

Personal, Social and Health Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>How do we decide how to behave? Class rules; respecting others' needs; behaviour; listening; feelings and people can be hurt</p>	<p>How do we keep safe? (part 1) Keeping safe in familiar and unfamiliar situations; household products (including medicines) which can be harmful</p>	<p>How do we feel? Different kinds of feelings; strategies to manage feelings; change and loss</p>	<p>How do we keep safe? (part 2) Secrets and surprises; who can help us; how to ask for help</p>	<p>What makes us special? Respecting similarities and differences between people; special people; that everyone is unique, but that everyone has similarities</p>	<p>What can we do with money? Where money comes from; spending and saving; keeping money safe</p>
Year 2	<p>How can we help? Group and class rules and why they are important; respecting the rights and needs of others; privacy</p>	<p>How do we work together? Listening to others and playing cooperatively; teasing and unkindness; dealing with hurt feelings</p>	<p>How can we keep safe? (part 3) Rules for keeping safe in new places, including online; people who work in the community; asking for help; what to do in an emergency</p>	<p>How do we show our feelings? Different kinds of feelings; strategies to manage feelings; recognising how others are feeling; sharing feelings</p>	<p>What is the same and different about us? Recognising our own abilities; setting goals; growing and becoming more independent; belonging to different groups</p>	<p>How can we be healthy? Things that keep bodies and minds healthy (activity, rest, food); hygiene and healthy choices</p>
Year 3	<p>What jobs would we like? What it means to be enterprising; working collaboratively to reach shared goals; recognising our achievements and setting targets</p>	<p>What are the rules that keep us safe? The importance of rules for health and safety; keeping safe in the local environment; people who help you keep safe</p>	<p>How can we be kind? Recognising feelings in others and responding to how they are feeling; making friends and maintaining friendships</p>	<p>How can we eat well? What makes a balanced lifestyle; balanced diet; making choices; what influences our choices</p>	<p>What are we responsible for? Responsibilities, rights and duties at home, in school and in the local environment; how actions affect ourselves and others</p>	<p>How can we describe our feelings? Wider ranges of feelings; conflicting feelings at the same time; describing feelings associated with change; respecting each others feelings</p>
Year 4	<p>How can we be a good friend? Recognising a wider range of feelings in others; responding to feelings; dispute resolution; negotiation and compromise; resolving differences; feedback</p>	<p>How can we keep safe? (part 4) Managing risk in familiar situations and the local environment; managing negative pressure; recognising how actions affect ourselves and others</p>	<p>What is diversity? Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes</p>	<p>How do we grow and change? Good personal hygiene; Describing intensity of feelings to others; managing complex emotions</p>	<p>How can we keep safe? (part 5) People who help us keep safe; sensible online behaviour; hygiene and germs</p>	<p>How do we avoid danger? Who is responsible for our health and wellbeing; who do ask for advice; when to break a confidence; recognising and managing dares</p>

Year 5	What makes us enterprising? Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; working collaboratively	What does discrimination mean? Actions can affect yourself and others; discrimination; stereotypes; differences and similarities between people; equalities	What makes a community? What it means to be in a community; groups and individuals that support the local community; voluntary, community and pressure groups	How can we manage our money? The role of money in society; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect real life	How can we be safe online? Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries; reporting concerns	What choices keep us healthy? What makes a balanced lifestyle; the skills involved in making choices; what is meant by a habit; who helps keep you healthy and safe
Year 6	What happens after primary school? Increased independence and responsibility; personal safety in the local area; making good choices; where to get help and advice	How can we stay healthy? What positively and negatively affects health; informed choices; balanced lifestyle; the law and drugs; who is responsible for your health and wellbeing	How can money affect us? Finance and its role in our lives; being a critical consumer; interest, loan, debt and tax; how resources are allocated and how this affects individuals; communities and the environment	What are human rights? Why and how laws are made; taking part in making and changing rules; rights of the child; confidentiality and when to break a confidence	What makes a happy relationship? What makes positive, happy relationships (friendships); unhealthy relationships; the right to privacy; understanding the unreality of the media and social media	How can we manage risk? Strategies for managing risk; different influences; resisting unhelpful pressure; personal safety; how to handle aggressive behaviours

Overarching concepts across the whole school: Identity, Relationships, A healthy, balanced lifestyle, Risk and safety, Diversity and Equality, Rights and Responsibilities, Change and Resilience, Power, Enterprise