



Autumn 1 - Family and Relationships

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<p>Who are the members of my family</p> <p>How to be a kind friend - show care for others - turn taking</p> <p>Know when someone is being unkind and how to respond</p> <p>Why we say sorry/showing we are sorry</p>	<ul style="list-style-type: none"> What is family? What are friendships? Recognising other people's emotions Working with others Friendship problems Healthy Friendships 	<ul style="list-style-type: none"> Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change 	<ul style="list-style-type: none"> Healthy families Friendships - conflict Effective communication Learning who to trust Respecting differences Stereotyping 	<ul style="list-style-type: none"> Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change 	<ul style="list-style-type: none"> Build a friend Resolving conflict Respecting myself Family life Bullying 	<ul style="list-style-type: none"> Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
RHE	<p>Module 1: Religious Understanding</p> <p>Handmade with love</p>	<p>Module 1: Religious Understanding</p> <p>Let the children come</p>		<p>Module 1: Religious Understanding</p> <p>The Sacraments</p>		<p>Module 1: Religious Understanding</p> <p>Calming the storms</p>	



Autumn 2 - Being Safe							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> Who keeps me safe in school - responding to adults and following instructions Asking for help Road Safety Know that I am changing and growing Talk about similarities and differences between myself and others 	<ul style="list-style-type: none"> Getting lost Making a call to the emergency services Asking for help Appropriate contact Medication Safety at home People who help to keep us safe 	<ul style="list-style-type: none"> Secrets and surprises Appropriate contact Road safety Drug education 	<ul style="list-style-type: none"> First aid: Emergencies and calling for help First aid: bites and stings Making choices Influences Keeping safe out and about 	<ul style="list-style-type: none"> First aid: Asthma Privacy and secrecy Growing up Tobacco 	<ul style="list-style-type: none"> First aid: bleeding Alcohol, drugs and tobacco 	<ul style="list-style-type: none"> First aid: choking First aid: Basic life support
RHE	Module 1, Unit 3: Emotional Wellbeing Session 1 - I Like, You Like, We All Like! Session 2 - Good Feelings, Bad Feelings Session 3 - Let's Get Real	Module 1, Unit 3: Emotional Wellbeing Session 1 - Feelings, likes, dislikes	Module 1, Unit 3: Emotional Wellbeing Session 2 - Feelings inside out Session 3 - Super Susie gets angry	Module 1, Unit 3: Emotional Wellbeing Session 1 - What am I feeling? (Version 1)	Module 1, Unit 3: Emotional Wellbeing Session 2 - What am I looking at? Session 3 - I am thankful!	Module 1, Unit 3: Emotional Wellbeing Session 1 - Body image Session 2 - Peculiar feelings	Module 1, Unit 3: Emotional Wellbeing Session 3 - Emotional Changes Session 4 - Seeing stuff online (school adapted lesson)



Spring 1 – Citizenship							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	Responsibility <ul style="list-style-type: none"> Explain reasons for rules Know right and wrong choices and try to make good choices Sensitive to others needs and emotions Community <ul style="list-style-type: none"> Know some people who help us Democracy	Responsibility <ul style="list-style-type: none"> Rules Caring for others: Animals The needs of others Community <ul style="list-style-type: none"> Similar, yet different Democracy <ul style="list-style-type: none"> Belonging Democratic decisions 	Responsibility <ul style="list-style-type: none"> Rules beyond school Our school environment Our local environment Community <ul style="list-style-type: none"> Job roles in our local community Democracy <ul style="list-style-type: none"> Similar yet different: My local community School Council Giving my opinion 	Responsibility <ul style="list-style-type: none"> Rights of the child Rights and responsibilities Recycling Community <ul style="list-style-type: none"> Local community groups Charity Democracy <ul style="list-style-type: none"> Local democracy Rules 	Responsibility <ul style="list-style-type: none"> What are human rights? Caring for the environment Community <ul style="list-style-type: none"> Community groups Contributing Diverse communities Democracy <ul style="list-style-type: none"> Local councillors 	Responsibility <ul style="list-style-type: none"> Breaking the law Rights and responsibilities Protecting the planet Community <ul style="list-style-type: none"> Contributing to the community Pressure groups Democracy <ul style="list-style-type: none"> Parliament 	Responsibility <ul style="list-style-type: none"> Human rights Food choices and the environment Caring for others Community <ul style="list-style-type: none"> Prejudice and discrimination Valuing diversity Democracy <ul style="list-style-type: none"> National democracy

Summer 2 – Economic Wellbeing							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	Money <ul style="list-style-type: none"> Talk about money in everyday language Saving money 	Money <ul style="list-style-type: none"> Introduction to money Looking after money Banks and building 	Money <ul style="list-style-type: none"> Where money comes from Needs and wants Wants and needs Looking after money 	Money <ul style="list-style-type: none"> Ways of paying Budgeting How spending affects others Impact of spending 	Money <ul style="list-style-type: none"> Spending choices Keeping track of money Looking after money 	Money <ul style="list-style-type: none"> Borrowing Income and expenditure Risks with money Prioritising spending 	Money <ul style="list-style-type: none"> Attitudes to money Keeping money safe Gambling



