PSHE LTP	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 & Summer 2 (RSE)
Reception	New Beginnings / Being Me in My World • begin to build positive relationships • see themselves as a valuable individual • understand class rules, routines and expectations	Feelings / Getting On and Falling Out • build constructive and respectful relationships • recognise and talk about feelings • begin to manage anger and frustration	Good to Be Me / Celebrating Differences • think about their own feelings and those of others • identify their own strengths and qualities • recognise similarities and differences	Healthy Me / Caring for Others • develop strategies for staying calm, taking turns and waiting politely • learn ways to stay healthy • talk about friendships and kindness	My Body, My Relationships **Lesson 1 – Caring Friendships** **Learning intention:** explore how friendships can help us feel happy and how we can welcome others **Learning outcomes:** I can say how friends make me feel; I can show a kind way to welcome someone; I can spot when someone might feel left out. **Lesson 2 – Being Kind** **Learning intention:** explore what happens when friends fall out and how we can make things better **Learning outcomes:** I can say why friends sometimes get upset; I can show kind ways to make up after an argument; I know that hurting someone is never okay. **Lesson 3 – Different Families** **Learning intention:** recognise that families can look different and that families help and care for each other **Learning outcomes:** I can spot ways families can be different; I can name people who are part of a family; I can say one way families help each other. **Lesson 4 – My Body, My Choices** **Learning intention:** understand that everyone likes different kinds of touch and can say what feels okay or not okay for their body **Learning outcomes:** I can say when I like something and when I don't; I can show a kind

					way to say “no thank you”; I know some people like hugs and some people don’t.
Year 1	Identity, Society and Equality	Mental Health & Emotional Wellbeing • Feelings about change or loss and how this can feel • about different types of feelings • about managing different feelings	Careers Financial Capability and economic well being	Drug, Alcohol & Tobacco Education • What Do We Put Into and Onto Our Bodies? • about what can go onto bodies and how it can make people feel • about what can go into bodies and how it can make people feel	Growing Up, Staying Safe **Lesson 1 – Different Friends** **Learning intention:** learn how to be a kind and welcoming friend, even when people are different **Learning outcomes:** I know friends can be different from me; I can say one way to be kind to a new friend. **Lesson 2 – Growing and Changing** **Learning intention:** understand how we grow and change and learn the correct names for private parts **Learning outcomes:** I can name something I can do now that I couldn’t do as a baby; I know the right names for private parts; I know some parts of my body are private. **Lesson 3 – Body Safety (Online and Off)** **Learning intention:** understand that private body parts are private, including when using screens or video calls **Learning outcomes:** I know what private means; I know no one should ask to look at or touch my private parts; I know I can speak to a trusted adult if I feel unsure or unsafe. **Lesson 4 – Families and Care** **Learning intention:** know that families can be different and identify adults to talk to when something doesn’t feel right **Learning outcomes:** I know families can look different; I know it is okay to talk to someone if something makes me worried or upset; I can name a safe adult. **Keeping Safe & Managing Risk**

					• Feeling Safe about people who help keep them safe outside the home • about safety in familiar situations • about personal safety
Year 2	Physical Health & Wellbeing • What keeps me healthy? • about health, hygiene and dental care	Mental Health & Emotional Wellbeing • Friendship • about the importance of special people • about making friends and who can help • about solving problems in friendships	**Keeping Safe & Managing Risk**	**Identity, Society & Equality – My Money** • about where money comes from and making choices when spending • about saving money and keeping it safe • about different jobs people do	Differences **Lesson 1 – Gender Stereotypes** **Learning intention:** explore and challenge gender stereotypes **Learning outcomes:** I can explain that boys and girls can like the same things; I can give an example of a stereotype and explain why it is not always true; I can notice unfair treatment. **Lesson 2 – Male and Female** **Learning intention:** explore how male and female animals and humans are biologically different and how this fits the lifecycle **Learning outcomes:** I can spot some body differences; I can explain how we usually tell if a baby is male or female; I know a baby is made by a male and a female. **Lesson 3 – Naming Body Parts** **Learning intention:** focus on sexual difference and name body parts **Learning outcomes:** I can name private parts using scientific words; I can describe how male and female bodies are different; I understand that most body parts are the same for everyone. **Lesson 4 – My Body Belongs to Me** **Learning intention:** understand body privacy, personal boundaries and the importance of consent **Learning outcomes:** I know my body belongs to me; I can notice when someone doesn't want to

