

Term	Autumn			Spring			Summer		
Theme	Living in the wider world Minimum 12 lessons			Relationships and wellbeing Minimum 12 lessons			Health Minimum 12 lessons		
Topic	Rights and responsibilities	Belonging to a community	Money / dreams and goals	Feelings and emotions / mental health and wellbeing	Healthy relationships / families	Valuing difference (Hobbies and interests)	Healthy lifestyles	Keeping safe	Growing and changing
Experiences	Attendance week	Fictional trial Environment project Charity (raise money) Go green week	Enterprise week Money sense (Natwest) Careers week	Speak out stay safe Young carers	Anti-bullying week (November)	Musical performance Interest and hobbies week Class talent show	Olympian visit Drug awareness Sports afternoon	Online safety talk Fire safety First aid Road safety walk Bike ability Safer internet day (February)	Visit secondary school
P4C / debates	Each half term the unit will include a structured and prepared debate and a philosophy lesson (see speaking and listening skills from English curriculum)								
Reading	In line with the reading scheme, one week's reading texts will focus on the PSHE theme								
Reception	*School and class rules *Looking after the classroom and equipment (PSED)	Environment project – plastic pollution (role play – recycling sorting) (UtW)	*Role play involving coins and job roles (eg. Shop)	*Recognising their own and others feelings (feelings chart) (PSED)	*Building friendships * Play co-operatively (PSED)	*Listen to other children's ideas during play/activities (PSED)	*basic hygiene (washing hands) (PD)	*People that keep us safe (emergency services) Health and prevention First aid	*talk about past and present events in their own lives (UtW)
Year 1	*School and class rules <u>*Everybody is different and similar</u>	*Helping each other (linked to Harvest Festival) *Environment project – plastic pollution	*What coins and notes do we use? *What are needs and wants? How can I keep track of money? *Enterprise project	*Recognising their own and others feelings *How feelings and actions affect others	*Special people in their lives *Being assertive and standing up for myself (Stop! I don't like that!)	*Respecting similarities and differences (tolerance) *Sharing opinions and ideas	*hygiene routines (including teeth) *healthy and unhealthy foods *Growing food *Personal challenge (daily mile)	*Road safety (local walk) Health and prevention First aid	*Identifying changes from baby to now *Explain that people grow from young to old *Recognising what they are good at and setting goals

Year 2	<ul style="list-style-type: none"> *School and class rules *Respecting their own and others' needs *Getting help in an emergency 	<ul style="list-style-type: none"> *Belonging to a group *Environment project – plastic pollution 	<ul style="list-style-type: none"> *Where can I keep my money safe? Why is it important to save money? Where does money come from? *Enterprise project 	<ul style="list-style-type: none"> *Building positive relationships *Caring for each other *<u>Bodies and feelings can be hurt</u> 	<ul style="list-style-type: none"> *Who is special to me *Listening to others and playing nicely *Team work activities 	<ul style="list-style-type: none"> *Respecting similarities and differences (tolerance) *Sharing opinions and ideas related to fairness 	<ul style="list-style-type: none"> *the role of medicines *healthy and unhealthy foods *Growing food *Personal challenge (daily mile) 	<ul style="list-style-type: none"> *People that keep us safe *keeping safe in the house (harmful household products) *Online safety Health and prevention First aid 	<ul style="list-style-type: none"> * <u>NSPCC underwear rule (Pants)</u> *Recognising what they are good at and setting goals
Year 3	<ul style="list-style-type: none"> *School and class rules *Being a part of a community *Appreciating difference and diversity in the community and UK 	<ul style="list-style-type: none"> *What makes a community? *Environment project – plastic pollution 	<ul style="list-style-type: none"> *keeping money safe *Keeping track of money spent and saved *Job stereotypes *Enterprise project 	<ul style="list-style-type: none"> *Showing and coping with different emotions *The effect of actions and emotions on myself and others 	<ul style="list-style-type: none"> *<u>Appropriate and inappropriate touch (NSPCC Pants)</u> *Maintaining friendships *Conflict resolution (including family) 	<ul style="list-style-type: none"> *Recognise and respond to bullying *Share their own views and listen to others respectfully (debate) 	<ul style="list-style-type: none"> *balanced diet * The importance of sleep *Growing food *Personal challenge (daily mile) 	<ul style="list-style-type: none"> *Safety in the home (fire hazards - visitor talk) *Risks and hazards safety in the local area and unfamiliar surroundings *Online safety Health and prevention First aid 	<ul style="list-style-type: none"> *<u>Naming body parts (including external genitalia)</u> *<u>Sequencing the human life cycle (all stages)</u> *Recognising what they are good at and setting goals
Year 4	<ul style="list-style-type: none"> *School and class rules *Debating diversity issues *Rules and laws *The need for food banks (linked 	<ul style="list-style-type: none"> *Responsibilities in different communities (home and school) *Environment project – plastic pollution 	<ul style="list-style-type: none"> *Different ways of paying *The role of banks *Saving and budgeting *Enterprise project 	<ul style="list-style-type: none"> *<u>Changing emotions and dealing with them (linked to puberty)</u> *When to keep secrets/when to tell 	<ul style="list-style-type: none"> *Working collaboratively (team work activities) *<u>Acceptable and unacceptable physical contact</u> 	<ul style="list-style-type: none"> *Listen and respond effectively to people (debate) *What makes people the same or different? 	<ul style="list-style-type: none"> *the role of each food group *Growing food *Personal challenge (daily mile) 	<ul style="list-style-type: none"> *Road safety (local walk) *Basic emergency aid *Online safety Health and prevention First aid 	<ul style="list-style-type: none"> *<u>Explain the changes puberty will bring to the body (including periods for girls) – taught separately</u>

