

EYFS and KS1 PSHE Curriculum

Autumn 1 How can I be a responsible and active citizen?	Autumn 2 How do I celebrate differences?	Spring 1 What are my dreams and goals and how do I achieve them?	Spring 2 How do I stay safe and healthy?	Summer 1 What makes a good and safe relationship?	Summer 2 What changes happen to me/us?
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EYFS Nursery	How does it feel to belong?	How am I special?	Who do I want to be?	What are my body parts called?	Who is in my family?	What body parts do I know and how can I show look after myself for myself?
	How can I show when I am happy or sad?	How are families different?	What do I want to be when I am older?	What does the word healthy mean and how can I stay healthy?	How can I make friends if I am lonely?	How has my body changed since I was a baby?
	Why should I think about others?	How are our homes different?	What does challenge mean?	What foods are healthy and unhealthy?	What do I like about my friends?	How do humans change?
	How can I be a kind friend?	How can I make new friends?	Why should I keep on trying?	How can I help myself go to sleep and why is sleep good for me?	What do I do if someone is mean to me?	How do I help how I feel?
	What are my rights as a child?	How can I use my words to be kind?	What are kind words that others can use to help me?	Why is it important to wash my hands before I eat and after I go to the toilet?	How can I enjoy being with my friends?	What happens to me as I get older?
	How do I know I am being good?	How does it feel to be proud of something I am good at?	How do I feel when I achieve a goal?	Who are my safe adults and how do I stay safe?		How do I feel moving to Reception from Nursery?
						What fun things can I remember about Nursery this year?

EYFS Reception	How does it feel to belong?	What am I good at and what are others good at?	What would I like to achieve and how can I achieve it?	Why do I need to exercise?	What jobs do I do within my family?	What are my body parts called?
	What different emotions are there I can use?	How am I different but the same as others in some ways?	What have I achieved when I did not give up?	Why is moving and resting good for my body?	How do I make friends and not feel lonely?	What things can I do and what can I eat that keeps me healthy?
	I know how I can be a kind friend?	Why is my home special to me?	What does it mean to persevere when tackling challenge?	Which foods are healthy and not so healthy?	How can we stay friends stay friends?	What changes do human go through?
	How can working with others make the school a good place?	How can I be a kind friend?	What kind words can I say to encourage people?	How can I help myself go to sleep and why is sleep good for me?	How do unkind words impact on my friends?	How do I feel about moving from Reception to Year 1?
	What are my rights as a child?	How can my words help me when someone is being unkind?	How can my learning help me with what I want to do when I am older?	Why is it important to wash my hands before I eat and after I go to the toilet?	How do I manage my feelings?	What are my worries and what am I looking forwards to about being in Year 1?
	How do I know I am being responsible?	Why does being different makes us all special?	How do I feel when I achieve a goal and what does it mean to feel proud?	Who are my safe adults and how do I stay safe?	How am I a good friend?	What memories can I remember from Reception?

Year 1	How do I feel special and safe in my class?	1)What is the same about me and my friends?	What goals can I set myself?	What is the difference between being healthy and less healthy and how do I keep myself healthy?	What qualities do I have as a person and a friend?	What changes happen within human and animals' lifecycles?
	How does it feel to be proud of an achievement?	2)What is different about me and my friends?	How can I achieve my goal?		Who is in my family and what different types of families are there?	What things have changed about me and what have stayed the same?
	How do I make the classroom as safe place for everyone?	3) How can I make new friends?	How do I know if I work well with a partner and celebrate achievement?	How do I make healthy lifestyle choices?	What does it mean to be a good friend?	How has my body changed since I was a baby?
	What consequences do different choices get?	4) What is bullying?	How can I tackle new challenges and understand this might stretch my learning?	How do I keep myself clean and healthy and understand how germs cause disease/illness?	What appropriate ways of physical contact can I use to greet people?	What body parts make boys and girls different and what is the correct terminology?
	What rules do we follow in everyday life? (Democracy unity lesson 2)	5) Who would I talk to if I was feeling unhappy or being bullied?		What household products are harmful?	Who can help me in my school community?	What happens when I learn something new?
	What are my rights and responsibilities?	6) How can I celebrate differences?	What obstacles make it challenging to achieve my goal and how can I overcome them?	How do medicines help me when I am poorly and how do I use them safely?	How can I appreciate someone that is special to me?	What changes have happened in my life?
			How do I feel when I succeed in a new challenge and how do I celebrate it?	How do I keep safe when crossing a road and who can help my keep safe?		
				Why is my body amazing and how do I keep it safe and healthy?		

