

PSHE whole school planning

Core themes: **Health and Wellbeing**, **Living in the wider world**, **Relationships**.

		Autumn			Spring			Summer		
		Belonging to a community	Physical health and Mental wellbeing	Respecting ourselves and others	Keeping safe	Media literacy and digital resilience	Money and work	Families and Friendships	Safe relationships	Growing and changing
Values cycle		Unity Responsibility	Being healthy Resilience	Respect Equality	Self-awareness Honesty	Independence Peace	Quality Patience	Gratitude Friendship	Consideration Trust	Understanding Acceptance
Values cycle B		Co-operation Hope	Perseverance Optimism	Humility Tolerance	Courage Choice	Freedom Kindness	Self-belief Simplicity	Forgiveness Love	Thoughtfulness Care	Empathy Happiness
Year 1		What rules are; caring for others' needs; looking after the environment	Keeping healthy; food and exercise, hygiene routines; sun safety	How behaviour affects others; being polite and respectful	How rules and age restrictions help us; keeping safe online.	Using the internet and digital devices; communicating online.	Strengths and interests; jobs in the community.	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	Recognising what makes them unique and special; feelings; managing when things go wrong.
Year 2		Belonging to a group; roles and responsibilities; being the same and different in the community	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Safety in different environments; risk and safety at home; emergencies	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Making friends; feeling lonely and getting help.	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Growing older; naming body parts; moving class or year
Year 3		The value of rules and laws; rights, freedoms and responsibilities	Health choices and habits; what affects feelings; expressing feelings	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Risks and hazards; safety in the local environment and unfamiliar places	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Personal strengths and achievements; managing and re-framing setbacks
Year 4		What makes a community; shared responsibilities	Maintaining a balanced lifestyle; oral hygiene and dental care	Respecting differences and similarities; discussing difference sensitively	Medicines and household products; drugs common to everyday life	How data is shared and used	Making decisions about money; using and keeping money safe	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 5		Protecting the environment; compassion towards others	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Keeping safe in different situations, including responding in emergencies, first aid and FGM	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Managing friendships and peer influence	Physical contact and feeling safe	Personal identity; recognising individuality and different qualities; mental wellbeing
Year 6		Valuing diversity; challenging discrimination and stereotypes	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing	Expressing opinions and respecting other points of view, including discussing topical issues	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	<i>Safe relationships</i> Recognising and managing pressure; consent in different situations	<i>Family and friendships</i> Attraction to others; romantic relationships; civil partnership and marriage	Human reproduction and birth; increasing independence; managing transition