



Upper Nidderdale Primary Federation

PSHE and RSE Intent, Implementation and Impact Long Term Plans & Progression Updated September 2025 (Updated to include all statutory RSHE units)



At Upper Nidderdale Primary Federation, we will all approach everything we do in the CHAMPS way, helping every child flourish into a caring, confident and resilient young person who has a **love of learning** and upholds our CHAMPS Values:

Community - Treat others as we would want to be treated ourselves

Hope – Giving confidence in what we can contribute and achieve together

Aspiration - Believe that we can be the best version of ourselves in all that we do

Mission – Living with purpose and commitment to making a positive difference

Perseverance – Not everything comes easily – keep trying to reach your goals and dreams

Shine – Let your light shine on yourself and others

As Rights Respecting schools, our intents are based around the following articles;

Article 23

You have the right to special education if you have a disability.

Article 28

All children have the right to a good quality education.

Article 29

All children have the right to an education that helps to develop their talents and abilities.

PSHE

Intent

Our intent for PSHE is to ensure that our pupils are prepared for life's challenges, with the knowledge to make safe and healthy choices about their lives.

In the next 15 years they will...

Go out on my own for the first time • Cross my first busy road without someone to watch over me • Travel to school on my own for the first time • Have my first 'sleep over' at a friend's home • Travel into town on my own for the first time • Experience my first 'dare' • Make my first decision to spend my own money • Question if my body image is okay • Make my first independent decision about my diet and exercise • Witness or experience my first incident of bullying, either in person or online • Experience the start of puberty • Experience my first bereavement • Witness or experience my first incident of homophobia or transphobia • Witness or experience my first incident of racism • Open my first savings account • Go on my first date • Have my first kiss • Fall in love for the first time • Meet my first boyfriend or girlfriend • Have my first sexual experience • Be offered a cigarette for the first time • Be offered and perhaps have my first taste of alcohol • Make my first decision about drug use • Have my first opportunity to become a member of different groups, perhaps have my first opportunity to join a gang • Make my first choice of whether or not to carry a knife or weapon • Make a choice about my career path • Live my first day when I am responsible in law for my own actions • Sign my first legally binding contract • Take on my first financial debt • Attend my first interview • Live my first day on my own • Have my first day at college or at my first job

PSHE

Intent

The intent of our PSHE curriculum is to deliver a curriculum which is accessible to all and ensures that each of our pupils will know more, remember more and understand more about how to play a positive and successful role within our society, both as a child and as an adult within the future. It is our aim to prepare our pupils for life beyond school and a good understanding of how to keep physically and emotionally safe both on and off line.

Our aim is to provide pupils with a knowledge of their world, locally, nationally and globally and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up within this. We aim to provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our Christian vision inspire the whole school community to engage in social action and to be courageous advocates for change in our local, national and global communities

Moreover, our pupils are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values of CHAMPS and seek leadership opportunities within the school gates and their local community. We aim to develop aspiration in all pupils, giving them resilience to cope well when things are difficult and the perseverance to overcome barriers to their own learning and to make positive choices.

PSHE

Implementation

To ensure that our pupils receive an age and stage appropriate curriculum, which builds on previous knowledge, we have planned out a 2-year rolling programme. This takes into account the context of our schools and the needs of our pupils. We use The PSHE Programmes of Study as our curriculum, alongside the statutory objectives from the RSE Curriculum.

Our overall curriculum, along with our Christian vision and values, is designed to directly support the pastoral education of our pupils as well as the academic outcomes that the school aims for. PSHE sits firmly withing our federation Personal Development offer.

We make PSHE links in other subjects. Therefore, our history aims to link knowledge of Britain's past to the diverse and democratic country that we live in today through areas such immigration, refugees and parliamentary debate. Within Geography, our aim is to ensure our pupils have a wide knowledge of the world and the diverse cultures that exist beyond our school gates linking to topics such as Fairtrade and Water Aid. Within our Science, we link the learning to environmental issues and areas of disability. Whilst within computing pupils are taught first to be safe responsible online citizens before being shown the tools needed.

In addition to weekly PSHE lessons, we use events such as Anti-bullying Week, Neurodiversity Week, Children's Mental Health Week and Safer Internet Day to ensure that our pupils have a well-rounded PHSE education that bespoke meets the needs of our pupils. The school will also be introducing aspects of the Emotional Literacy scheme to supplement the mental health support provided through our 'Peer Listening' Team.

The PSHE Association Programmes of Study

The Programmes of Study from The PSHE Association

The Programmes of Study are divided into three core areas;

- **CORE THEME 1** - Health and Wellbeing
- **CORE THEME 2** - Relationships
- **CORE THEME 3** - Living in the Wider World

Each of these areas is then sub-divided into different categories.

Health and Wellbeing

- Healthy Lifestyles (Physical Wellbeing)
- Mental Health
- Ourselves - Growing and Changing
- Keeping Safe
- Drugs, Alcohol and Tobacco

Relationships

- Families and Close Positive Relationships
- Friendships
- Managing Hurtful Behaviour and Bullying
- Safe Relationships
- Respecting Self and Others

Living in the Wider World

- Shared Responsibilities
- Communities
- Media literacy and Digital Resilience
- Economic Wellbeing: Money
- Economic Wellbeing: Aspirations, Work and Career

The statutory areas of study from the Relationships Education, Relationships and Sex Education (RHSE) and Health Education is divided into 13 sections.

- Families and People Who Care for Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe
- Internet Safety and Harms
- Health and Prevention
- The Changing Adolescent Body
- Physical Health and Fitness
- Basic First Aid
- Drugs, Alcohol and Tobacco
- Mental Wellbeing
- Healthy Eating

Implementation – School Values

Beyond our documented curriculum, we will provide a culture that contributes equally towards the pastoral development of our children. Therefore, our teaching approach places great emphasis upon collaboration and cooperation: group work should be a key element of all classrooms and the school places emphasis on sports, choir and drama productions – all of which enable our pupils to achieve success together.