Year 2	What are my hopes and fears for this year?	How are boys and girls similar and how does this make me feel?	What realistic goal can I choose and how can I achieve it?	What food groups are there, and which foods are within them?	Who is in my family?	What types of cycle of life are there in nature?
	What different rewards and consequences should we have?	How are boys and girls different and how does this make me feel?	How do I keep myself healthy and motivated?	What is a healthy snack and why are they good for my body?	What physical contact is acceptable and what is not?	What is the natural process of growing from young to old?
	Why should we have rewards and consequences?	How do I know if someone is being bullied?	Who do I work well with and why and who do I find it more difficult to work with and why?	What hazards are in my home and how do I stay safe?	What things may cause conflict with my friends?	How has my body changed since I was a baby?
	Why is it important to work with others?	How can I help someone who is being bullied?	How can I work well in a group and use problem solving to achieve an outcome?	What hazards are outside my home and how do I stay safe?	Why is it good to keep a secret sometimes and when it is not good to keep a secret?	What are the physical differences between boys and girls?
	What qualities make someone a lawful citizen?	How does feel to be a friend and have a friend?			Who do I know and appreciate who can help me within my family, school, and community?	What different types of touches are there, and I know which ones I like and do not like?
	What are my rights and responsibilities in my class and school?	What are compliments and how do they make us feel?	How does it feel to work within a group and complete a task? How can I share other people's successes?	How do medicines work in my body and why is it important to use them safely? How do I keep my body healthy?	How do I express my appreciation for the people in my special relationships?	What am I looking forward to when I move to my next class?

Key Stage 2 PSHE Curriculum						
	Autumn 1 How can I be a responsible and active citizen?	Autumn 2 How do I celebrate differences?	Spring 1 What are my dreams and goals and how do I achieve them?	Spring 2 How do I stay safe and healthy?	Summer 1 What makes a good and safe relationship?	Summer 2 What changes happen to me/us?
Year 3	Can I identify positive things about myself and set goals? How do I face new challenges and ask for help? How do my actions affect myself and others? What does it mean to make responsible choices as part of a group? What does it mean to represent others? Why do we need rules and how are do they relate to rights and responsibilities?	How can I appreciate my family and the people who care for me? What differences and conflicts may happen among family members? What words are hurtful to use? How can my words affect someone's feelings and what are the consequences? What does it mean to be bullied? What can I do to problem-solve when someone is being bullied?	What dream/ambition is important to me? Which people have faced difficulty and challenges but still achieved success? When facing new learning challenges what is best way to achieve them? How can I be motivated and enthusiastic about achieving new challenges? What obstacles might hinder my achievement and how can I overcome them? How can evaluating my own work allow me to identify how to make it better?	How is my body complex and why is it important to take care of it? How does exercise affect my body? How will the number of calories, fat and sugar affect my body and health? What do I know about drugs and what is my attitude towards them? How do I know when something feels safe or unsafe? Where can I get help if I feel unsafe?	What are the roles and responsibilities of my family members and what are the expectations for males and females? What skills do I have to use within my friendships? How do I express my appreciation to my friends and family? What strategies do I know to keep me safe online? How can the actions of others around the world help and influence my life? (link to media representation) How are my needs and right shared by children around the world?	What changes happen in animals and humans from birth to fully grown? What changes happen to boys' and girls' bodies on the outside and inside during growing up? How can I look after my body as I grow up? What are the stereotypical ideas I may have about parenting and family roles? What am I looking forward to when I move to my next class?

Year 4	How do my actions affect myself and others?	What is special about me and how am I unique?	What are my hopes and dreams?	How can I look after my teeth and gums?	Which situations may cause jealousy in a relationship?	What makes people unique?
	How does my attitude and actions make a difference to our class?	What are assumptions and how can I accept people for who they are?	Why do hopes and dreams sometimes not come true and why does this hurt?	How are different friendship groups formed and how do I fit into them?	How can I identify someone I love and express why they are special to me?	How do our bodies change as we grow up?
	How do groups work together to make decisions?	How can my assumptions influence others?	How can reflecting on positive and happy experiences help me counteract disappointment?	What roles may people take on within a group and how may these change in different situations?	How do I show love and appreciation to the people and animals who are special to me?	Who can I talk to as I grow up?
	What is my school community and how can I contribute?	Why is it good to accept people for who they are?	How can I make a new plan and set new goals when I have been disappointed?	How does smoking effect people's health?	Who do I remember and know that I no longer see?	What is the circle of change?
	What is democracy?	How can I spot if someone is being bullied?	What steps do I need to take to achieve a goal and how to do this successfully as part of a group?	How does alcohol effect people's health?	How do friendships change and how to I make new friends when I fall out with friends?	What changes have happened and may continue to outside of my control that I learn to accept?
	How does democracy and having a voice benefit the school community?	Why do witnesses sometimes join in with bullying but may not say anything? How can I help if someone is being bullied?	How do I identify the contributions made by myself and others to the group's achievement?	How do I know when people are putting me under pressure and how can I resist?	What does it mean to have a boyfriend/girlfriend and that it is a special relationship when I am older?	What am I looking forward to when I move to my next class?

