

Year 1

Subject			Skills	Autumn	Spring	Summer	
PSHE	Health & Wellbeing	Healthy lifestyles	H1. about what keeping healthy means; different ways to keep healthy				
			H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health				
			H10. about the people who help us to stay physically healthy				
		Mental health	H11. about different feelings that humans can experience				
			H12. how to recognise and name different feelings				
			H13. how feelings can affect people's bodies and how they behave				
			H14. how to recognise what others might be feeling				
		Ourselves, growing & changing	H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things				
			H21. to recognise what makes them special				
			H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)				
		Keeping safe	H26. about growing and changing from young to old and how people's needs change				
			H27. about preparing to move to a new class/year group				
			H29. to recognise risk in simple everyday situations and what action to take to minimise harm				
			H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)				
		Relationships	Families & close positive relationships	H31. that household products (including medicines) can be harmful if not used correctly			
	R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives						
	R2. to identify the people who love and care for them and what they do to help them feel cared for						
	Friendships		R3. about different types of families including those that may be different to their own				
			R7. about how to recognise when they or someone else feels lonely and what to do				
	Managing hurtful behaviour & bullying		R9. how to ask for help if a friendship is making them feel unhappy				
			R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online				
			R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult				
			R15. how to respond safely to adults they don't know				
	Respecting self and others		R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)				
			R21. about what is kind and unkind behaviour, and how this can affect others				
			R23. to recognise the ways in which they are the same and different to others				
	Living in the wider world		Shared responsibilities	R24. how to listen to other people and play and work cooperatively			
				L1. about what rules are, why they are needed, and why different rules are needed for different situations			
			Communities	L4. about the different groups they belong to			
		L6. to recognise the ways they are the same as, and different to, other people					
Economic wellbeing: Money		L10. what money is; forms that money comes in; that money comes from different sources					
		L11. that people make different choices about how to save and spend money					
		L15. that jobs help people to earn money to pay for things					

Year 2		Skills	Autumn	Spring	Summer	
PSHE	Health & Wellbeing	Healthy lifestyles	H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday			
			H4. about why sleep is important and different ways to rest and relax			
			H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy			
			H8. how to keep safe in the sun and protect skin from sun damage			
			H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV			
		Mental health	H16. about ways of sharing feelings; a range of words to describe feelings			
			H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)			
			H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good			
			H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it			
			H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better			
		Ourselves, growing & changing	H22. to recognise the ways in which we are all unique			
			H23. to identify what they are good at, what they like and dislike			
			H24. how to manage when finding things difficult			
		Keeping safe	H27. about preparing to move to a new class/year group			
			H28. about rules and age restrictions that keep us safe			
			H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely			
			H33. about the people whose job it is to help keep us safe			
			H35. about what to do if there is an accident and someone is hurt			
	Drugs, alcohol & tobacco	H36. how to get help in an emergency (how to dial 999 and what to say)				
		H37. about things that people can put into their body or on their skin; how these can affect how people feel				
	Relationships	Families & close positive relationships	R4. to identify common features of family life			
			R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried			
		Friendships	R6. about how people make friends and what makes a good friendship			
			R8. simple strategies to resolve arguments between friends positively			
		Managing hurtful behaviour & bullying	R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)			
			R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe			
			R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard			
		Respecting self and others	R22. about how to treat themselves and others with respect; how to be polite and courteous			
			R25. how to talk about and share their opinions on things that matter to them			
		Living in the wider world	Shared responsibilities	L2. how people and other living things have different needs; about the responsibilities of caring for them		
	L3. about things they can do to help look after their environment					
	Communities		L5. about the different roles and responsibilities people have in their community			
	Economic wellbeing: Money		L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want			
			L13. that money needs to be looked after; different ways of doing this			
	Economic wellbeing: Aspirations, work & career		L16. different jobs that people they know or people who work in the community do			
L17. about some of the strengths and interests someone might need to do different jobs						