Beyond this, pupils are encouraged to show leadership in their community through House Captaincy, Peer Listening and through our Pupil Leadership programme which means that ALL children are involved in the running of the school, making real decisions that they can see in action. Our pupil leadership groups are; Rights Respecting Team, Wellbeing Team, Collective Worship Team Online Leadership Team and Sports Leaders

We prepare children for the wider world and encourage a deeper economic understanding through links with NatWest Bank, through our 'Careers days' and through initiatives such as 'Grow a Pound' and 'The Fiver challenge.'

Our Personal Development offer supports children to develop resilience to cope well when things are difficult and the perseverance to overcome barriers to their own learning and to make positive choices.

PSHE

Implementation - How PSHE will be taught

The teaching of each unit of PSHE will follow the same format.

They unit will begin by sharing the Knowledge Organiser for the unit, along=g with the discussion about the vocabulary which will be taught in this unit.

Upper Nidderdale PSHE Ground rules are always revisited - Difficult topics may be discussed so it is okay to take a break if you need to; if anything has upset or worried you, talk to an adult; it is okay ask questions (but not personal ones), it is okay to share a story, but not with any names.

The first lesson will assess what knowledge pupils have retained from the previous teaching of this subject. This will inform teachers about what gaps need to be closed, or what misconceptions need to be addressed.

The lessons taught will be very much discussion and reflection based - answering a big question or teaching a specific objective, that is shared with the children. . There will be planned group work and paired work, which will be in line with our Speaking and Listening Intent so that children can develop debating and discussion skills appropriate to their age. PSHE is a unique subject for the content that is discussed and debated. Children need to be supported to develop the skills of challenging ideas and debating topics which they may feel very passionate about.

Time is given for pupils to reflect on their own feelings around the question or topic. This will be recorded in a variety of ways - written, pictorial, poster, presentation - PSHE is always inclusive as we recognise that SEND pupils can be vulnerable to abuse

PSHE

Impact (Taken from The PSHE Programmes of Study 2024)

There are many reasons why it is important that learning in PSHE is assessed, including;

- Pupils need opportunities to reflect on their learning and its implications for their life.
- Teachers need to know that learning has taken place, to be able to demonstrate progress and identify future learning needs.
- Assessment increases pupils' motivation and improves learning, as their raised awareness of their progress illustrates the value of their learning.
- Assessment allows the SLT, parents, governors and school inspectors to see PSHE education's impact on pupils and whole school outcomes, such as Ofsted judgements on Personal Development, safeguarding, spiritual, moral, social and cultural (SMSC) development and the promotion of Fundamental British Values. Without assessment, all a school can do is describe its PSHE provision, not show its impact.
- The DfE also states in the statutory guidelines for Relationships, Sex and Health education that 'schools should have the same high expectations of the quality of pupil's work in these subjects as for other curriculum areas.' - therefore assessment for and of learning should be central to any PSHE education provision.

PSHE

Impact

Assessment is central to effective teaching and learning.

This is true for all subjects, and PSHE education is no exception. Effective assessment allows pupils and teachers to reflect on what has been learned, increases motivation for future learning and demonstrates impact.

At The Upper Nidderdale Primary Federation, we will use baseline assessment to gauge prior knowledge and understanding. Whilst all learning is recorded with a pupil's PSHE books, the width of our provision means that a range of measures are used:

- Reflections in books, linking prior knowledge and newly acquired knowledge.
- Pupil conferencing and discussion.
- Participation in extra-curricular activity both in school and beyond is tracked.
- Pupil Voice Surveys are used to assess knowledge of how to stay safe and emotionally confident within the school.
- Levels of volunteering both within the school through litter picking, librarians and playground leaders, and within the community through community litter picks, choir concerts within local care homes and supporting the local foodbank.

The impact that we aim to have through PSHE is to create more thoughtful, spiritual, co-operative, compassionate generation of citizens who are skilful at resolving social, environmental, economic and political world problems. We aim to develop the whole child so they can be enterprising, resilient, creative problem solvers who can make a positive contribution to society.

Marking and feedback in PSHE should be used to enable pupils to further develop their learning in the context of their own lives. We believe that this offers further opportunities to pose challenging questions about relationships, keeping safe, their futures and what to do in difficult situation, on and offline. The following sentence stems will be used to allow children to reflect on the content of their PSHE knowledge, as well as to demonstrate curiosity and open mindedness when exploring life's big questions.

**Today's lesson
helped me to
reflect on ...**

**Today I learned
something about
keeping healthy that
I will remember
when I am older. It
was ...**

**Today I learnt
something important
about mental health.
It was**

**Today in PSHE, I
thought about my
own future, I
thought ...**

**Today the lesson
helped me to
think about how
to keep safe by
...**

**Today I considered
diversity and
equality in the
world. It made me
think about ...**

PSHE

SEND

Adaptions

SEND Adaptions for PSHE

Cognition and Learning		Communication and Interaction	
Subject Challenges for SEND	SEND Provision	Subject Challenges for SEND	SEND Provision
The ability to understand the abstract information.	Use stem sentences to provide a starter. Use pictures and emojis to relate to abstract feelings.	Expressing themselves and sharing their thoughts and opinions orally.	Use stem sentences to provide subject specific language in a particular format – this will enable children to accurately communicate their thoughts and opinions.
The ability to understand the vocabulary associated with puberty	Pre-teach vocabulary – ensure that there are picture cues to ensure understanding.		Use alternative recording devices e.g. whiteboards/iPads/talking tins to allow children the option of sharing their thoughts and opinions in an alternative way.
Understanding of subject specific vocabulary.	Adults to ensure that they read the text to pupils and draw attention to key vocabulary. Use film and video to ensure understanding.		Allow children processing time when asking them a direct question. Some children need upwards of 10 seconds to process a question before they can answer.
Difficulty in producing accurate pieces of writing	Use writing frames, sentence starters, vocabulary mats and visuals to support the writing process, as well as an adult acting as a scribe or using talking tins. Make learning very interactive – sorting food pictures into healthy and not healthy etc.		Ambitious About Autism – online safety resources produced for children with autism. Use physical resources – such as hoops to teach about boundaries, stickers with a body outline to get children to put c#]stickers on parts of the body that are private.

