



Whole School Curriculum Framework for P.S.H.E

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Personal, Social and Emotional					
Reception	Personal, Social and Emotional					
Jigsaw Piece	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	<ul style="list-style-type: none"> -Feeling special and safe. -Being part of a class. -Rights and responsibilities. -Rewards and feeling proud. -Consequences. -Owning the learning charter. 	<ul style="list-style-type: none"> -Similarities and differences. -Understanding bullying and knowing how to deal with it. -Making new friends. -Celebrating the differences in everyone 	<ul style="list-style-type: none"> -Setting goals. -Identifying successes and achievements. -Learning styles. -Working well and celebrating achievements with a partner. -Teaching new challenges. -Identifying and overcoming obstacles. -Feelings of success. 	<ul style="list-style-type: none"> -Keeping myself healthy. -Healthier lifestyle choices. -Keeping clean -Being safe. -Medicine safety/safety with household items. -Road Safety. -Linking health and happiness. 	<ul style="list-style-type: none"> -Belonging to a family. -Making friends/being a good friend. -Physical contact preferences. -People who help us. -Qualities as a friend and person. -Self-acknowledgement. -Being a good friend to myself. -Celebrating special relationships. 	<ul style="list-style-type: none"> -Life cycle- animals and human. -Changes in me. -Changes since being a baby. -Differences between female and male bodies (correct terminology). -Linking growing and learning. -Coping with change. -Transition.
Year 2	<ul style="list-style-type: none"> -Hopes and fears for the year. -Rights and responsibilities. -Rewards and consequence. -Safe and fair learning environment. -Valuing contributions. -Choices. -Recognising feelings. 	<ul style="list-style-type: none"> -Assumptions and stereotypes about gender. -Understanding bullying. -Standing up for self and others. -Making new friends -Gender diversity. -Celebrating difference and remaining friends. 	<ul style="list-style-type: none"> -Achieving realistic goals. -Perseverance. -Learning strengths. -Learning with others. -Group co-operation. -Contributing to and sharing success. 	<ul style="list-style-type: none"> -Motivation. -Healthier choices. -Relaxation. -Healthy eating and nutrition. -Healthier snacks and sharing food. 	<ul style="list-style-type: none"> -Different types of family. -Physical contact boundaries. -Friendship and conflict. -Secrets. -Trust and appreciation. -Expressing appreciation for special relationships. 	<ul style="list-style-type: none"> -Life cycles in nature. -Growing from young old. -Increasing independence. -Difference in female and male bodies (correct terminology). -Assertiveness. -Preparing for transition.
Year 3	<ul style="list-style-type: none"> -Setting personal goals. -Self-identity and worth. -Positivity in challenges. 	<ul style="list-style-type: none"> -Families and their differences. 	<ul style="list-style-type: none"> -Difficult challenges and achieving success. -Dreams and ambitions. 	<ul style="list-style-type: none"> -Exercise. -Fitness challenges. 	<ul style="list-style-type: none"> -Family roles and responsibilities. 	<ul style="list-style-type: none"> -How babies grow. -Understanding a babies' needs.