	to Harvest festival)			*Coping with change and loss					*Recognising what they are good at and setting goals
Year 5	*School and class rules *Human rights: the rights of a child. *Respecting and resolving difference.	*Anti-social behaviour *Environment project – plastic pollution	*Finance in people’s lives (salary and expenses) *Career aspirations *What is meant by interest and loan *Enterprise project	*Respecting the feelings of others *when and how to report concerns about their own safety *Coping with feelings that we can’t control (linked to puberty)	*Personal boundaries and the right to privacy *Positive and healthy relationships *Different types of relationships and families	*Recognising and challenging stereotypes *Listening to others, raising concerns and respectfully challenging opinions (debate)	*the effects and risks of substances and drugs (legal – smoking/ alcohol) *Factors that affect emotional health and well being *Growing food *Personal challenge (daily mile)	*Online safety (visitor talk) *Media influences (edited images) Health and prevention First aid	*Explain the changes puberty will bring for boys and girls *Periods including the use of sanitary products *Areas of the body that sweat more and how to combat it *Recognising what they are good at and setting goals
Year 6	*School and class rules *Using technology responsibly *Crucial crew – gangs/drugs/ weapons	*The value of rules and laws *Environment project – plastic pollution	*Understanding interest, loan, debt management and tax *Career aspirations *Enterprise project	*Managing dares and online crazes *When to break confidentiality *Managing stress/anxiety	* Working collaboratively (team work activities) *Recognising unhealthy relationships (including forced marriage) *Committed, loving relationships and marriage	*Bullying and discrimination *Listening to others, raising concerns and respectfully challenging opinions (debate)	*the effects and risks of substances and drugs (illegal) *Resisting negative peer pressure *Growing food *Personal challenge (daily mile)	*Online safety (visitor talk) *Rights to protect their body and speaking out Health and prevention First aid	*Recap physical and emotional changes at puberty *human reproduction *The role and responsibility of parents *Recognising what they are good at and setting goals *Transition to senior school

									(increasing independence) *Secondary school week
Resources	Jigsaw: Being Me in the World	Other resources	Money sense (Natwest) Jigsaw: Dreams and goals	Jigsaw: Relationships RSE guidance (Mental wellbeing)	Jigsaw: Relationships RSE guidance (families, friendships, relationships) NSPCC	Jigsaw: Celebrating Difference	Jigsaw: Healthy Me RSE guidance (drugs health and prevention)	St John's ambulance first aid RSE guidance (Being safe, first aid)	Jigsaw: Changing Me RSE guidance (Changing adolescent body)

