

## PSHE Programme of Study

Core theme	Topic	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Core 1: Living in the wider world</b>	<b>Belonging to a community</b>	What rules are. Caring for others' needs. Looking after the environment.	Belonging to a Group. Roles and responsibilities. Being the same and different in the community.	The value of rules and laws. Rights, freedoms and responsibilities	What makes a Community? Shared responsibilities	Protecting the environment. Compassion towards others	Valuing diversity. Challenging discrimination and stereotypes.
	<b>Media literacy and digital resilience</b>	Using the internet and digital devices. Communicating online	The internet in everyday life; online content and information	How the internet is used, Assessing information online	How data is shared and used	How information online is targeted. Different media types, their role and impact	Evaluating media sources; sharing things online
	<b>Money and work</b>	Strengths and Interests. Jobs in the community	What money is; needs and wants. looking after money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying job interests and aspirations. What influences career choices. Workplace stereotypes	Influences and attitudes to money. Money and financial risks
<b>Core 2: Relationships.</b>	<b>Families and friendships</b>	Roles of different People. Families. Feeling cared for	Making friends. Feeling lonely and getting help.	What makes a family; features of family life.	Positive friendships, including online	Managing friendships and peer influence	Attraction to others. romantic relationships; civil partnership and marriage
	<b>Safe relationships</b>	Recognising privacy. Staying safe; seeking permission	Managing secrets. Resisting pressure and getting help. Recognising hurtful behaviour	Personal boundaries. Safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour. Managing confidentiality. Recognising risks online	Physical contact and feeling safe	Recognising and managing pressure. Consent in different situations

	<b>Respecting ourselves and others</b>	How behaviour affects others. Being polite and respectful	Recognising things in common and differences. Playing and working cooperatively; sharing opinions	Recognising respectful behaviour. The importance of self-respect. Courtesy and being polite.	Respecting differences and similarities. Discussing differences sensitively.	Responding respectfully to a wide range of people. Recognising prejudice and discrimination.	Expressing opinions and respecting other points of view, including discussing topical issues.
<b>Core 3: Health and Wellbeing</b>	<b>Physical health and Mental wellbeing</b>	Keeping healthy. Food and exercise, hygiene routines. Sun safety	Why sleep is important. Medicines and keeping healthy. Keeping teeth Healthy. Managing feelings and asking for help.	Health choices and Habits. What affects Feelings. Expressing feelings	Maintaining a balanced lifestyle; Oral hygiene and dental care.	Healthy sleep Habits. Sun safety. Medicines, vaccinations, immunisations and allergies.	What affects mental health and ways to take care of it. Managing change, loss and bereavement. Managing time online.
	<b>Growing and changing</b>	Recognising what makes them unique and special. Feelings. Managing when things go wrong.	Growing older. moving class or year	Personal strengths and achievements. Managing and reframing setbacks.	Personal identity. Recognising individuality and different qualities. Mental wellbeing	Physical and emotional changes in puberty. External genitalia. Personal hygiene routines. Support with puberty.	Increasing independence; managing transition
	<b>Keeping safe</b>	How rules and age restrictions help us. Keeping safe online	Safety in different Environments. Risk and safety at home. Emergencies	Risks and hazards. Safety in the local environment and unfamiliar places.	Medicines and household products. Drugs common to everyday life.	Keeping safe in different situations, including responding in emergencies, first aid.	Keeping personal information safe. Regulations and Choices. Drug use and the law. Drug use and the media