

PSHE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (EYFS)	Topic	My Local Area	Our Community	Family and Community	Wider World	Wider World	Wider World
	Enquiry Question	I wonder who I will become?	I wonder what is important to my community?	I wonder who I will become?	I wonder who shares our home?	I wonder how the world needs me?	I wonder who shares our world?
	Key Knowledge and skills	<ul style="list-style-type: none"> To manage their own needs around personal hygiene. To explain the reasons for rules, know right from wrong and try to behave accordingly. To recognise emotions. To see themselves as a valuable individual. 	<ul style="list-style-type: none"> To respect others. To understand the importance of sharing. To understand we are part of a community. To begin to make sense of their own life-story and family's history. 	<ul style="list-style-type: none"> To understand the importance of tooth brushing. To understand road safety. To understand what to do in case of an emergency. To name and describe people who are familiar to them. 	<ul style="list-style-type: none"> To be able to dress themselves independently. To understand the importance of sleep. To know what it is to be a friend. 	<ul style="list-style-type: none"> To develop strategies to deal with our emotions. To know how to be a good friend. To explore why rules are important. 	<ul style="list-style-type: none"> To be able to express a point of view and to debate when they disagree with an adult or friend, using words as well as actions. To develop strategies to cope with transition.
	End Point	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.					
Reception (EYFS)	Topic	My Local Area	Our Community	Family and Community	Wider World	Wider World	Wider World
	Enquiry Question	I wonder who I will become?	I wonder what is important to my community?	I wonder who I will become?	I wonder who shares our home?	I wonder how the world needs me?	I wonder who shares our world?
	Key Knowledge and skills	<ul style="list-style-type: none"> To manage their own needs around personal hygiene. To explain the reasons for rules, know right from wrong and try to behave accordingly. To name and describe people who are familiar to them. To see themselves as a valuable individual. To express their feelings and consider the feelings of others. To identify and moderate their own feelings socially and emotionally. To talk about members of their immediate family and community. To learn how to use a knife and fork. To understand how to cross the road safely.	<ul style="list-style-type: none"> To think about the perspectives of others. To recognise that people, have different beliefs and celebrate special times in different ways. To build constructive and respectful relationships. To understand your personal emotional wellbeing.	<ul style="list-style-type: none"> To explore PANTS, sexual harassment and behavior. To talk about the lives of people around them and their roles in society. To understand the importance of brushing our teeth. To explore how screen time cannot affect our sleep and attainment in school. To explore the importance of the NHS. 	<ul style="list-style-type: none"> To understand consent and boundaries. To explore how we can help the community we live in. To investigate how sleep affects our mood and concentration. 	<ul style="list-style-type: none"> To understand the importance of healthy food choices. To know and talk about the different factors that support their overall health and wellbeing. 	<ul style="list-style-type: none"> To show resilience and perseverance in the face of challenge. To know how to stay safe on Social Media. To know how to stay safe in the sun.
	End Point	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.					
KS1 Cycle A	Topic	Respectful Relationships	Health and Prevention	Mental Wellbeing	Internet Safety	Being Safe, Health and Prevention	Caring Friendships and Communities.
	Enquiry Question	How can I recognise positive and negative feelings and relationships?	How can I keep myself fit and healthy?	How can I look after my mental health?	Can the Internet hurt you?	How can I keep myself safe and healthy?	What can I do to be a caring friend and citizen?
	Key Knowledge and skills	<ul style="list-style-type: none"> To understand that our emotions can affect our behaviour in positive and negative ways. To understand the importance of respect in the classroom and in the community. To understand positive relationships and negative relationships. 	<ul style="list-style-type: none"> To understand the importance of a healthy lifestyle. To describe a healthy diet. To identify the risks of an unhealthy diet. To understand the impact of physical activity on our bodies. To understand the importance of different exercise types (core, strength and cardio). 	<ul style="list-style-type: none"> To recognise and label emotions. To know some strategies to manage big feelings. To know ways to make someone feel good and be able to apply this. To understand how people grow emotionally. 	<ul style="list-style-type: none"> To understand how people, behave differently online. To recognise that there are risks and harmful content/contact online. To identify rules we can follow to stay safe online. To know how to report negative behaviour online. To understand who and how to ask for help. To demonstrate my understanding of online safety. 	<ul style="list-style-type: none"> To understand the PANTS rule and name body parts. To recognise appropriate and inappropriate touch. To understand how to stay safe in the sun. To understand the importance of personal hygiene. To recognise people who help us stay healthy. 	<ul style="list-style-type: none"> To identify qualities of a good friend. To recognise strategies to solve friendship problems. To identify responsibilities in the community. To explore the positive and negative impact humans have on the environment.
