"> ● Healthy Relationships <p><i>Article 5 - Parental and family guidance</i> <i>Article 12 - Right to be heard</i> <i>Article 13 - Freedom of expression</i> <i>Article 15 - Freedom of association</i></p>	<p>Self within the world <i>Understanding how to live happily and compassionately within the wider world</i></p> <ul style="list-style-type: none"> ● Identity & Community ● Digital Lives ● Aspiration & money <p><i>Article 2 - Non-discrimination</i> <i>Article 14 - Freedom of thought, conscience, and religion</i> <i>Article 30 - Children from minority or indigenous groups</i> <i>Article 13 - Freedom of expression</i></p>
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Year 1

Year 1			
Autumn 1	Wellbeing	Autumn 2	Identity & Community
	<p><u>Lesson 1</u> Meet your emotions</p> <p><u>Lesson 2</u> My healthy mind tool kit</p> <p><u>Lesson 3</u> All experiences are important</p> <p><u>Lesson 4</u> Taking care of my body</p>		<p><u>Lesson 1</u> Celebrating ourselves</p> <p><u>Lesson 2</u> Celebrating our similarities and differences</p> <p><u>Lesson 3</u> How can we help everyone to feel included at our school?</p>
Spring 1	Healthy Choices	Spring 2	Aspiration & money
	<p><u>Lesson 1</u> How can we walk to fun places safely?</p> <p><u>Lesson 2</u> How can we stay safe and have fun at home?</p> <p><u>Lesson 3</u> How can we stay safe whilst out and about?</p> <p><u>Lesson 4</u> Being safe everywhere</p>		<p><u>Lesson 1</u> Will I be good at something straight away?</p> <p><u>Lesson 2</u> What is money and where does it come from?</p> <p><u>Lesson 3</u> Can we buy everything we want?</p>
Summer 1	My Body and Me	Summer 2	Healthy Relationships
	<p><u>Lesson 1</u> Sensitive and special parts of our bodies</p>		<p><u>Lesson 1</u> How do families look after each other?</p>

			<p><u>Lesson 2</u> How do I feel when I am safe?</p> <p><u>Lesson 3</u> How can I be kind and respectful to friends and family?</p> <p><u>Lesson 4</u> What makes a great friend?</p>
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Year 2			
Autumn 1	Wellbeing	Autumn 2	Identity & Community
	<u>Lesson 1</u>		<u>Lesson 1</u>

	<p>How many emotions are there? Lesson 2 Change and loss are part of life Lesson 3 Delicious food fuels my body! Lesson 4 Do we all need the same things to stay healthy? Lesson 5 The right way to get things wrong [Greater Depth]</p>		<p>Every family is special! Lesson 2 What helps us to be ourselves? Lesson 3 Rules help to keep us safe, and keep things fair</p>
Spring 1	<p align="center">Healthy Choices</p>	Spring 2	<p align="center">Aspiration & money</p>
	<p>Lesson 1 How can I stay safe around Medicines and chemicals Lesson 2 Keeping clean and healthy Lesson 3 How can we be helpful in an emergency? Lesson 4 I love my teeth</p>		<p>Lesson 1 What are we good at? Lesson 2 What skills might I have in the future? [Greater depth] Lesson 3 What makes someone good at a job? Lesson 4 Why do people have jobs?</p>
Summer 1	<p align="center">My Body and Me</p>	Summer 2	<p align="center">Healthy Relationships</p>
	<p>Lesson 1 How our bodies change as we get older (Include naming genitals)</p>		<p>Lesson 1 Fun surprises, uncomfortable secrets Lesson 2 Making decisions that feel good for me Lesson 3 How can we make our school a happy place for everyone?</p>

