



# Year 1 PSHE/RSHE—What is being taught and when.



## Intent-The children will know about:

### Term 1-

#### **Relationships:**

Families and friendships- Roles of different people; families; feeling cared for.

**Safe relationships-** Recognising privacy; staying safe; seeking permission.

**Respecting ourselves and others-** How behaviour affects others; being polite and respectful.

### Term 2-

#### **Living in the wider world:**

Belonging to a community- What rules are; caring for others' needs; looking after the environment.

Media literacy and digital resilience- Using the internet and digital devices; communicating online.

Money and work- Strengths and interests; jobs in the community.

### Term 3-

#### **Health and Wellbeing:**

Physical health and Mental wellbeing- Keeping healthy; food and exercise, **hygiene routines**; sun safety.

Growing and changing- Recognising what makes them unique and special; feelings; managing when things go wrong.

Keeping safe- How rules and age restrictions help us; **keeping safe online**.



# Year 2 PSHE/RSHE—What is being taught and when.



## Intent-The children will know about:

### Term 1-

#### **Relationships:**

Families and friendships- Roles of different people; families; feeling cared for.

**Safe relationships-** Recognising privacy; staying safe; seeking permission.

**Respecting ourselves and others-** How behaviour affects others; being polite and respectful.

### Term 2-

#### **Living in the wider world:**

Belonging to a community- What rules are; caring for others' needs; looking after the environment.

Media literacy and digital resilience- Using the internet and digital devices; communicating online.

Money and work- Strengths and interests; jobs in the community.

### Term 3-

#### **Health and Wellbeing:**

Physical health and Mental wellbeing- Keeping healthy; food and exercise, **hygiene routines**; sun safety.

Growing and changing- Recognising what makes them unique and special; feelings; managing when things go wrong.

Keeping safe- How rules and age restrictions help us; **keeping safe online**.



# Year 3 PSHE/RSHE—What is being taught and when.



## Intent-The children will know about:

### Term 1-

#### **Relationships:**

Families and friendships-What makes a family; features of family life.

**Safe relationships**-Personal boundaries; safely responding to others; the impact of hurtful behaviour.

Respecting ourselves and others-Recognising respectful behaviour; **the importance of self-respect**; courtesy and being polite.

### Term 2-

#### **Living in the wider world:**

Belonging to a community-The value of rules and laws; rights, freedoms and responsibilities.

Media literacy and digital resilience-How the internet is used; assessing information online.

Money and work-Different jobs and skills; job stereotypes; setting personal goals.

### Term 3-

#### **Health and Wellbeing:**

Physical health and Mental wellbeing-Health choices and habits; what affects feelings; expressing feelings.

**Growing and changing**-Personal strengths and achievements; managing and reframing setbacks.

Keeping safe-Risks and hazards; safety in the local environment and unfamiliar places.



# Year 4 PSHE/RSHE—What is being taught and when.



## Intent-The children will know about:

### Term 1-

#### **Relationships:**

Families and friendships-Positive friendships, including online.

**Safe relationships**-Responding to hurtful behaviour; managing confidentiality; recognising risks online

**Respecting ourselves and others**-Respecting differences and similarities; discussing difference sensitively.

### Term 2-

#### **Living in the wider world:**

Belonging to a community-What makes a community; shared responsibilities.

Media literacy and digital resilience-How data is shared and used.

Money and work-Making decisions about money; using and keeping money safe.

### Term 3-

#### **Health and Wellbeing:**

Physical health and Mental wellbeing-Maintaining a balanced lifestyle; oral hygiene and dental care.

**Growing and changing**-Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.

Keeping safe-Medicines and household products; drugs common to everyday life.



# Year 5 PSHE/RSHE—What is being taught and when.



Nb. The PSHE Association planning provides detail for each heading.

Intent-The children will know about:

## Term 1-

### **Relationships:**

Families and friendships-Managing friendships and peer influence.

**Safe relationships-Physical contact and feeling safe.**

Respecting ourselves and others-Responding respectfully to a wide range of people; recognising prejudice and discrimination.

## Term 2-

### **Living in the wider world:**

Belonging to a community-Protecting the environment; compassion towards others.

Media literacy and digital resilience-How information online is targeted; different media types, their role and impact.

Money and work-identifying job interests and aspirations; what influences career choices; workplace stereotypes.

## Term 3-

### **Health and Wellbeing:**

Physical health and Mental wellbeing-Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.

**Growing and changing**-Personal identity; recognising individuality and different qualities; mental wellbeing.

nb. Girls in the class shown visual materials covering menstruation- provided by school nurse.



# Year 6 PSHE/RSHE—What is being taught and when.



## Intent-The children will know about:

### Term 1-

#### **Relationships:**

Families and friendships-Attraction to others; romantic relationships; civil partnership and marriage.

Safe relationships-Recognising and managing pressure; consent in different situations.

Respecting ourselves and others-Expressing opinions and respecting other points of view, including discussing topical issues.

### Term 2-

#### **Living in the wider world:**

Belonging to a community-Valuing diversity; challenging discrimination and stereotypes.

Media literacy and digital resilience-Evaluating media sources; sharing things online.

Money and work-Influences and attitudes to money; money and financial risks.

### Term 3-

#### **Health and Wellbeing:**

Physical health and Mental wellbeing-What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.

Growing and changing-Human reproduction and birth; increasing independence; managing transition.

nb. Puberty addressed using visual materials provided by the school nurse. Human reproduction discussed in the context of science- life cycles.

Keeping safe-Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.