	End Point	To understand how respect is important in all	To identify and understand some ways to keep	To identify different emotions and understand	To understand how the Internet can impact our	To identify ways they can stay safe and healthy	To understand ways in which they can be kind

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		relationships and explain what to do if a relationship is making them feel sad or worried.	healthy and why this is important.	that they should look after their own mental health using different strategies.	lives in both positive and negative ways and to explain how to use technology safely and respectfully.	and explain how to report concerns.	and respectful friends and citizens and explain ways we should care for each other and the environment.
KS1 Cycle B	Topic	British Values	Health and Prevention	Families and People Who Care	Internet Safety and Mental Wellbeing	Being Safe	First Aid
	Enquiry Question	What do the British Values impact our lives?	How can I keep myself fit and healthy?	Who keeps me safe and how?	How do I stay safe online? What can I do improve my mental wellbeing?	What should I do if someone makes me feel worried or uncomfortable?	What should I do in the case of an emergency?
	Key Knowledge and skills	<ul style="list-style-type: none"> To understand and celebrate differences and diversity. To explain how rules and laws keep us safe. To identify some children's rights. To set an achievable goal. 	<ul style="list-style-type: none"> To explain the benefits of an active lifestyle. To explain what constitutes a healthy diet. To explain some ways how to stop diseases from spreading. 	<ul style="list-style-type: none"> To explain who cares for them and how. To understand how families can look and act different (with links made to the protected characteristics). To explain the characteristics of a healthy family. 	<ul style="list-style-type: none"> To identify the benefits and risks of using the Internet. To explain ways to stay safe online. To explain what mental wellbeing is and identify ways we can improve this. 	<ul style="list-style-type: none"> To understand consent and boundaries and be able to explain the PANTS rules. To name the external genitalia. To explain how to respond to strangers. To understand gender. 	<ul style="list-style-type: none"> To explain how to avoid risks in the home and local community. To learn how to administer simple first aid. To understand how to make a call to the emergency services.
	End Point	To identify some British Values and begin to understand the impact these have on our lives.	To identify and understand some ways to keep healthy and why this is important.	To identify how families sometimes look different but understand that they should respect those differences and know that other children's families are also characterised by love and care.	To understand how the Internet can impact our lives in both positive and negative ways and to explain how we can look after our mental wellbeing.	To have the vocabulary and confidence to report abuse and explain why reporting uncomfortable feelings is important.	To understand how to stay safe in various environments and explain ways in which to respond in an emergency situation.
LKS2 Cycle A	Topic	Respectful Relationships	Healthy eating	Mental wellbeing, Online relationships	Changing body	Health and Prevention	Caring friendships and Communities
	Enquiry Question	Why is it important to be a unique and respectful citizen?	How does what I eat effect my wellbeing and mental health?	Why is taking care of our mental wellbeing important?	How can puberty impact our physical and mental health?	How can starting a good dental hygiene routine during childhood impact you later in life?	Why is being part of a community important?