			<p>Lesson 4</p> <p>How can we tell if someone is a friend or a stranger?</p>
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Year 3			
Autumn 1	Wellbeing	Autumn 2	Identity & Community
	<p>Lesson 1</p> <p>We all have powerful emotions</p> <p>Lesson 2</p> <p>How many different ways are there to exercise?</p> <p>Lesson 3</p> <p>A healthy and mindful week</p> <p>Lesson 4</p> <p>I am wonderful! [Greater Depth]</p>		<p>Lesson 1</p> <p>The amazing cultures in our class and community.</p> <p>Lesson 2</p> <p>How do we treat everyone kindly and with respect?</p> <p>Lesson 3</p> <p>How can we include everyone?</p> <p>Lesson 4</p> <p>How can we care for our world? [Greater Depth]</p>
Spring 1	Healthy Choices	Spring 2	Aspiration & money
	<p>Lesson 1</p> <p>Can I remember how to stay safe?</p> <p>Lesson 2</p> <p>How can I enjoy a walk or a cycle near roads and railways?</p>		<p>Lesson 1</p> <p>How do we decide when to spend and when to save?</p> <p>Lesson 2</p> <p>Does money make us happy?</p> <p>Lesson 3</p>

	<p>Lesson 3 How can I prepare for an adventure in all weathers and places?</p> <p>Lesson 4 How can I face challenges to have fun and achieve my dreams?</p>		<p>What are my hopes and dreams for the future?</p>
Summer 1	My Body and Me	Summer 2	Healthy Relationships
			<p>Lesson 1 What can people do to help their families?</p> <p>Lesson 2 Our bodies belong to us!</p> <p>Lesson 3 Do friends always want the same things?</p> <p>Lesson 4 Should we behave the same way with everyone we meet? [Greater Depth]</p>

Year 4			
Autumn 1	Wellbeing	Autumn 2	Identity & Community

	<p>Lesson 1 Charging our batteries</p> <p>Lesson 2 My emotion toolkit</p> <p>Lesson 3 Celebrating healthy and delicious food from across the world</p> <p>Lesson 4 What makes life so wonderful? [Greater depth]</p> <p>Lesson 5 Making wonderful mistakes [Greater depth]</p> <p>Lesson 6 How can I take control of my wellbeing?</p>		<p>Lesson 1 How does the Equality Act allow us to live our best lives?</p> <p>Lesson 2 How can we keep a positive view of other people?</p> <p>Lesson 3 How can everyone achieve their potential? [Greater Depth]</p> <p>Lesson 4 How do our values shape our identity?</p> <p>Lesson 5 Do we all have the same values? (British Values)</p> <p>Lesson 6 Why are communities important?</p>	
Spring 1	CUES	Spring 2	Aspiration & money	Healthy Choices
	<p>Lesson 1 and 2 All about me (2 lessons)</p> <p>Lesson 3-6 Looking after ourselves</p>		<p>Lesson 1 How can we keep our money safe?</p> <p>Lesson 2 What jobs are there in our community?</p>	<p>Lesson 1 What are germs and how can I keep them out of my body?</p> <p>Lesson 2 How can I explore natural places safely?</p>
Summer 1	My Body and Me	Summer 2	Healthy Relationships	
			<p>Lesson 1 How can friends help us to be our true selves?</p> <p>Lesson 2</p>	

			<p>How can I kindly tell people what I want and need?</p> <p>Lesson 3</p> <p>What do we need when we lose a loved one?</p> <p>Lesson 4</p> <p>How do the people around us influence us?</p> <p>Lesson 5</p> <p>Challenging negative influence</p>
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Year 5			
Autumn 1	Wellbeing	Autumn 2	Identity & Community
	<p>Lesson 1</p> <p>How do we look after our mental health?</p> <p>Lesson 2</p> <p>What is special about me?</p> <p>Lesson 3</p> <p>How can I share what's in my head and heart?</p>		<p>Lesson 1</p> <p>Considering all of our needs</p> <p>Lesson 2</p> <p>What does the path to equality look like?</p> <p>Lesson 3</p> <p>How can we listen to other people's experiences better?</p> <p>Lesson 4</p> <p>How can we be our true selves?</p> <p>Lesson 5</p> <p>Being an amazing ally [Greater Depth]</p> <p>Lesson 6</p> <p>What environments do we need to thrive? [Greater Depth]</p> <p>Lesson 7</p> <p>What gives us value? [Greater Depth]</p>