SEND Adaptions for PSHE

Physical and Sensory		SEMH	
Subject Challenges for SEND	SEND Provision	Subject Challenges for SEND	SEND Provision
Physical difficulties accessing specific environments during trips. Children with a visual impairment may find it difficult to view text/images/historical artefacts.	Ensure that any environments visited during school trips are fully accessible for children with physical disabilities e.g. wheelchair accessible. Ensure that alternative transport arrangements are made for any children who have a physical disability which makes walking difficult. Above information should be identified on risk assessment prior to visit. Ensure that font size used in resources matches the specific font size specified in the child's report provided by the Visual Impairment Team (saved in SEND files on T Share). Enlarge images to appropriate sizes to aid access. Use a visualiser to enlarge an artefact to ensure that children with visual impairments can observe historical artefacts.	Low self-esteem in ability., difficult conversations about PSHE – feelings, mental health etc. Difficulties with social skills may result in children finding group work challenging.	Pre-teach key information and vocabulary so that children feel prepared for the lesson and can share their knowledge with their peers – resulting in raised self-esteem. Prep children for difficult conversations that might be planned around mental health or relationships. Carefully consider seating arrangements during group work to ensure that children are placed next to patient, non-dominant children. Additional adult support can be deployed as necessary. Ensure children have access to usual aides such as ear defenders to reduce noise. Provide talking tins for children who struggle with impulsivity so that they can record their contributions as they think of them but can play them back to other children at the appropriate time. .

PSHE Fundamental British Values and SMSC

PSHE → SMSC Links

Spiritual

In PSHE, we help pupils to consider and respond to questions of meaning and purpose in life., to consider and respond to questions about the nature of values in society.

Moral

In PSHE, we help pupils to consider aspects of morality by using discussion and critical thinking. We enable pupils to make responsible and informed judgments about moral issues.

Social

PSHE helps our pupils to develop their sense of identity and belonging by preparing them for life as responsible citizens in an increasingly diverse world.

Cultural

PSHE helps to foster our pupils' awareness and understanding of the range of beliefs and practices in the community and the wider world, and by exploring issues within and between faiths. This will develop mutual respect and tolerance of the world that they live in.

PSHE → Fundamental British Values

PSHE and Fundamental British Values link naturally. Through our PSHE curriculum we enable students to develop their self-knowledge, self-esteem and self-confidence
enable students to distinguish right from wrong and to respect the civil and criminal law of England.

Through PSHE and our Christian Values, we encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely
enable students to acquire a broad general knowledge of and respect for public institutions and services in England.

PSHE is used to develop further tolerance and harmony between different cultural traditions by enabling students to acquire an appreciation for and respect for their own and other cultures
encourage respect for other people, and encourage respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in England.

Fundamental British Values

Within the federation, there are many opportunities to 'live and breathe' British Values;

- CHAMPS - children learn about the responsibility that they have for making good choices and the consequences of not doing so. They also learn about the importance of honesty and good manners.
- House Captains - Children learn about the responsibility of being a team. They learn to work together to achieve something. As part of a 'house', they learn about the intrinsic feel good factor of doing the right thing. Over time, children have the opportunity to be House Captains and to take on more responsibility.
- Pupil Leadership groups - here children learn about contributing to society and about 'giving back.' They learn that their opinions matter and that they can make changes to their life and the lives of others.
- Growth Mindset - Children learn about life skills such as resilience and perseverance. These abstract concepts are brought to life through characters that represent the skill.
- Commando Joe - Through this imitative, children learn to work well in a team and to develop their resilience and communication skills.
- PSHE - In PSHE we learn about living in the wider world. Here we learn even more about democracy and tolerance of others.
- RE - Children learn about a variety of faiths and non-faiths and with this deepening knowledge comes respect and tolerance.
- Collective Worship - Children learn about inspirational individuals, as well as themes around respect and tolerance.

Fundamental British Values Vocabulary

The following vocabulary will be taught and revisited throughout a child's time at school so that it is embedded.

Rule of Law	Individual Liberty	Tolerance	Democracy	Mutual Respect
Rules Law Government Fair Justice Courts Honesty Truthful Law abiding Consequence	Individual Liberty Freedom Express Opinion Accepted Responsibility Pride Self-esteem	Tolerance Accepting Respect Difference Religion Belief Faith Tradition Culture Race Acceptance Equality	Democracy Equality Freedom Decision Vote Debate View Election Government Parliament Minister Representation	Mutual Respect Diversity Culture Ethnicity Gender Disability Sexual orientation Faith Race difference Similarities Celebrate

PSHE & RSE

Golden Threads

and Connected

Knowledge

Golden Threads in PSHE

At The Upper Nidderdale Primary Federation, we have 'golden threads' in PSHE. This is important knowledge that children gain and retain at different stages of their primary education. When these topics are revisited, time is taken to ensure that previous knowledge is secure and links to previous knowledge are taught explicitly.

