

PSHE Units



*Digital Wellbeing taught in T1 of Computing every year. Objectives are also revisited during the year in other PSHE units.

*Growing Up taught using existing SRE planning (CWP).

Threads of learning

	Health and Wellbeing	Living in the Wider World	Relationships	SRE
EYFS	Keeping healthy- healthy and unhealthy food; Hygiene; Oral hygiene; Safety; Seek help and support; Firework safety; Safety in local area	Aware of and understanding others' feelings and beliefs; Friendships; Feelings; Respect; Rules	Aware of and understanding others' feelings and beliefs; Express feelings; Respect	
Y1	Safety First: Risk; Pressure; Stranger Danger; Safety; Seek help and support	Aiming High: Identifying strengths and interests; Share opinions; Jobs One World: Families; Important people; Caring for self and others; Environment; Rules	Be Yourself: Being unique; Feelings; Seek help and support; Share opinions TEAM: Roles; Respect; Helping others; Kind and unkind behaviour; Seek help and support	Growing and Caring for Ourselves: Relationships: friendships; Families; Seek help and support; Independence
Y2	It's my body: Keeping healthy- physically; Hygiene; Medicines; Seeking permission Think Positive: Feelings and emotions: Physical responses; Kind and unkind behaviour; Seek help and support; Share opinions; Helping others	Money Matters: Money; Jobs; Neds and wants Diverse Britain: Rules; Community groups; Kind and unkind behaviour; Caring for others; Environment	VIPs: Important people; Feelings; Reconciliation; Bullying; Seek help and support; Helping others	Differences: Stereotypes; Relationships: male and female to create new life; Physical differences; Body parts
Y3	Safety First: Risks and hazards; Pressure; Safety; Stranger Danger; Safety; Seek help and support; Medicines and chemicals; First Aid; Independence	Aiming High: Identifying strengths and interests; Self-worth; Goal setting; Manage setbacks; Careers and jobs; Stereotypes One World: Diversity; Community; Stereotypes; Challenging others; Human rights; Compassion; Shared responsibility	Be Yourself: Feelings and emotions; Being unique; Self-respect; Respect; Seek help and support; Pressure; Checking reliability TEAM: Change; Bullying; Teamwork; Seek help and support	Valuing Difference and Keeping Safe: Physical and emotional differences; Body parts; Personal space and unwanted touch; Families; Seek help and support
Y4	It's my body: Keeping healthy- physically and emotionally; Hygiene; Medicines; Seek help and support Think Positive: Feelings and emotions: Physical responses; Kind and unkind behaviour; Seek help and support; Expressing feelings; Impact of changes; Managing failure	Money Matters: Money; Careers and jobs; Keeping money safe; Needs, wants and priorities; Good value Diverse Britain: Personal identity; Community groups; Diversity; Rules and laws; Discrimination	VIPs: Types of relationships; Healthy and unhealthy relationships; Caring for others; Change; Bullying; Seek help and support	Growing Up: Puberty; Physical and emotional changes; Relationships: showing respect; recognising healthy and unhealthy relationships
Y5	Safety First: Risks and hazards; Pressure; Safety; Stranger Danger; Safety; Seek help and support; Legal and illegal drugs; First Aid; Emergency situations; Independence	Aiming High: Identifying strengths, achievements and interests; Self-worth; Careers and jobs; Influences on decisions; Stereotypes; Aspirations One World: Human rights; Shared responsibilities; Ethical decision making; Environment; Compassion	Be Yourself: Being unique; Respect; Pressure and peer influence; Feelings and emotions; Healthy and unhealthy relationships; Seek help and support TEAM: Healthy relationships; Respect; Reconciliation; Bullying and cyberbullying; Seek help and support	Puberty: Puberty; Physical and emotional changes; Menstruation and sperm production; Personal hygiene; Relationships: changes in emotions during puberty; Seek help and support
Y6	It's my body: Keeping healthy- routines for physically and emotionally; Healthy decisions; Hygiene; Legal and illegal drugs; Seek help and support; Gender identity; Being unique Think Positive: Feelings and emotions: mental health; Managing feelings; Warning signs; Impact of behaviour; Seek help and support; Managing failure	Money Matters: Risks associated with money; Payment; Good value; Ethical spending; Budgeting; Gambling Diverse Britain: Personal identity; Community groups; Diversity; Rules and laws; Prejudice	VIPs: Important people; Families; Healthy family life; Considering actions; Reconciliation; Secrets; Unhealthy relationships; Seeking permission; Seek help and support	Puberty, Relationships and Reproduction: Physical and emotional changes; Relationships: recognising healthy and unhealthy relationships; sharing information; Consent and permission; Reproduction and pregnancy; Contraception; Seek help and support

	Term 1 We are mathematicians	Term 2 We are historians	Term 3 We are geographers	Term 4 We are readers and writers	Term 5 We are scientists and engineers	Term 6 We are creative
Driver	Love of learning	History	Geography	Reading	Science	The Arts
EYFS Big Experiences	Make a new friend	Toasting marshmallows	Changing snow	Treasure hunt	Look after an animal	Cook your own lunch
Y1	Be Yourself	Safety First	Aiming High	One World	TEAM	SRE
Y2	VIPs	Think Positive	Diverse Britain	It's my body	Money Matters	SRE
Y3	Be Yourself	Safety First	Aiming High	One World	TEAM	SRE
Y4	VIPs	Think Positive	Diverse Britain	It's my body	Money Matters	SRE
Y5	Be Yourself	Safety First	Aiming High	One World	TEAM	SRE
Y6	VIPs	Think Positive	Diverse Britain	It's my body	Money Matters	SRE