Spring 1	<p style="text-align: center;">Healthy Choices</p>	Spring 2	<p style="text-align: center;">Aspiration & money</p>
Summer 1	<p style="text-align: center;">My Body and Me</p>	Summer 2	<p style="text-align: center;">Healthy Relationships</p>
	<p>Lesson 1 How can I make good choices about smoking and vaping?</p> <p>Lesson 2 How do people become addicted?</p> <p>Lesson 3 How can we stay safe around fire?</p> <p>Lesson 4 How can I respond quickly to emergencies?</p> <p>Lesson 5 Staying safe on adventures</p>		<p>Lesson 1 How do people choose when to buy something?</p> <p>Lesson 2 How can we be responsible shoppers? [Greater depth]</p> <p>Lesson 3 How can we help our communities other than by working?</p> <p>Lesson 4 How can I match my skills with a job that I love? [Greater depth]</p>
	<p>Lesson 1 What is puberty?</p> <p>Lesson 2 What is menstruation?</p> <p>Lesson 3 Why do we need to clean more during puberty?</p>		<p>Lesson 1 What does a healthy friendship feel like?</p> <p>Lesson 2 How does it feel when relationships change?</p> <p>Lesson 3 How can friends understand each other better?</p> <p>Lesson 4 How do we fix a friendship that has gone wrong?</p> <p>Lesson 5 Saying what we want</p>

Year 6

Year 6			
Autumn 1	Wellbeing	Autumn 2	Identity & Community
	<p>Lesson 1 Change is important</p> <p>Lesson 2 How can I stay as healthy as possible for my whole life?</p> <p>Lesson 3 Staying regulated [Greater depth]</p>		<p>Lesson 1 How can we appreciate and respect people without judgement?</p> <p>Lesson 2 Why is our heritage important?</p> <p>Lesson 3 What do we need to feel like we belong?</p> <p>Lesson 4 How can we build healthy communities? [Greater Depth]</p> <p>Lesson 5 What does identity mean to me? [Greater Depth]</p>
Spring 1	Healthy Choices	Spring 2	Aspiration & money
	<p>Lesson 1 Why do some people drink alcohol?</p> <p>Lesson 2 What are the facts about drugs?</p> <p>Lesson 3 Why are vaccines so important?</p> <p>Lesson 4</p>		<p>Lesson 1 What are my dreams for my future, and how do I get there?</p> <p>Lesson 2 What skills do I need for the things I want to do?</p> <p>Lesson 3 How much money is enough to have a good life? [Greater depth]</p>

	How can I perform basic first aid?		<p>Lesson 4 How can we protect our money?</p> <p>Lesson 5 How do I manage my money day-to-day? [Greater depth]</p>		
Summer 1	My Body and Me		Summer 2	Healthy Relationships	
	<p>Lesson 1 How are our emotions affected by puberty?</p> <p>Lesson 2 How do our bodies change during puberty?</p> <p>Lesson 3 How do males and females change during puberty?</p> <p>Lesson 4 Do you ever feel pressure to look a certain way?</p> <p>Lesson 5 Sexual reproduction (optional)</p>	<p>Lesson 1 What skills do people need to stay in a healthy relationship for a long time?</p> <p>Lesson 2 Communicating boundaries and needs clearly</p> <p>Lesson 3 How do we surround ourselves with people who respect and care about us?</p> <p>Lesson 4 How can we help each other to grow and be our true selves? [Greater depth]</p> <p>Lesson 5 How can we stay true to ourselves, whilst learning from other people? [Greater depth]</p>			
Additional lessons	Transitions		<p>Lesson 1 How does it feel to finish primary school? [Greater depth]</p> <p>Lesson 2 What will change when we go to secondary school? [Greater depth]</p> <p>Lesson 3</p>		

		<p>How do I prepare myself for secondary school? [Greater depth]</p> <p>Lesson 4</p> <p>How do I take responsibility for my wellbeing? [Greater depth]</p>
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