Our Golden Threads are;

- **Healthy Relationships - including family and friendships**
- **Keeping Myself Physically Safe**
- **Keeping Myself Mentally Safe**
- **Online Safety and Digital Resilience**
- **Bullying**
- **Making Healthy Choices**
- **Growing up and Changing**
- **Community**
- **British Values**

These golden threads connect new knowledge gained with previous knowledge, building up to our big end goals for our pupils when they leave primary school.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Healthy Relationships - including Family and friends (1)	Play with one or more other children, extending and elaborating play ideas	To identify the people who love and care about them and what they do to help them feel cared for.	To recognise that there are different types of relationships (e.g. friendships, romantic relationships, online relationships)	Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs.
	Find solutions to conflicts and rivalries.	To know about different families including those that may be different to their own.	That a feature of a positive family life is caring relationships; to know the different ways in which people care for each other.	Know practical steps they can take in a range of different contexts to improve or support respectful relationships.
	Build constructive and respectful relationships.	To know about how people make friends and what a good friendship is.	To know how to recognise if family relationships are making them feel unhappy or unsafe, and how to get help.	Know the importance of permission seeking and giving in relationships with friends, peers and adults.
	Work and play cooperatively and take turns with others.	To know simple strategies to resolve arguments between friends positively.	To know that healthy friendships make people feel included; recognise when others may feel lonely or excluded.; know strategies to include them.	To know the characteristics of healthy family life, commitment to each other, including in times of difficult, protection and care for children and other family members, the importance of spending time together and sharing each others lives.
	Form positive attachments to adults and friendships with peers.	To recognise that some things are private and the importance of respecting privacy; the parts of their body covered by underwear is private.	To recognise if a friendship (on or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.	Know how to recognize if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
	Talk about members of their immediate family and community.	To know the importance of not keeping secrets - only happy surprises that others will find out eventually.	To know about seeking and giving permission (consent) in different situations.	
		To know what to do if they feel unsafe or worried for themselves or others; who to ask for help and the vocabulary to use when asking for help.		

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Healthy Relationships - including Family and friends (2)		To know basic techniques form resisting pressure to do something they do not want to do and which makes them feel unsafe.	To recognise different types of physical contact and know what is acceptable and unacceptable. To know strategies to respond to unwanted physical contact. To know about keeping something secret or confidential, when this should be (e.g. a birthday surprise that others will find out about) Or should not be agreed to, and when it is right to break this confidence or share a secret. Know how to recognise pressure from others if worried about their own or someone else's personal safety (including online)	To Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. To Know that most friendships have ups and downs, and these can often be worked through so that the friendship is repaired, even strengthened, and that resorting to violence is never right. To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical contact and other contact.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Keeping Myself Physically Safe	Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them, Know how to be a safe pedestrian.	To know how to keep safe at home, including around electrical appliances, and not to play with matches and lighters. To know that household products, including medicines, can be harmful if not used correctly. To know ways to keep safe in familiar and unfamiliar environments (e.g. breach, shopping centre, swimming pool, on the street) To know what to do if there is an accident and someone gets hurt. To know about the people whose job it is to keep us safe.	To know about hazards (including fire hazards) that may cause harm, injury or risk in the home and what they can do to reduce risks. To know about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully) To know strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety. To know how to respond and react in an emergency situation; how to identify situations that may require the emergency services and to know how to contact them and what to say.	To know what sort of boundaries are appropriate in friendships with peers and others (including in a digital context). To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online., whom they do not know. To know how to recognise and report feelings of being unsafe or feeling bad about an adult. To know strategies for keeping safe in the local environment (road and water safety, county lines) and who to talk to if they feel unsafe. To know concepts of basic first aid, for example dealing with common injuries, including head injuries) To know how to make a clear and efficient call to the emergency services if necessary. To predict, assess and manage risk in different situations.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Keeping Myself Mentally Safe (1)	Talk about their feelings using words like 'happy' 'sad' 'angry' or 'worried.'	To know about different feelings that humans can experience.	To know that mental health, like physical health, is a part of daily life, to know about the importance of taking care of their mental health.	To know that mental wellbeing is a normal part of daily life, in the same way as physical health.
	Understand gradually how other might be feeling.	To know that feelings can affect people's bodies and the ways that they behave.	To know 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, activities, hobbies and spending time with friends and family can support mental health and wellbeing.	To know that there are a range of emotions and a scale of emotions that all humans experience in relation to different experiences and situations.
	Identify and moderate their own feelings socially and emotionally.	To recognise that not everyone feels the same at the same time, or feels the same about the same things.	To recognise that feelings can change over time and range in intensity.	To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	Set and work towards simple goals, being able to wait and control their immediate impulses when appropriate.	To know about things that help people to feel good such as playing outside, doing things that they enjoy, spending time with family, getting enough sleep.	To know strategies to respond to feelings, including intense or conflicting feelings and how to manage and respond to feelings appropriately and proportionately in different situations	Know simple self-care techniques, including the importance of rest, time with friends and family and the benefits of hobbies and interests.
	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	To know different things that they can do with big feelings, to calm themselves down or to change their mood when they do not feel good. To recognise when they need help with feelings, that it is important to ask for help with feelings and who to ask. To understand about change and loss (including death) and to identify feelings associated with this.	To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.	To know it is common for people to experience mental ill health. For many people that do, the problem can be resolved if the right support is made available, especially if accessed early enough.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Keeping Myself Mentally Safe (2)				To know 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 that arise online). To know where and how to seek support (including recognising the triggers for seeking support).

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Online Safety & Digital Resilience (1)	Increasingly follow rules, understanding why they are important.	To know the basic rules for keeping safe online, including what is meant by personal information and what should be kept private.	To recognise ways in which the internet and social media can be used both positively and negatively.	To know that, for most people, the internet is an integral part of life and has many benefits.
	Talk about feelings like worried.	To know how the internet can be used safely to find things out and to communicate with others.	To know about the importance of keeping personal information private online.	To know the benefits of rationing time spent online, the risks of excessive time spent electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
	Make healthy choices about activities.	To know about the role of the internet in everyday life.	To know strategies for keeping safe online.	To know why social media, some computer games and online gaming are age restricted.
	Explain the reasons for rules, know right from wrong and try to behave accordingly.	To know that not all information seen online is true.	To know how to manage requests for personal information or images of themselves.	To know how to be a discerning consumer of information online including understanding that information, including that from search engines which is ranked, selected and targeted.
	Know and talk about sensible amounts of screen time.	To know the importance of telling a trusted adult if they come across something online that scares them.	To know what to do if they are frightened or worried about something they have seen online and how to report concerns, inappropriate content or contact.	To know that people sometimes behave differently online, including by pretending to be someone they are not.
		To know the importance of telling a trusted adult if they come across something online that scares them.	To know how to assess the reliability of sources of information online and how to make safe, reliable choices from search results.	