Year 5	How do I face new challenges positively and set personal goals?	How am I the same and different?	Why do I need money to achieve my goals?	Why do people feel differently about food, and what things can change how they think?	What are my characteristics and personal qualities?	How do I recognise my self-image and how does my body image fit into this?
	How can I make choices about my own behaviour and understand how rewards and consequences feel?	How can rumour-spreading and name-calling be bullying behaviours?	Why is it important to keep track of money?	How does the media effect our healthy choices?	2) What is safe and unsafe in an online community?	What changes happen to a girl's/boy's body during puberty and why is it important to look after yourself?
	How can an individual's behaviour impact on a group?	What are the differences between direct and indirect bullying?	What jobs could I do when I'm older?	What are the health risks of smoking and vaping?	3) When do I know I am spending too much time using devices?	How do I manage my emotions through puberty?
	How does democracy and having a voice benefit the school community and how can I participate?	What is meant by racism?	How do my dreams and goals differ to those in other cultures?	4) What are the risks of misusing alcohol?	4) How do I stay safe when using technology to communicate with my friends?	What am I looking forward to about becoming a teenager and what are the responsibilities?
	What are my rights and responsibilities as a member of my school?	What is similar and different with my life to other people in the developing world?	How can we support people in other cultures to achieve their dreams and goals?	What is basic emergency first aid and how do I get help in an emergency?	5) How do I recognise when an online community is unsafe for me?	What am I looking forward to when I move to year 6?
	What are my rights and responsibilities as a citizen of my country?	Which culture is different to mine and how can I show respect?	How can I encourage others to make a valuable contribution?	How do I keep myself safe in the community? (link to knife crime and anti-social behaviour)	6) How can I recognise when an online game is becoming unsafe?	NB: through science lessons children are taught about reproduction and life cycles and changes to humans as they develop to old age.
					TBC- plan with Reece AI Groups chats Personal data Reliability SMART- see Jigsaw groups	

Year 6	What are my goals for this year?	Why does 'normal' mean different things to different people?	What are my strengths, how can I set realistic challenges?	How can I take responsibility for my own health and wellbeing?	Why is it important to take care of my mental health?	What is my self-image and how does my body image fit into this?
	How do I make good choices by thinking about what might happen next?	How can being different affect someone's life?	What learning steps do I need to take to reach my goal and what motivates me to achieve them?	How can I recognise stress and its's triggers? (link to feelings scale)	How do I take care of my mental health?	Why is positive self-esteem important and what can I do to develop it?
	What are my fears and worries about the future and how do I express them?	How can one person or a group have power over another?	What are my dreams for the world?	What different types of drugs are there and what the effects on the body?	What are the different stages of grief and what are the different types of loss that can cause people to grieve?	What do I understand about myself and why is this important to help maintain positive relationships?
	How does our behaviour impact on a group?	Why do people use bullying behaviours?	How can we make the world a better place?	Why are some people exploited and made to do things that are against the law?	How do I know when people are trying to gain power or control?	How does being physically attracted to someone change the nature of the relationship and what does it mean to have a boyfriend/girlfriend?
	How does democracy and having a voice benefit the school community?	What is race and racism?	How can we make the world a better place (locally)?	Why do some people join in with gangs and what are the risks involved?	How do I know whether something online is safe or helpful for me?	What am I looking forward to and worried when with the transition from Primary to Secondary?
	How do my actions affect myself and other people locally and globally?	How can difference be a source of conflict and a cause for celebration?	What ways can I work with other people to help make the world a better place (globally)?	How do I keep myself safe in the community? (link to knife crime)	How do I use technology positively and safely to communicate with my friends and family?	How can we recognise achievement and accept praise?
	What are universal rights for all children but why are these rights not met for many children?					What changes happen to boys and girls during puberty and how do I look after myself? How does a baby develop inside the womb?

NB Taught by school nurses

