



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: Settling in, building friendships, rules and routines	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: Conflict Resolutions, Cooperation and Collaboration. Considering others' point of view	Me and My Relationships: Positive Healthy Relationships and Dealing with Negative Influences Being Assertive	Me and My Relationships: Understanding the needs of others and what an unhealthy relationship is – identifying risk.	Me and My Relationships: Peer Pressure; Demonstrating Assertive Behaviour. Keeping Safe Online
Autumn 2	Valuing Difference: Sharing our own feelings and listening to others.	Keeping Myself Safe: Safe and Unsafe decisions and recognising danger/hazards.	Valuing Difference: Identifying the differences and similarities between people – understanding bullying	Valuing Difference: Building a sense of identity – being part of group and the importance of inclusion and kindness	Valuing Difference: Respecting differences and challenging prejudice understanding the importance of friends and neighbours	Valuing Difference: Examine the difference between a friend and an acquaintance – challenging stereotypes – behaving appropriately	Valuing Difference: Understanding discrimination, injustice and racism – respecting others understanding the dangers and accuracy of online information	Valuing Difference: Respecting the complex natures of all individuals within the community and demonstrating
Spring 1	Keeping Myself Safe: Increasingly follow the Nursery rules and understand why they are important. Focus on making children independent in Snack area – pouring drinks without spilling, washing up, setting	Valuing Difference: Celebrating Differences	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.

	the table, buttering toast etc.							
Spring 2	Rights and Respect: Learn to care for the world around them.	Rights and Respect: Looking after things, friendship, environment and money	Rights and Respect: Looking after things, friendship, environment and money.	Rights and Resect: 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 responsibly, and how we can look the school environment.	Rights and Respect: Understanding the difference between rights and responsibilities. Creating an awareness of who keeps us healthy and safe. Understanding tax	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.
Summer 1	Being My Best: Begin to manage their own conflicts in an appropriate way.	Growing and Changing: Girls and Boys Life stages	Being My Best: Keeping my body healthy Importance of food, exercise and sleep Growth Mindset	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	Transition: Visits to new Reception classes. Address any worries children may have about moving up to Reception. Nursery Graduation	Being My Best: Keeping my body healthy Importance of food, exercise and sleep Growth Mindset	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.	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.