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Online Safety & Digital Resilience (2)			To know how information on the internet is ranked, selected and targeted at specific individuals and groups. To know that connected devices can share information. To recognise things appropriate to share and things that should not be shared on social media, to know the rules around distribution of images.	To know 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. To know how to critically consider online friendships and sources of information including the awareness of the risks associated with people they have never met. To know how information and data is shared and used online. To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Bullying	To begin to understand how others might be feeling. To express feelings and consider the feelings of others. To think about the perspectives of others. Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. To form positive attachments to adults and friendships with peers.	To know that bodies and feelings can be hurt by words and actions. People can say hurtful things online. To know how people may feel if they experience hurtful behaviour or bullying. To know that hurtful behaviour (offline and online) including teasing, name-calling, bullying, and deliberately excluding others is not acceptable. To know how to report bullying and the importance of telling a trusted adult.	To know about the impact of bullying (offline and online) and to know about the consequences of harmful behaviour. To know strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including name-calling, bullying, trolling, harassment or the deliberate exclusion of others) and how to report concerns and get support. To know what discrimination means and how to challenge it.	To know about different types of bullying (including cyberbullying). To know about the impact of bullying. To know about the responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. To know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on the mental health. To know what a stereotype is, and how stereotypes can be unfair, negative or destructive. To know that bullying has a negative and often lasting impact on mental wellbeing.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Making Healthy Choices (1)	Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing. Know and talk about different factors that support their overall health and wellbeing -regular physical activity -healthy eating -toothbrushing -sensible amounts of screen time. -having a good sleep routine Being a safe pedestrian	To know what keeping healthy means and to know different ways to keep healthy. To know about foods that support good health and the risks of eating too much sugar. To know how physical activity helps us to stay healthy and some ways to be physically active everyday. To know why sleep is important and different ways to rest and relax. To know simple hygiene routines that can stop germs from spreading. To know about dental care and visiting the dentist; how to brush teeth correctly; and food and drink that support dental health. To know how to keep safe in the sun and how to protect skin from sun damage. To know about the people who help us to feel physically healthy.	To know how to make informed choices about health. To recognise how habits can have both positive and negative effects on a healthy lifestyle. To know what constitutes a healthy diet, how to plan a healthy meal; the benefits to health and wellbeing of eating nutritionally rich foods. To know the risks associated with not eating a healthy diet, including obesity and tooth decay. To know how regular exercise and good quality sleep contribute to a healthy lifestyle. To know the effects of lack of sleep on the body. To know that medicines, when used responsibly, contribute to health. That some diseases can be prevented by vaccinations and immunisations, how allergies can be managed.	To know what constitutes a healthy diet (including understanding calories and other nutritional content) To know the principles of planning and preparing a range of healthy meals. To know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example tooth decay and obesity) and other behaviours such as the impact of alcohol on health. To know the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug taking. To know the characteristics and mental and physical benefits of an active lifestyle. To know the risks associated with an inactive lifestyle, including obesity.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Making Healthy Choices (2)		To know about things that people can put into their body or on their skin; how these can affect how people feel.	To know about the risks and effects of legal drugs common in everyday life such as cigarettes, e-cigarettes/ Vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which is difficult to break. To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use or give to others. To know why people choose to use or not use drugs. To know that there are organisations that can support people concerning alcohol, tobacco and drug use.	To know the importance of building regular exercise into daily and weekly routines and how to achieve this, e.g. walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. To know how and when to seek support including which adults to speak to in school if they are worried about their teeth. To know the importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn. To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. To know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Growing Up and Changing	See themselves as a valuable individual. Manage their own basic hygiene and personal needs including dressing, going to the toilet and understanding the importance of healthy food choices.	To recognise what makes them special. To recognise ways in which we are all unique. To identify what they are good at, what they like and dislike. To know how to manage when finding things difficult. To name the main parts of the body, including external genitalia (vulva, vagina, testicles, penis) To know about growing and changing from young to old and how people's needs change. To know how to prepare for a new class.	To know that for some people, gender identity does not correspond with their biological sex. To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self worth. To identify external genitalia and internal reproductive organs in males and females and how the process of puberty relates to humans reproduction. To know how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. To know the key facts about puberty and the changing adolescent body, particularly from age 9 through to 11, including physical and emotional changes.	To know about physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the mensural cycle and mensural wellbeing, erections and wet dreams) To know about menstrual wellbeing, including the key facts about the menstrual cycle. To know about the processes of reproduction and birth as part of the human life cycle; to know how babies are conceived and born (and that there are ways to prevent a baby being made). To know where to get more information, help and advice about growing and changing, especially during puberty. To understand the new opportunities and responsibilities that increasing independence may bring.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Community	Talk about members of their immediate family and community. Understand that some places are special to members of their community.	To know about different groups they belong to. To know about the different roles and responsibilities that people have in their community. To recognise the ways in which they are the same as, and different to , other people.	To know about different groups that make up their community. To know what living in a community means. To know about diversity and what it means.	To know about diversity and the benefits of living in a diverse community. To value diversity within communities. To understand stereotypes and how this can negatively influence behaviour and attitudes . To develop strategies to challenge stereotypes. To understand prejudice and to recognise behaviours and actions which discriminate against others.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
British Values - Individual Liberty	To develop an awareness of my own needs, views and feelings. To know that children have rights.	To be sensitive to and respect the feelings of others. To make decisions and begin to understand the repercussions of my choices. To understand that I am responsible for my choices and behaviour. To begin to explore the UN Convention on the Rights of the Child.	To know what freedom is. To explore ways that I am free to be me. To celebrate the uniqueness of each individual and the power of being different. To understand ways that I can help others to be free to be themselves. To further explore the UN Convention on the Rights of the Child and what it means to me.	To understand the right to live in freedom and individual liberty. To consider what the UN Convention on the Rights of the Child mean to other children around the world. To understand that individual liberty has to within the rules/law.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
British Values - Rule of Law	To know what is right and wrong. To follow the CHAMPS values. To know why it is important to follow rules.	To be able to follow our CHAMPS values and explain why it is important to me and the rest of the school community. To understand the need for rules/laws. To say whether a rule or law is fair or unfair.	To understand why there are rules and laws in place. To say why a rule is fair. To know that everyone in a community has rights and responsibilities and understand the importance of laws. To know why there are laws in society and who helps us to follow these laws. To explain the consequences of breaking a rule.	To explain what the Rule of law is. To explain why we have the 'Rule of Law.' To understand that living under the rule of law protects individuals. To say if there has been an injustice and to argue my point. To understand and explain the role of the police in a democratic society. To recognise reasons for rules and laws and explain the consequences for not adhering to them. To explain the relationship between rules and responsibilities.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
British Values - Democracy	To express my opinion. To listen to the opinions of others. To begin to work in a team.	To express and justify my opinion. To make choices and begin to understand and respect the democratic process. To know that my voice counts.	To begin to understand the term democracy and why it is important. To take part in a fair vote and say how it was fair, even if I am disappointed by the result. To explore ways in which we can express our opinions and campaign for democratic change.	To know what democracy is and why it is important, To articulate ways in which our school community is a democracy. To understand the role of an MP and of the Prime Minister. To explain how this is a democratic process.

