



Draft PSHE Curriculum

EYFS:

Nursery	Autumn Term		Spring Term		Summer Term	
Topic Title	Once upon a time	Sparkling Celebrations	Awe & Wonder	Natures Miracles	Our Wonderful World	We're going on a journey
Substantive knowledge	Colours Feelings	Friendships Growth	Chinese New Year Creation Looking after the planet	Growth Gender stereotypes	Healthy Eating Looking after our body and mind.	Living memory/changes Aspirations/careers/people who help us
PSED Focus	Settling and attachment Making new friends Routines and understanding boundaries within the classroom and behaviour expectations		Emotions What makes me smile Feeling safe online and at school/home		We are all different, we are all friends Changes	

Reception	Autumn Term		Spring Term		Summer Term	
Topic Title	Once upon a time	Sparkling Celebrations	Awe & Wonder	Natures Miracles	Our Wonderful World	We're going on a journey
Substantive knowledge	Staring School Feelings	Friendships Getting on and falling out	Aspirations Diversity	Responsibility Looking after our planet	The wider world cultures	Transitions Personal Journeys
PSED Focus	New beginnings	Getting on and falling out	Belonging	Going for goals	Good to be me	Relationships and Changes

Year 1	Autumn Term		Spring Term		Summer Term	
PSHE	What is the same and different about us?	Who is special to us?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?	What helps us stay healthy?
RSE		<ul style="list-style-type: none"> - that families are important for children growing up because they can give love, security and stability. - the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. - that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. 		<ul style="list-style-type: none"> - where to get advice e.g. family, school and/or other sources. - about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. 		<ul style="list-style-type: none"> - the characteristics and mental and physical benefits of an active lifestyle.
Texts (where applicable)	Be Who You Are – Todd Parr Tyrannosaurs Drip- Julia Donaldson Elmer	One Dad, Two Dads, Brown Dad, Blue Dad – Johnny Valentine And Tango makes Three	It's A No Money Day – Kate Milner		Dinosaurs and All That Rubbish – Michael Foreman Window by Jeannie Baker	
FBVs	Individual liberty Tolerance Respect	Respect Individual liberty Tolerance		Democracy Rule of Law		
SMSC	Social	Moral, Social and Cultural	Moral, Social and Cultural	Moral, Social and Cultural	Spiritual, Moral, Cultural	N/A – Healthy Living
Local/ National events	Odd socks day/anti bullying week Dyslexia Awareness Week October – Black History Month 17 th October – Child Poverty Day W/C 21 st November – Road Safety Week		World Thinking Day (22 nd February) – Girl Guides E-safety week Daffodil Campaign (Marie Curie) International Women's Day (8 th March) April – National Pet Month 22 nd April – Earth Day		Sports Week Red Cross Day – 8 th May / Christian Aid Week 15-21 st May 16-20 th May Walk to School Week W/C 18 th June – Recycle Awareness Week W/C 7 th July – National Transplant Awareness Week	
National Curriculum Coverage (PSHE Association)	PoS refs: H21, H22, H23, H25, R13, R23, L6, L14	PoS refs: L4, R1, R2, R3, R4, R5	PoS refs: L10, L11, L12, L13	PoS refs: H33, H35, H36, R15, R20, L5	PoS refs: H26, H27, R21, R22, R24, R25, L2, L3	PoS refs: H1, H5, H6, H7, H10, H37

Year 2	Autumn Term		Spring Term		Summer Term	
PSHE	What makes a good friend?	What is bullying? No Outsiders	Which jobs do people do and why?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
RSE	<ul style="list-style-type: none"> - how important friendships are in making us feel happy and secure, and how people choose and make friends. - the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. 	<ul style="list-style-type: none"> - about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. - practical steps they can take in a range of different contexts to improve or support respectful relationships. - that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. 		<ul style="list-style-type: none"> - how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. - how to recognise and report feelings of being unsafe or feeling bad about any adult. - how to ask for advice or help for themselves or others, and to keep trying until they are heard. 	<ul style="list-style-type: none"> - what constitutes a healthy diet (including understanding calories and other nutritional content). - the principles of planning and preparing a range of healthy meals. - about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. 	<ul style="list-style-type: none"> - that mental wellbeing is a normal part of daily life, in the same way as physical health. - that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
Texts (where applicable)	This Zoo Is Not For You – Ross Collins	Along Came a Different – Tom McLaughlin	Amazing – Steve Antony			Ruby's Worry – Tom Percival Colour Monster
FBVs	Tolerance Respect	Tolerance Respect Rule of Law	Individual liberty Respect	Rule of Law	N/A – Healthy Living	Mutual respect
SMSC	Moral, Social, Cultural		Spiritual, Social, Cultural	N/A - Safety	N/A – Healthy Living	Spiritual
Local/national events	Odd socks day/anti bullying week Dyslexia Awareness Week October – Black History Month 17 th October – Child Poverty Day W/C 21 st November – Road Safety Week		World Thinking Day (22 nd February) – Girl Guides E-safety week Daffodil Campaign (Marie Curie) International Women's Day (8 th March) April – National Pet Month 22 nd April – Earth Day		Sports Week Red Cross Day – 8 th May / Christian Aid Week 15-21 st May 16-20 th May Walk to School Week W/C 18 th June – Recycle Awareness Week W/C 7 th July – National Transplant Awareness Week	
National Curriculum Coverage (PSHE Association)	PoS refs: R6, R7, R8, R9, R25	PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25		PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9	PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27	PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27

