

		EYFS		Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
		Nursery	Reception	Y1	Y2	Y3	Y4	Y5	Y6
PSHE	Autumn 1: Relationships	<p><b>Self-Regulation</b> Entering independently Recognise adults to support</p> <p><b>Managing Self</b> Class rules Hand hygiene Resource care 'Choose it, use it, and put it away'. Independent dressing</p> <p><b>Building Relationships</b> Playing alongside one another Partner games.</p>	<p><b>Self-Regulation</b> Hobbies and interests. Class jobs</p> <p><b>Managing Self</b> Exercise for health Healthy Eating</p> <p><b>Building Relationships</b> Feelings - 'The Colour Monster' and 'The Worrysaurus' Listening respectfully</p>	<p><b>Families and Friendships</b> Roles of different people; families; feeling cared for</p> <p><b>Safe Relationships</b> Recognising privacy; staying safe; seeking permission</p> <p><b>Respecting Ourselves and Others</b> How behaviour affects others; being polite and respectful</p>	<p><b>Families and Friendships</b> Making friends: feeling lonely and getting help</p> <p><b>Safe Relationships</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p><b>Respecting Ourselves and Others</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><b>Families and Friendships</b> What makes a family; features of family life</p> <p><b>Safe Relationships</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><b>Respecting Ourselves and Others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p><b>Families and Friendships</b> Positive friendships, including online</p> <p><b>Safe Relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting Ourselves and Others</b> Respecting differences and similarities; discussing difference sensitively</p>	<p><b>Families and Friendships</b> Managing friendships and peer influence</p> <p><b>Safe Relationships</b> Physical contact and feeling safe</p> <p><b>Respecting Ourselves and Others</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b>Families and Friendships</b> Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b>Safe Relationships</b> Respecting Recognising and managing pressure; consent in different situations</p> <p><b>Ourselves and Others</b> Expressing opinions and respecting other points of view, including discussing topical issues</p>
	Spring – Living in the Wider World	<p><b>Self-Regulation</b> Visitors and visiting school areas</p> <p><b>Managing Self</b> Healthy eating, exercise and Water</p> <p><b>Building Relationships</b> Sharing and Playing together Taking turns</p>	<p><b>Self-Regulation</b> Choices and consequences</p> <p><b>Managing Self</b> Dental health Screen time</p> <p><b>Building Relationships</b> Peer relationships - 'Kind hands and kind words'. What makes a good friend?</p>	<p><b>Belonging to a Community</b> What rules are; caring for others' needs; looking after the environment</p> <p><b>Media Literacy and digital resilience</b> Using the internet and digital devices; communicating online</p> <p><b>Money and Work</b> Strengths and interests; jobs in the community</p>	<p><b>Belonging to a Community</b> Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><b>Media Literacy and digital resilience</b> The internet in everyday life; online content and information</p> <p><b>Money and Work</b> What money is; needs and wants; looking after money</p>	<p><b>Belonging to a Community</b> The value of rules and laws; rights, freedoms and responsibilities</p> <p><b>Media Literacy and digital resilience</b> How the internet is used; assessing information online</p> <p><b>Money and Work</b> Different jobs and skills; job stereotypes; setting personal goals</p>	<p><b>Belonging to a Community</b> What makes a community; shared responsibilities</p> <p><b>Media Literacy and digital resilience</b> How data is shared and used</p> <p><b>Money and Work</b> Making decisions about money; using and keeping money safe</p>	<p><b>Belonging to a Community</b> Protecting the environment; compassion towards others</p> <p><b>Media Literacy and digital resilience</b> How information online is targeted; different media types, their role and impact</p> <p><b>Money and Work</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Belonging to a Community</b> Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Media Literacy and digital resilience</b> Evaluating media sources; sharing things online</p> <p><b>Money and Work</b> Influences and attitudes to money; money and financial risks</p>

	<p>Summer: Health and Well Being</p>	<p><b>Self-Regulation</b> Calming techniques - stopping and taking deep breaths. Out of school setting visits <b>Managing Self</b> Dental health. Independent toilet use <b>Building Relationships</b> Other's feelings Listening and compromising</p>	<p><b>Self-Regulation</b> Adults to speak to when feeling upset/angry. Overcoming challenges <b>Managing Self</b> Sleep routines Road Safety <b>Building Relationships</b> Expressing opinions Resolving issues through talking</p>	<p><b>Physical Health and Mental Wellbeing</b> Keeping healthy; food and exercise, hygiene routines; sun safety <b>Growing and Changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong <b>Keeping safe</b> How rules and age restrictions help us; keeping safe online</p>	<p><b>Physical Health and Mental Wellbeing</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help <b>Growing and Changing</b> Growing older; naming body parts; moving class or year <b>Keeping safe</b> Safety in different environments; risk and safety at home; emergencies</p>	<p><b>Physical Health and Mental Wellbeing</b> Health choices and habits; what affects feelings; expressing feelings <b>Growing and Changing</b> Personal strengths and achievements; managing and reframing setbacks <b>Keeping safe</b> Risks and hazards; safety in the local environment and unfamiliar places</p>	<p><b>Physical Health and Mental Wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care <b>Growing and Changing</b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty <b>Keeping safe</b> Medicines and household products; drugs common to everyday life</p>	<p><b>Physical Health and Mental Wellbeing</b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies <b>Growing and Changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing <b>Keeping safe</b> Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>	<p><b>Physical Health and Mental Wellbeing</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online <b>Growing and Changing</b> Human reproduction and birth; increasing independence; managing transition <b>Keeping safe</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
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