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	<ul style="list-style-type: none"> -Rules, rights and responsibilities. -Rewards and consequences. -Responsible choices. -Seeing things from others perspectives. 	<ul style="list-style-type: none"> -Family conflict and how to manage it (child centred). -Witnessing bullying and how to solve it. -Recognising how words can be hurtful. -Giving and receiving compliments. 	<ul style="list-style-type: none"> -New challenges. -Motivation and enthusiasm. -Recognising and trying to overcome obstacles. -Evaluating learning processes. -Managing feelings simple budgeting. 	<ul style="list-style-type: none"> -Food labelling and healthy swaps. -Attitudes towards drugs. -Keeping safe and why it's important online and off line. -Scenarios. -Respect for myself and others. -Healthy and safe choices. 	<ul style="list-style-type: none"> -Friendship and negotiation. -Keeping safe online and who to go to for help. -Being a global citizen. -Being aware of how my choices affect others. -Awareness of how other children have different lives. -Expressing appreciation for family and friends. 	<ul style="list-style-type: none"> -Outside body changes. -Inside body changes. -Family stereotypes. -Challenging my ideas. -Preparing for transition.
Year 4	<ul style="list-style-type: none"> -Being part of a class team. -Being a school citizen. -Rights responsibilities and democracy (school council). -Rewards and consequences. -Group decision making. -Having a voice. -What motivates behaviour. 	<ul style="list-style-type: none"> -Challenging assumptions. -Judging by appearance. -Accepting self and others. -Understanding influences. -Understanding bullying. -Problem solving. -Identifying how special and unique everyone is. -First impressions. 	<ul style="list-style-type: none"> -Hopes and dreams. -Overcoming disappointment -Creating new, realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience -Positive attitude 	<ul style="list-style-type: none"> -Healthier friendships -Group dynamics -Smoking -Alcohol -Assertiveness -Peer pressure -Celebrating inner strength. 	<ul style="list-style-type: none"> -Jealousy -Love and loss -Memories of loved ones -Getting on and falling out -Girlfriends and boyfriends -Showing appreciation to people and animals 	<ul style="list-style-type: none"> -Being unique -Having a baby -Girls and puberty -Confidence in change -Accepting change -Preparing for transition -Environmental change.
Year 5	<ul style="list-style-type: none"> -Planning the forthcoming year. -Being a citizen. -Rights and responsibilities. -Rewards and consequences. -How behaviour affects groups. 	<ul style="list-style-type: none"> -Cultural differences and how they can cause conflict. -Racism. -Rumours and name-calling. -Types of bullying. -Material wealth and happiness. 	<ul style="list-style-type: none"> -Future dreams. -The importance of money. -Jobs and careers. -Dream job and how to get there. -Goals in different cultures. -Supporting others (charity). 	<ul style="list-style-type: none"> -Smoking, including vaping. -Alcohol. -Alcohol and anti-social behaviour. -Emergency aid. -Body image. -Relationships with food. -Healthy choices. 	<ul style="list-style-type: none"> -Self-recognition and self-worth. -Building self-esteem. -Safe online communities. -Rights and responsibilities online. -Online gaming and gambling. -Reducing screen time. 	<ul style="list-style-type: none"> -Self and body image. -Influence of online and media on body image. -Puberty for girls. -Puberty for boys. -Conception (including IVF). -Growing responsibility. -Coping with change. -Preparing for transition.



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	-Democracy, having a voice, participating.	-Enjoying and respecting other cultures.	-Motivation.	-Motivation and behaviour.	-Dangers of online grooming. -SMARRT internet safety rules.	
Year 6	<ul style="list-style-type: none"> -Identifying goals for the year. -Global citizenship. -Children's universal rights. -Feeling welcome and valued. -Choices, consequences and rewards. -Group dynamics. -Democracy, having a voice. -Anti-social behaviour. -Role-modelling. 	<ul style="list-style-type: none"> -Perceptions of normality. -Understanding disability. -Power struggles. -Understanding bullying. -Inclusion/exclusion. -Differences as conflict, difference as celebration. -Empathy. 	<ul style="list-style-type: none"> -Personal learning goals, in and out of school. -Success criteria. -Emotions in success. -Making a difference in the world. -Motivation. -Recognising achievements. -Compliments. 	<ul style="list-style-type: none"> -Taking personal responsibility. -How substances affect the body. -Exploitation, including 'county lines' and gang culture. -Emotional and mental health. -Managing stress. 	<ul style="list-style-type: none"> -Mental health. -Identifying mental health worries and sources of support. -Love and loss. -Managing feelings. -Power and control. -Assertiveness. -Technology safety. -Take responsibility with technology use. 	<ul style="list-style-type: none"> -Self-image. -Body image. -Puberty and feelings. -Conception to birth. -Reflections about change. -Physical attraction. -Respect and consent. -Boyfriends /girlfriends. -Sexting. -Transition.