Year 3

Subject			Skills	Autumn	Spring	Summer
PSHE	Health & Wellbeing	Healthy Lifestyles (physical wellbeing)	H1. How to make informed decisions about health			
			H2. about the elements of a balanced, healthy lifestyle			
			H3. about choices that support a healthy lifestyle, and recognise what might influence these			
		Mental Health	H18. about everyday things that affect feelings and the importance of expressing feelings			
			H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;			
			H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement			
		Ourselves, growing & changing	H27. to recognise their individuality and personal qualities			
			H36. strategies to manage transitions between classes and key stages			
		Keeping safe	H38. how to predict, assess and manage risk in different situations			
			H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about			
	Relationships	Families & close positive relationships	R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)			
			R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability			
			R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice			
		Friendships	R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing			
		Respecting self & others	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background			
		Communities	L6. about the different groups that make up their community; what living in a community means			
			L7. to value the different contributions that people and groups make to the community			
		Economic wellbeing: Money	L17. about the different ways to pay for things and the choices people have about this			
		Economic wellbeing: Aspirations, work & career	L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes			
			L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)			

Year 4

Subject			Skills	Autumn	Spring	Summer	
PSHE	Health & Wellbeing	Healthy Lifestyles (physical wellbeing)	H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle				
			H5. about what good physical health means; how to recognise early signs of physical illness				
			H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle				
			H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)				
		Mental Health	H18. about everyday things that affect feelings and the importance of expressing feelings				
			H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;				
		Ourselves, growing & changing	H25. About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)				
			H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth				
			H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking				
		Keeping safe	H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe				
			H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)				
		Relationships	Families & close positive relationships	R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart			
	R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another						
	R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty						
	Friendships		R13. the importance of seeking support if feeling lonely or excluded				
			R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them				
			R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships				
	Respecting self & others		R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships				
	Living in the wider world		Shared responsibilities	L2. to recognise there are human rights, that are there to protect everyone			
				L3. about the relationship between rights and responsibilities			
			Economic wellbeing: Money	L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'			
		L20. to recognise that people make spending decisions based on priorities, needs and wants					
		Economic wellbeing: Aspirations, work & career	L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life				

Year 5

Subject			Skills	Autumn	Spring	Summer
PSHE	Health & Wellbeing	Healthy Lifestyles (physical wellbeing)	H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn			
			H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed			
		Mental Health	H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing			
			H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations			
			H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult			
		Ourselves, growing & changing	H26. that for some people gender identity does not correspond with their biological sex			
			H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction			
			H35. about the new opportunities and responsibilities that increasing independence may bring			
		Keeping safe	H43. about what is meant by first aid; basic techniques for dealing with common injuries ²			
	H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say					
	Drugs, alcohol & tobacco	H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break				
		H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others				
	Relationships	Families & close positive relationships	R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different			
			R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong			
		Friendships	R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others			
			R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely			
		Managing hurtful behaviour & bullying	R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour			
			R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support			
Safe relationships		R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know				
		R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)				
Respecting self & others		R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own				

Living in the wider world	Shared responsibilities	L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)			
	Communities	L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities			
	Economic wellbeing: Money	L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)			
		L21. different ways to keep track of money			
		L24. to identify the ways that money can impact on people's feelings and emotions			
Economic wellbeing: Aspirations, work & career	L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid				

Subject			Skills	Autumn	Spring	Summer
PSHE	Health & Wellbeing	Healthy Lifestyles (physical wellbeing)	H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer			
			H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health			
		Mental Health	H17. to recognise that feelings can change over time and range in intensity			
			H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others			
			H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools			
		Ourselves, growing & changing	H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)			
			H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene			
			H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for ¹			
			H34. about where to get more information, help and advice about growing and changing, especially about puberty			
		Keeping safe	H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk ³			
		Drugs, alcohol & tobacco	H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);			
			H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping			
			H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns			
		Relationships	Families & close positive relationships	R4. that forcing anyone to marry against their will is a crime; that help and supports available to people who are worried about this for themselves or others		
	Friendships		R16. how friendships can change over time, about making new friends and the benefits of having different types of friends			
			R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary			
	Managing hurtful behaviour & bullying		R21. about discrimination: what it means and how to challenge it			
	Safe relationships		R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)			
	Respecting self & others		R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with			
	Communities		L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes			
			L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced			
	Media literacy & digital resilience					
	Economic wellbeing: Money	L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe				
		L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations				
Economic wellbeing: Aspirations, work & career	L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them					
	L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation					

			L31. to identify the kind of job that they might like to do when they are older			
			L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)			