Summer 1 – Health and Wellbeing

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> Understanding my feelings and the feelings of others Say how I feel at different times My likes and dislikes Confident to try new activities - building independence and perseverance 	<ul style="list-style-type: none"> Understanding my emotions What am I like? Ready for bed Relaxation 	<ul style="list-style-type: none"> Experiencing different emotions Being active Relaxation: breathing exercises Steps to success 	<ul style="list-style-type: none"> My healthy diary Relaxation: stretches Wonderful me 	<ul style="list-style-type: none"> Looking after our teeth Relaxation: visualisation Celebrating Mistakes Meaning and purpose: my role 	<ul style="list-style-type: none"> Relaxation The importance of rest Embracing failure Going for goals 	<ul style="list-style-type: none"> What can I be? Relaxation: Mindfulness Taking responsibility for my health The impact of technology on health
RHE	Module 2, Unit 1: Religious Understanding Role Model	Module 2, Unit 1: Religious Understanding God Loves You		Module 2, Unit 1: Religious Understanding Jesus, My Friend		Module 2, Unit 1: Religious Understanding Is God Calling You?	



Summer 2 – Health and Wellbeing

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> • Manage own basic hygiene - toilet/dressing/ hand washing • Know healthy and unhealthy foods • Know how to keep our teeth clean • Appropriate clothing for different weather 	<ul style="list-style-type: none"> • Hand washing & personal hygiene • Sun safety • Allergies • People who help us stay healthy 	<ul style="list-style-type: none"> • Developing a growth mindset • Healthy diet • Looking after our teeth 	<ul style="list-style-type: none"> • My superpowers • Resilience: breaking down barriers • Diet and dental health 	<ul style="list-style-type: none"> • My happiness • Emotions • Mental health 	<ul style="list-style-type: none"> • Taking responsibility for my feelings • Healthy meals • Sun safety 	<ul style="list-style-type: none"> • Resilience toolbox • Immunisation • Good and bad habits • Physical health concerns • Media <p><i>Y6 Science NC: Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. (Summer Term)</i></p>
RHE	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 1 - I am me</p> <p>Session 2 - Heads shoulders, knees and toes</p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 1 - I am unique</p> <p>Session 2 - Girls and boys</p> <p><i>Y1 Science NC: Identify, name, draw and label the basic parts of the human body and say which part of the body is</i></p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 3 - Clean and healthy</p> <p><i>Y2 Science NC: Notice that animals, including humans, have offspring which grow into adults. (Spring Term)</i></p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 1 - We don't have to be the same</p> <p>Session 2 - Respecting our bodies</p> <p><i>Y3 Science NC: Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their</i></p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 3 - What is Puberty?</p> <p>(What 'puberty' means. When they can</p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Session 1 - Gifts and talents</p> <p>Session 4 - Spots and Sleep</p>	<p>Module 1, Unit 2: Me, My body, My health</p> <p>Girls' & Boys' Bodies - school adapted lesson</p> <p>(boundaries and respecting our bodies)</p>



PSHE: Twinkl Life

RSE: Ten:Ten

		<p>associated with each sense. (Spring Term)</p> <p>Y2 Science NC: Notice that animals, including humans, have offspring which grow into adults. (Spring Term)</p>		<p>own food; they get nutrition from what they eat. (Spring Term)</p>			
--	--	--	--	---	--	--	--



PSHE: Twinkl Life

RSE: Ten:Ten

Session 3 - Ready
Teddy

expect puberty to
take place.
Understand that
puberty is part of
God's plan for our
bodies.)



PSHE: Twinkl Life

RSE: Ten:Ten

	• Set and work towards simple goals						
RHE	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 1: God is Love Session 2: Loving God, Loving Others	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 1: Three In One	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 2: Who is My Neighbour?	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 1: A Community of Love	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 2: What is the Church?	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 1: The Holy Trinity	Module 1, Unit 4: Life Cycles Babies - school created session focused on how a baby grows and the impact that a new baby has on a family



PSHE: Twinkl Life

RSE: Ten:Ten

	Career and aspirations Talk about different jobs people do and wonder what they might like to be when they are older	societies • Saving and spending Career and aspirations • Jobs inschool	Career and aspirations • Jobs	Career and aspirations • Jobs and careers • Gender and careers	Career and aspirations • Influences on career choices • Changing jobs	Career and aspirations • Stereotypes in the workplace	Career and aspirations • What jobs are available • Career routes
RHE	Module 3 Living in the wider world Unit 2 Session 1 - Me, you, us	Module 3 Living in the wider world Unit 2 Session 1 - The communities we live in	Module 3 Living in the wider world Unit 2 Session 1 - The communities we live in	Module 3 Living in the wider world Unit 2 Session 1 - How do I love others?	Module 3 Living in the wider world Unit 2 Session 1 - How do I love others?	Module 3 Living in the wider world Unit 2 Session 1 - Reaching out	Module 3 Living in the wider world, Unit 1: Religious Understanding Session 2: Catholic Social Teaching