

PSHE whole school planning Core themes: <b>Health and Wellbeing</b> , <b>Living in the wider world</b> , <b>Relationships</b> .									
Autumn			Spring			Summer			
	Belonging to a community	Physical health and Mental wellbeing	Respecting ourselves and others	Families and Friendships	Keeping safe	Media literacy and digital resilience	Money and work	Safe relationships	Growing and changing
Values cycle A	Unity Responsibility	Being healthy Resilience	Respect Tolerance	Appreciation Friendship	Self-awareness Honesty	Independence Peace	Quality Patience	Consideration Trust	Understanding Happiness
Values cycle B	Co-operation Hope	Perseverance Optimism	Humility Equality	Forgiveness Love	Courage Choice	Freedom Kindness	Self-belief Simplicity	Thoughtfulness Care	Empathy Acceptance
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	Roles of different people; families; feeling cared for	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.	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	Making friends; feeling lonely and getting help.	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	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	What makes a family; features of family life	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	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	Positive friendships, including online	Medicines and household products; drugs common to everyday life	How data is shared and used	Making decisions about money; using and keeping money safe	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	Managing friendships and peer influence	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	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	<i>Safe relationships</i> Recognising and managing pressure; consent in different situations	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>Family and friendships</i> Attraction to others; romantic relationships; civil partnership and marriage	Human reproduction and birth; increasing independence; managing transition