Connected PSHE Knowledge - **BIG GOALS IN RED**

	Rec	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
British Values - Tolerance and Mutual Respect	To know similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class.	To know what mutual respect is. To know what tolerance is. To identify and respect the similarities and differences between people such as gender, appearance, family, religion etc. To begin to understand the Equality Act, and why it is important.	To understand what tolerance and mutual respect are and explain why they are important. To understand what diversity, what it means and the benefits of living in a diverse community. To listen to and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.	To understand and explain what prejudice is. To understand and explain what discrimination is. To explain about the protected characteristics of The Equality Act. To understand about stereotypes and explain how they can negatively influence behaviours and attitudes towards others. Explain how to challenge stereotypes.

PSHE

Vocabulary Progression

PSHE Vocabulary Progression

Being Me in My World

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Change Feelings Goal Opinion Persevere Unique	Choices Dislike Informed Like Strategies Strengths Resilient	Attitude Balanced Lifestyle Hormones Neutral Positive Responsible Uncomfortable	Adolescence Body image Conflicting Emotions Ideal Mislead Misrepresent Self-esteem Society Representation Responsible Choices

PSHE Vocabulary Progression
Being An Active Citizen

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Agree Belong Challenge Disagree Fair Rules Unfair	Belonging Community Contribute Democracy Improve Responsibility Rights	Biased Global Individual International Local National Media Respect	Democracy Equality Equity Fairtrade Justice Moral Obligation Participation Social Justice Volunteer

PSHE Vocabulary Progression Me and My Future

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Career Future Save Spend Strengths Values	Aspire Balance Credit card Debit card Needs Wants Unique	Benefits Budget Charity Debt Finance Poverty Stereotypes	Cost of Living Employee Employer Incomings Interest Insurance Mortgage Outgoings Value for Money

PSHE Vocabulary Progression

Keeping Myself Safe

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Emergency Medicine Risks Rules Safety Secrets Websites Wellbeing	Harmful Healthy Friendship Offline Online Pressure Risks Secrecy Substances	Advice Consequence Influence Media Password Peers Pressure Wellbeing	Dare Habit Hazard Offence Online Presence Responsibility Request Risk Substances

PSHE Vocabulary Progression Relationships

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Family Female Love Male Relationships Safe Teasing	Bully Gay Gender Penis Testicles Vagina Vulva	Adoption Fostering Lesbian Puberty Reproduction Same Sex Relationships Stereotypes	Bisexual Civil Partnership Conception Consent Heterosexual Homosexual Mensuration Periods Sexual Orientation Transgender

PSHE Vocabulary Progression

My Healthy Lifestyle

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Active Exercise Feelings Germs Health Mistakes Wash	Active Changes Dental Disease Hygiene Independence Resilient	Anxiety Bacteria Diet Good Habits Relaxation Responsible Virus	Adolescence Calories Counter Argument Conflicting Emotions Lifestyle Puberty Resolving Differences Resolve Support

PSHE

**Long Term Plans
(Two Year
Rolling
Programmes)**

**Being Me in My
World**

**My Healthy
Lifestyle**

(Healthy Relationships,
Mental Health &
Physical Health)

**Keeping
Myself Safe**

(Mentally and Physically
- On and offline)

**PSHE
Whole School
Overview**

**Me and
My Future**

**Being an Active
Citizen**
(Rights, Responsibility
and the Law)

**Sex and
Relationships**

- Me - A Special Person

- Being Healthy

- Keeping safe

EYFS

- People Who Help Us

- Being Involved

- Growing and Changing

Key Stage One

- Recognising and Celebrating Similarities and Differences

Lower Key Stage Two

- There's Only One Me!