	Key Knowledge and skills	<ul style="list-style-type: none"> To explain how we are the same and different to others. To appreciate the range of regional, religious and ethnic identities in the UK. To explain what constitutes a positive healthy friendship and how they can make people feel. To explain how personal behaviour can make other people feel both online and in person. 	<ul style="list-style-type: none"> To explain what makes a healthy diet. To explain the impact of a healthy and unhealthy diet. To explain how the food, we eat can impact our mental health and wellbeing. 	<ul style="list-style-type: none"> To explain that we experience a range of emotions. To explain who we can speak to when we experience different emotions. To explain how to seek help and advice if something is worrying you. To explain the importance of showing respect when online. 	<ul style="list-style-type: none"> To explain why both a male and female are needed in human reproduction. To explain how girls' and boys' bodies change during puberty. To explain how emotions change during puberty. To explain how babies are made and born. 	<ul style="list-style-type: none"> To explain why a dental health routine is important. To explain how a healthy diet can keep our teeth healthy. To explain how taking care of personal and dental hygiene can reduce the spread of germs and viruses. 	<ul style="list-style-type: none"> To explain what a healthy friendship is. To explain how to effectively resolve conflicts. To explain what it means to respect the rights of others. To explain that everyone is responsible for looking after the community and the planet.
	End Point	To understand and explain why it is important to respect other people's differences, opinions and values to ensure healthy relationships.	To understand and explain why a healthy diet is important for our physical and mental health.	To understand and explain the ways we can manage our emotions and improve our mental wellbeing.	To understand and explain how boys' and girls' bodies change during puberty and how they are both needed for reproduction.	To understand and explain how a healthy diet can ensure our teeth remain healthy.	To understand and explain what a healthy friendship is and why they are important.
LKS2 Cycle B	Topic	British Values	Health and Prevention	Families and People Who Care	Internet Safety, Mental Wellbeing	Being Safe	Changing Body, First Aid
	Enquiry Question	What are the British values and how do they impact our lives?	Why is health and fitness important in preventing illness?	How can you recognise an unhealthy relationship?	To what extent does the internet impact our mental wellbeing?	Why is reporting abuse important?	How can I keep myself and others safe in an emergency?
	Key Knowledge and skills	<ul style="list-style-type: none"> To explain what laws and rules are. To explain what a democracy is and how they affect communities. To explain the importance of human rights and how they protect people. To explain what a stereotype is. To explain what diversity is. 	<ul style="list-style-type: none"> To explain how exercise and inactivity impacts us. To explain how hygiene impacts our health. To explain what the immune system is and how this protects us from diseases. 	<ul style="list-style-type: none"> To explain the characteristics of a healthy family life and a healthy friendship. To explain how conflict can be managed. To explain how to seek help and advice if something is worrying you. 	<ul style="list-style-type: none"> To explain why age restrictions are important. To explain how to be respectful and safe online. To explain how the internet can impact our wellbeing. 	<ul style="list-style-type: none"> To explain that there are boundaries within relationships and friendships. To explain how to report abuse and concerns. To explain the differences between boys and girls and acknowledge common stereotypes. 	<ul style="list-style-type: none"> To explain that puberty causes physical and emotional changes. To explain how to make an efficient call to emergency services and administer first aid. To explain that some substances are legal but some are illegal.
	End Point	To understand and explain what the British Values are and how they impact our lives.	To understand and explain why health and fitness is important in preventing illnesses.	To understand and explain how families and friendships impact our lives.	To understand and explain how the internet can impact our mental wellbeing.	To understand and explain why reporting abuse is important.	To understand and explain how to respond in an emergency.
UKS2 Cycle A	Topic	Respectful Relationships	Healthy eating	Mental wellbeing, Online relationships	Changing body	Health and Prevention	Caring friendships and Communities
	Enquiry Question	How can discriminative behaviour impact our relationships with others?	How can having a balanced lifestyle help maintain good physical and mental wellbeing?	How can our mental wellbeing impact our physical wellbeing?	What impact do the changes during puberty have on friendships and relationships?	Why are medicines and vaccinations important in an ever-changing world?	Why must communities ensure they are diverse?