					be touched; I can ask for help if something feels wrong. **Drug, Alcohol & Tobacco Education – Medicines and Me** • why medicines are taken • where medicines come from • about keeping safe around medicines
Year 3	Mental Health & Emotional Wellbeing Strengths & Challenges • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks	Keeping Safe & Managing Risk – Bullying: See It, Say It, Stop It • to recognise bullying and how it can make people feel • about different types of bullying and how to respond • about what to do if they witness bullying	Identity, Society & Equality – Celebrating Difference • about valuing similarities and differences • about what is meant by community • about belonging to groups and participation •	Drug, Alcohol & Tobacco Education – Tobacco Is a Drug • the definition of a drug and that drugs can be harmful • about the effects and risks of smoking and second-hand smoke about help available to remain smoke-free	Valuing Difference and Keeping Safe **Lesson 1 – Body Differences** **Learning intention:** understand that all bodies are unique and know some differences between male and female bodies **Learning outcomes:** I can talk about how bodies are similar and different; I can name private parts using scientific words; I know it is never okay to make fun of someone's body. **Lesson 2 – Personal Space and Consent** **Learning intention:** understand personal space, body boundaries and what to do if someone makes us uncomfortable **Learning outcomes:** I can say what personal space means; I know it is okay to say "No" to touch I don't like; I know how to get help if something feels unsafe. **Lesson 3 – Families and People Who Help Us** **Learning intention:** understand that families can be different and know who to talk to if upset, worried or unsafe **Learning outcomes:** I can name different kinds of families; I can talk about how family members help and care for each other; I can name at least two people I could talk to. **Lesson 4 – Staying Safe and Getting Help – Online** **Learning intention:** understand how to stay safe online and what to do if someone makes us

					uncomfortable or unsafe in a message, photo or video **Learning outcomes:** I can explain why my body is private online as well as offline; I know what to do if someone sends or asks for something worrying; I can name a trusted adult. **Physical Health and Wellbeing**
Year 4	Physical Health & Wellbeing – What Is Important to Me? • why people may eat or avoid foods for religious, moral, cultural or health reasons • about ethical farming, fair trade and seasonality • about the importance of sleep •	Identity, society and equality Democracy Democracy • about Britain as a democratic society • about how laws are made about the local council	Keeping safe and managing risks Playing Safely	Drug, Alcohol & Tobacco Education – Making Choices • that drugs other than medicines are common in everyday life • about effects and risks associated with alcohol about patterns of behaviour related to drug use Mental Health & Emotional Wellbeing	Growing Up with Respect **Lesson 1 – Changes** **Learning intention:** learn about the main physical and emotional changes during puberty **Learning outcomes:** I can describe the main physical and emotional changes during puberty; I can ask questions about puberty with confidence and respect. **Lesson 2 – The Reproductive System** **Learning intention:** understand changes to the reproductive system in puberty **Learning outcomes:** I can explain how puberty affects reproductive organs; I can describe menstruation and sperm production; I can talk about how these changes might make people feel. **Lesson 3 – Puberty Help and Support** **Learning intention:** learn how to care for bodies and feelings during puberty and where to find support **Learning outcomes:** I can explain how to stay clean and healthy during puberty; I can describe how puberty might affect emotions and friendships; I can name safe places or people for advice. **Lesson 4 – Respect, Boundaries and Being an Upstander** **Learning intention:** understand how respecting ourselves and others helps us set healthy boundaries and build positive relationships