Upper Key Stage Two

- Taking Care of My Mental Health

Key Stage One

- Keeping Myself Healthy

Lower Key Stage Two
Keeping Myself Physically Healthy

Upper Key Stage Two

- Making Healthy Choices

Key Stage One

- Keeping Myself Physically Safe

Lower Key Stage Two

- Making Safe Choices

Upper Key Stage

- Taking Responsibility for my own Safety

**PSHE
Study Units
Year A**

Key Stage One

- Me and My Future

Lower Key Stage Two

- Looking Ahead

Upper Key Stage Two

- The World of Work

Key Stage One

- Our World and Our Responsibilities

Lower Key Stage Two

- In Someone Else's Shoes

Upper Key Stage Two

- Rights, Responsibilities and the Law

Key Stage One

- Healthy Relationships

Lower Key Stage Two

- Changes in Families and Relationships

Upper Key Stage Two

- It's My Body

Key Stage One

- Other People Are Special Too

Lower Key Stage Two

- Respecting Self and Others

Upper Key Stage Two
Families and Friends

Key Stage One

- Making Healthy Choices

Lower Key Stage Two

- Keeping Myself Mentally Healthy

Upper Key Stage Two

- Risks, Pressure and Choices

Key Stage One

- Recognising Safe Relationships

Lower Key Stage Two

- Keeping Myself Safe

Upper Key Stage

- Safety First!

PSHE
Study Units
Year B

Key Stage One

- Money, Money, Money

Lower Key Stage Two

- Me and My Money

Upper Key Stage Two

- Money Matters

Key Stage One

- Being an Active Citizen

Lower Key Stage Two

- Being a Responsible Citizen

Upper Key Stage Two

- Active Citizens

Key Stage One

- My Body, My Rules (RSE)

Lower Key Stage Two

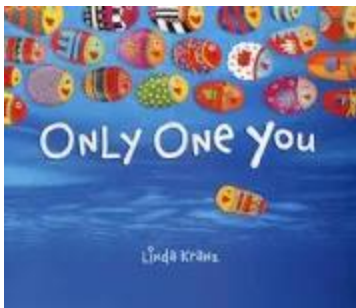
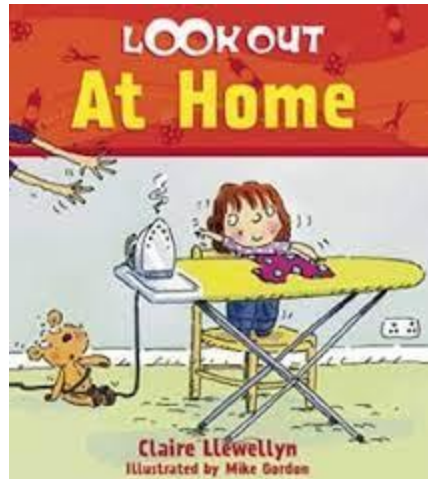
- My Body Belongs To Me (RSE)

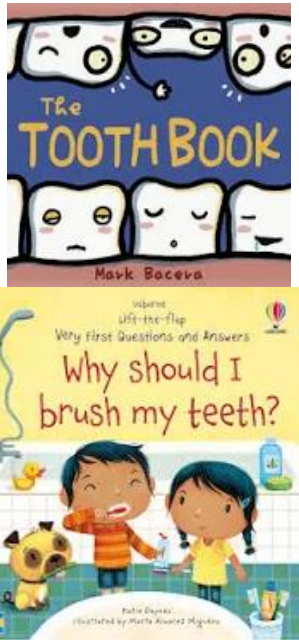
Upper Key Stage

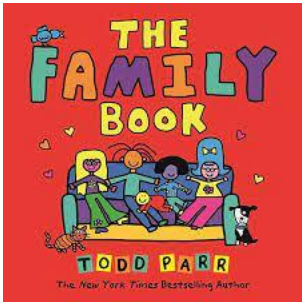
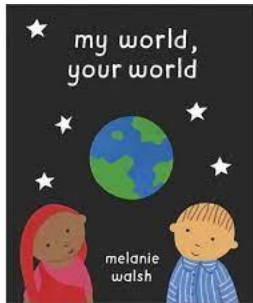
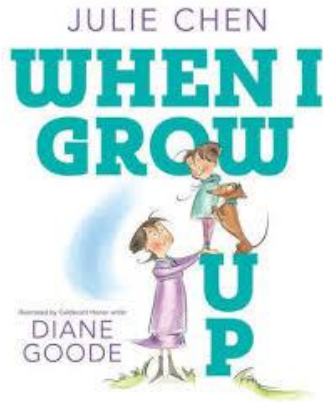
- Ups and Downs in Relationships (RSE)

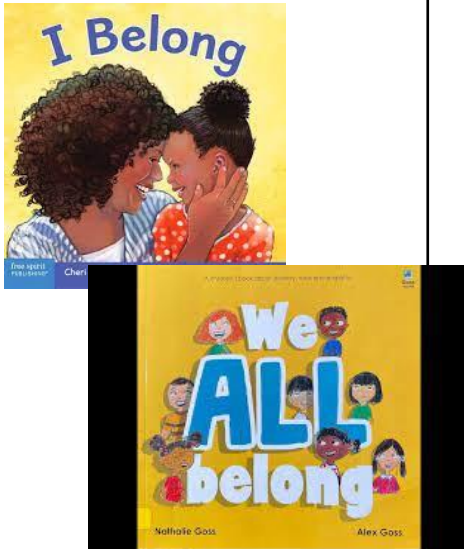
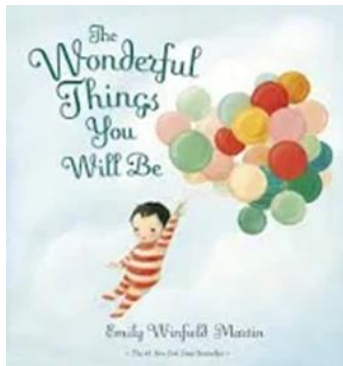
EYFS

Long Term Plans

	Autumn 1	Autumn 2	Spring 1
2024-2025 Year A	Me - A Special Person  • See themselves as a valuable individual. • Build constructive and respectful relationships • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	How can I keep healthy?  • To know and talk about the different factors that support their overall health and wellbeing including regular physical exercise, sleep and healthy eating.	How can I keep safe at home?  • To know and talk about the different factors that support their overall health and wellbeing including keeping safe.