	End Point	<ul style="list-style-type: none"> To explain what discrimination is. To explain what diversity is and celebrate differences. To explain how different groups make up and contribute to communities. To explain what stereotypes are and how they can be tackled. 	<ul style="list-style-type: none"> To explain what a balanced diet looks like. To explain the importance of exercise. To explain what makes a balanced lifestyle. 	<ul style="list-style-type: none"> To explain how to recognise mental health warning signs. To explain how to deal with different feelings and emotions. To explain the impact of bullying and cyberbullying on mental wellbeing. 	<ul style="list-style-type: none"> To explain and identify external genitalia and internal reproductive organs. To explain the physical and emotional changes that happen during puberty. To explain how puberty relates to human reproduction. 	<ul style="list-style-type: none"> To explain how babies are conceived and that there are ways a baby can be prevented during sexual intercourse (Year 6). To explain what good physical health is and how to recognise signs of illness. To explain how medicines and vaccines contribute to good health. To explain how to make an efficient call to the emergency services. 	<ul style="list-style-type: none"> To explain how strategies can be used to be inclusive of our peers. To explain how to recognise if a friendship is healthy. To explain how different people contribute to the wider community.
	End Point	To understand and explain what discrimination and stereotypes are and how these issues can be tackled in an ever-changing world.	To understand and explain why a balanced lifestyle is important for our physical and mental health.	To understand and explain the ways we can recognise mental health warning signs and use strategies to deal with our mental health.	To understand and explain the physical and emotional changes that happen during puberty and how puberty relates to human reproduction.	To understand and explain how to keep yourself and others safe.	To understand and explain what a healthy friendship is and why they are important.
UK	Topic	British Values	Health and Prevention	Families and People Who Care	Internet Safety and Mental Wellbeing	Changing Bodies and Sex Education	Being Safe

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Enquiry Question	Why is it important to learn about democracy, rule of law, individual liberty and tolerance of others? What impact does this have on our lives and futures?	What can I do to improve my own health and promote the importance of this to others?	How can I identify positive and negative qualities of relationships and what can I do if these become worrying or uncomfortable?	How can I ensure that I remain safe online? What can I do to ensure my mental health is properly cared for?	How do our bodies change during puberty? How are babies made and how can pregnancy be prevented?	What steps can we take to ensure we stay safe from abuse, exploitation and harm and prepare ourselves for the next steps in life?
Key Knowledge and skills	<ul style="list-style-type: none"> To understand the different types of laws. To know how to report criminal offenses in my local area. To identify what human rights are and understand how they impact on my life. To understand the term 'protected characteristics' and its impact on others. To identify diversity within the UK and how it impacts on my life. 	<ul style="list-style-type: none"> To understand that varied physical activity can promote good mental and physical health. To identify a range of strategies for maintaining good health. To understand the laws surrounding harmful substances. To understand the risks of certain harmful substances. 	<ul style="list-style-type: none"> To identify different relationships in my life, including those made online. To describe what a healthy relationship looks like and how to seek support when feeling unsafe. To identify positive and negative qualities within different relationships. To describe different types of relationships including marriage. To explore consent within a relationship. 	<ul style="list-style-type: none"> To consider the benefits and disadvantages of using the internet. To understand how the internet can be used to radicalise and exploit young people. To consider how the internet can be used for sharing digital content. To recognise and understand our own emotions and how these can impact others. To understand how to seek help if you or others are feeling isolated or lonely. To understand how being part of a community can impact your mental health. 	<ul style="list-style-type: none"> To understand the changes that happen during puberty. To manage change and become more independent. To understand how a baby is made. To understand how to maintain a respectful relationship. To understand what positive, healthy relationships look like. 	<ul style="list-style-type: none"> To understand laws that keep us safe. To know how to respond safely to adults we may encounter. To recognise signs of grooming, coercion and exploitation and understand how to report this. To understand how change and loss can affect my mental health and know ways to tackle negative emotions. To consider my growing responsibilities as I prepare for my future.
End Point	To understand the importance of the British Values and explain how these impact our lives today as well as our futures.	To understand ways in which we can improve our mental and physical health and explain ways to prevent obesity, addiction and other unhealthy lifestyle choices.	To understand and describe the qualities of healthy relationships and be able to explain how to handle inappropriate behaviours.	To understand how to protect themselves from online risks and to be able to explain and describe ways in which different life choices can impact their mental wellbeing.	To understand how their bodies, change during puberty and explain how a baby is made and can be prevented.	To understand how to keep myself safe from abuse, coercion and exploitation and explain how we can prepare for our futures.