



A united, caring community of learners

Personal, Social and Health Education

Personal, Social, Health Education, including Relationships Education

Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Me and My Relationships: What makes me special	Me and My Relationships: People close to me Getting help	Me and My Relationships: Feelings Getting help Classroom rules Special people Being a good friend	Me and My Relationships: Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Me and My Relationships: Rules and their purpose Cooperation Friendship (including respectful relationships)	Me and My Relationships: Healthy relationships Listening to feelings Bullying Assertive skills	Me and My Relationships: Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Me and My Relationships: Assertiveness Cooperation Safe/unsafe Positive relationships
Autumn 2	Valuing Difference: Similarities and Differences	Valuing Difference: Celebrating Differences	Valuing Difference: Recognising, valuing and celebrating difference with respect.	Valuing Difference: Being kind and helping others	Valuing Difference: Recognising and respecting diversity	Valuing Difference: Understanding and challenging stereotypes	Valuing Difference: Influence and pressure of social media	Valuing Difference: Recognising and reflecting on prejudice-bias behaviour and bullying
Spring 1	Keeping Myself Safe: What is safe and unsafe and recognising danger	Keeping Myself Safe: Safe and Unsafe decisions and recognising danger/hazards.	Keeping Myself Safe: Understanding medicine; Importance of sleep and understanding loss	Keeping Myself Safe: Understanding the importance of the safe use of medicine – dealing with unsafe situations and appropriate physical contact with others	Keeping Myself Safe: Assessing risk and learning strategies for dealing with risk including online.	Keeping Myself Safe: Knowing the difference between a risk, a danger and a hazard (including online) – risks and effects of smoking, drinking alcohol and taking drugs	Keeping Myself Safe: Habits and understanding positive and negative risks. Dealing with bullying, including online, and protecting personal information	Keeping Myself Safe: Understanding addiction and how drugs can be categorised into different groups. Understanding examples of conflicting emotions.
Spring 2	Rights and Respect: Looking after things and friendship	Rights and Respect: Looking after things, friendship, environment and money	Rights and Respect: Regular hygiene and looking after something else and the importance of money. Basic first aid.	Rights and Respect: Looking after our environment. Taking responsibility for our own actions and the importance of saving money.	Rights and Respect: Creating healthy environments to stay safe. Understanding voluntary and paid work, using money	Rights and Respect: Understanding the difference between rights and responsibilities. Creating an awareness of who	Rights and Respect: The role of voluntary groups. Understanding current issues in the media. Lending and loaning money	Rights and Respect: Looking at bias and unbiased opinions. Understanding jobs have different pay thresholds.

					responsibly, and how we can look the school environment.	keeps us healthy and safe. Understanding tax		
Summer 1	Being My Best: Keeping my body healthy	Being My Best: Keeping my body healthy Importance of food, exercise and sleep Growth Mindset	Being My Best: Healthy eating introducing dental hygiene. Understanding how diseases spread.	Being My Best: Keeping clean and healthy including dental hygiene. Understanding healthy and unhealthy choices	Being My Best: Food groups and a balanced diet. Internal body parts including how the nervous system functions.	Being My Best: What makes me unique? Caring for the environment and the school community: Recycling	Being My Best: Getting fit. Knowing the basic functions of the four systems of the body and the effects of negative influences on this. Understanding that celebrities are not all accurately portrayed in the media	Being My Best: Understanding aspirations and setting goals. Research a wellbeing issue and discuss recommendations (e.g. sugar in food/ pollution/ road safety)
Summer 2	Growing and Changing: Girls and Boys – similarities and differences	Growing and Changing: Girls and Boys Life stages	Growing and Changing: Understanding the basic needs of a baby. Knowing the major internal body parts. How to get help in a bullying situation	Growing and Changing: Identifying the importance of positive feedback to others. Understanding loss and the different stages of growth of humans	Growing and Changing: Understanding different relationships and the importance of personal space.	Growing and Changing: Moving house. Describing changes that happen to people during their lives and who can help them deal with change. Understanding secrets and surprises.	Growing and Changing: Understanding good and bad feelings using appropriate vocabulary. Building resilience and identifying the consequences of positive and negative behaviour.	Growing and Changing: Managing change. Understanding media manipulation and pressure online.
							Growing and Changing In Year 5, members of the Senior Leadership Team will teach the girls about puberty.	Growing and Changing In Year 6, members of the Senior Leadership Team will teach the children, in single-sex groups, about puberty.