Year 3	Autumn Term		Spring Term		Summer Term	
PSHE	How can we be a good friend?	What keeps us safe?	What are families like? No Outsiders	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
RSE	<ul style="list-style-type: none"> - that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. - that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. 	<ul style="list-style-type: none"> - the importance of permission-seeking and giving in relationships with friends, peers and adults. - the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. - how information and data is shared and used online. - that people sometimes behave differently online, including by pretending to be someone they are not. - how to make a clear and efficient call to emergency services if necessary. 	<ul style="list-style-type: none"> - that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. - how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. - that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. 		<ul style="list-style-type: none"> - the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). - about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. 	<ul style="list-style-type: none"> - the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. - about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. - the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. - the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
No Outsiders Texts (where applicable)			Who's In A Family? – Robert Skutch	Silence Seeker – Ben Morley Can I Join Your Club? – John Kelly and Steph Laberis		
FBVs	Mutual Respect	Individual Liberty Mutual Respect Rule of Law	Individual Liberty Rule of Law (Equality Act 2010) Mutual Respect	Democracy Mutual Respect	N/A Healthy Living	
SMSC	Social and Cultural	Spiritual, Moral	Spiritual, Moral, Social and Cultural	Social, Moral and Cultural	N/A Healthy Living	
Local/national events	Odd socks day/anti bullying week Dyslexia Awareness Week October – Black History Month 17 th October – Child Poverty Day W/C 21 st November – Road Safety Week		World Thinking Day (22 nd February) – Girl Guides E-safety week Daffodil Campaign (Marie Curie) International Women's Day (8 th March) April – National Pet Month 22 nd April – Earth Day		Sports Week Red Cross Day – 8 th May / Christian Aid Week 15-21 st May 16-20 th May Walk to School Week W/C 18 th June – Recycle Awareness Week W/C 7 th July – National Transplant Awareness Week	
National Curriculum Coverage (PSHE Association)	PoS refs: R10, R11, R13, R14, R17, R18	PoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29	PoS refs: R5, R6, R7, R8, R9	PoS refs: R32, R33, L6, L7, L8	PoS refs: H1, H2, H3, H4, H5, H6, H11, H14	PoS refs: H1, H2, H3, H4, H7, H8, H13, H14

Year 4	Autumn Term		Spring Term		Summer Term	
PSHE	What strengths, skills and interests do we have?	How do we treat each other with respect? No Outsiders	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
RSE	- the importance of self-respect and how this links to their own happiness.	- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - the conventions of courtesy and manners. - that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. - that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. - how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. - where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. - key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes		- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. - how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. - where and how to report concerns and get support with issues online.
No Outsiders Texts (where applicable)	My Strong Mind – Niels van Hove	The Diddle That Dummed – Kes Gray		Transgender agenda – Introducing Teddy – Jessica Walton		
FBVs	Individual Liberty Mutual Respect	Mutual respect Rule of law	Mutual respect	Rule of Law Individual Liberty	Rule of Law	Rule of Law Mutual Respect
SMSC	Spiritual	Moral, Social and Cultural	Spiritual, Moral	Spiritual	Social and Moral	Social, Moral and Cultural
Local/national events	Odd socks day/anti bullying week Dyslexia Awareness Week October – Black History Month 17 th October – Child Poverty Day W/C 21 st November – Road Safety Week		World Thinking Day (22 nd February) – Girl Guides E-safety week Daffodil Campaign (Marie Curie) International Women's Day (8 th March) April – National Pet Month 22 nd April – Earth Day		Sports Week Red Cross Day – 8 th May / Christian Aid Week 15-21 st May 16-20 th May Walk to School Week W/C 18 th June – Recycle Awareness Week W/C 7 th July – National Transplant Awareness Week	
National Curriculum Coverage (substantive knowledge) PSHE Curriculum	PoS refs: H27, H28, H29, L25	PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10	PoS refs: H17, H18, H19, H20, H23	PoS refs: H31, H32, H34	PoS refs: L4, L5, L19, R34	PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15