					Learning outcomes: I can show what it looks like to be assertive but kind; I can explain how to set and respect boundaries; I can give an example of being an upstander. **Keeping safe and managing risk- First Aid**
Year 5	Physical Health & Wellbeing – In the Media • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality	Working as a team, society and equality: Stereotypes, discrimination and prejudice. Pupils learn: about stereotyping, including gender stereotyping workshop from Diversity Role Models or Equality teach about prejudice and discrimination and how this can make people feel Mental Health & Emotional Wellbeing – Dealing with Feelings	Keeping Safe & Managing Risk – When Things Go Wrong • about keeping safe online • how to keep safe when communicating online • that violence within relationships is not acceptable and about problems that can occur when someone goes missing	Mental health and emotional wellbeing: Dealing with feelings. Pupils learn: about a wide range of emotions and feelings and how these are experienced in the body about times of change and how this can make people feel about the feelings associated with loss, grief and bereavement	Puberty and Personal Boundaries **Lesson 1 – Talking about Puberty** **Learning intention:** understand how the body changes during puberty in preparation for reproduction **Learning outcomes:** I can describe some changes during puberty; I can explain why these changes prepare the body for reproduction; I can use correct scientific words. **Lesson 2 – The Reproductive System** **Learning intention:** understand the reproductive system and changes during puberty **Learning outcomes:** I can explain changes to the reproductive system; I can describe menstruation and sperm production; I can talk about these changes confidently. **Lesson 3 – Puberty Help and Support** **Learning intention:** learn how to care for bodies and feelings during puberty and where to find support **Learning outcomes:** I can explain how to stay clean and healthy; I can describe how puberty may affect emotions and friendships; I can name safe people or places for advice. **Lesson 4 – Respect Boundaries and Being an Upstander** **Learning intention:** understand how respectful relationships involve healthy boundaries and standing up for others

		• about a wide range of emotions and how these are experienced in the body • about times of change and how this can make people feel • about feelings associated with loss, grief and bereavement			**Learning outcomes:** I can show how to be assertive but kind; I can explain how to set and respect boundaries; I can give an example of being an upstander. **Drug, Alcohol & Tobacco Education – Different Influences** • about risks associated with smoking drugs • about different influences on drug use strategies to resist pressure from others **Careers, financial capability and economic wellbeing: Borrowing and earning money.** • Pupils learn: that money can be borrowed but there are risks associated with this about enterprise what influences people's decisions about career
Year 6	Identity, Society & Equality – Human Rights • about people who have moved to the area, including refugees • about human rights and the UN Convention on the Rights of the Child about homelessness	Mental Health and Wellbeing Healthy minds Pupils learn: what mental health is about what can affect mental health and some ways of dealing with this that the internet can also be a negative place where online	Keeping Safe & Managing Risk Keeping Safe – out and about Pupils learn: about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour	Drug, Alcohol & Tobacco Education – Weighing Up Risk • about risks associated with different drugs • about assessing and managing risk how and when to seek support	Puberty, Relationships and Reproduction **Lesson 1 – Puberty and Reproduction** **Learning intention:** understand how the body changes during puberty in preparation for reproduction **Learning outcomes:** I can describe some changes during puberty; I can explain why these changes prepare the body for reproduction; I can use correct scientific words and talk about puberty and reproduction confidently. **Lesson 2 – Communication and Consent in Relationships** **Learning intention:** understand why communication is important and why consent matters before physical touch **Learning outcomes:** I can explain why communication matters; I can explain consent; I can recognise when consent is given, not given

		abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. about some everyday ways to look after mental health about the stigma and discrimination that can surround mental health the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	(including gangs and gang related behaviour) How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.		or withdrawn; I can explain how words and body language can show consent. **Lesson 3 – Families, Conception and Pregnancy** **Learning intention:** understand how families can be formed and how a baby is conceived and begins to grow **Learning outcomes:** I can describe decisions before having children; I can describe how a baby is conceived and begins to grow; I can use correct scientific vocabulary; I can explain why consent is important in sexual relationships. **Lesson 4 – Communication and Respect in Relationships and Online** **Learning intention:** understand what is appropriate and inappropriate to share and what to do if something feels unsafe or uncomfortable **Learning outcomes:** I can explain why some things are safe and appropriate to share; I can recognise harmful online behaviour or content; I can describe how harmful content or bullying can affect someone; I can explain steps to take if pressured, bullied or shown something inappropriate. **Transition to secondary school** Managing Change