	Autumn 1	Autumn 2	Spring 1
2025-2026 Year B	What Makes Me Unique?  • See themselves as a valuable individual. • Build constructive and respectful relationships • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	How can I look after My Teeth?  • To know and talk about the different factors that support their overall health and wellbeing including toothbrushing.	How can I keep safe out and about?  • To know and talk about the different factors that support their overall health and wellbeing including being a safe pedestrian.

	Spring 2	Summer 1	Summer 2
2024-2025 Year A	Who helps me at home?  • Build constructive and respectful relationships. • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Form positive attachments to adults and friendships with peers.	How can I look after my world?  • Explain some similarities and differences between life in this country and life in other countries. • Recognise some environments that are different o where they live. • Understand and respect the natural environment around them.	How have I changed? What next?  • To begin to make sense of their own life story and family's history.

	Spring 2	Summer 1	Summer 2
2025-2026	Are all families the same?	Where do I belong?	How have I changed? What next
Year B			
	• Build constructive and respectful relationships. • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Form positive attachments to adults and friendships with peers.	• Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendship with peers.	• To begin to make sense of their own life story and family's history. • To begin to show interest in different occupations.

Key Stage One

Long Term Plans

(2 Year Rolling Programme)

Key Stage One PSHE → Autumn Term 1

Year A - Recognising Similarities and Differences

- H21 - To recognise what makes them special.
- H22 - To recognise the ways in which we are all unique
- H23 - To identify what they are good at, what they like and dislike.
- L6- To recognise the ways in which they are the same as and different to other people
- H14 - To learn how to recognise what others might be feeling.
- H15 - To recognise that not everyone feels the same at the same time, or feels the same about the same things.
- R3 - To know about different types of families, including those that may be different to their own.

Year B - People that are Special to me

- R1 - To learn about the roles that different people 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.
- R6 - To learn about how people make friends and what makes a good friendship.
- R7 - To learn about how to recognise when they or someone else feels lonely and what to do about it.
- R8 - To learn simple strategies to resolve arguments between friends positively.
- R9 - To know how to ask for help if a friendship is making them feel unhappy.
- L4 - To learn about the different groups they belong to.
- L5 - To learn about the different roles and responsibilities people have in their community.

Key Stage One PSHE → Autumn Term 2

Year A – Keeping Myself Healthy

- H1 – To learn about what keeping healthy means; to know about different ways to keep healthy.
- H2 – To learn about food that support good health and the risks of eating too much sugar.
- H3 – To learn about how physical activity helps us to stay healthy; and ways to rest and relax.
- H4 – To know about how physical activity helps us to stay healthy; and ways to be physically active every day.
- H5 – To learn simple hygiene routines that keep germs from spreading.
- H6 – To learn that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.
- H7 – To learn about dental care and visiting the dentist; to learn how to brush teeth correctly; to know which food and drink can support dental health.
- H8 – To know how to keep safe in the sun and protect sun from skin damage.

Year B – Making Healthy Choices

- H9 – To know about the people that help to keep us stay physically healthy.
- H11 – To learn about different feelings that humans can experience.
- H12 – To learn how to recognise and name different feelings.
- H13 – To learn how feelings can affect people's bodies and how they behave.
- H17 – To know about things that help people feel good (playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- H18 – To learn about different things they can do manage big feelings, to help calm themselves down/and or change their mood when they don't feel good.
- H19 – To learn to recognise when they need help with their feelings; to know how that it is important to ask for help with feelings and to know how to ask for it.
- H20 – To know about change and loss (including death) and to learn to identify feelings associated with this; to recognise what helps people to feel better.

Key Stage One PSHE → Spring 1 (Page 1)

Year A - Keeping Safe at Home

- H28 - To know about rules and age restrictions that keep us safe.
- H29 - To recognise risk in simple everyday situations and what action to take to minimise harm.
- H30 - To know about how to keep safe at home (including around electrical appliances) and fire safety (not playing with matches and lighter).
- H31 - To know that household products (including medicines) can be harmful if not used correctly.
- H32 - To know ways to keep safe in familiar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.
- H33 - To know about the people whose job it is to keep us safe.
- H35 - To know what to do if there is an accident and someone is hurt.
- H36 - To know how to get help in an emergency (how to dial 999 and what to say).

Year B - Recognising Safe Relationships - on and offline

- H33 - To know basic rules to keep safe online, including what is meant by personal information and what should be kept private; to know the importance of telling a trusted adult if they come across something that scares them.
- R4 - To identify common features of family life.
- R10 - To know that bodies and feelings can be hurt by words and actions; to know that people can say hurtful things online.
- R11 - To know about how people may feel if they experience hurtful behaviour and bullying.
- R12 - To learn that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; to know how to report bullying; to learn about the importance of telling a trusted adult.
- R14 - To know that sometimes people may behave differently online, including by pretending to be someone they are nt.

Key Stage One PSHE → Spring 1 (Page 2)

Year A - Keeping Safe at Home

Year B - Recognising Safe Relationships - on and offline

- R15 - To know how to respond safely to adults they do not know.
- R20 - To learn what to do if they feel unsafe or worried for themselves or others; to know who to ask for help and the vocabulary to use when asking for help; to know the importance of keeping trying until they are heard.

Key Stage One PSHE → Spring 2

Year A - Me and My Future

- L14 - To know that everyone has different strengths.
- L15 - To know that jobs help people to earn money to pay for things.
- L16 - To know about different jobs that people they know or people that work in the community do.
- L17 - To know about some of the strengths and interests someone might need to do different jobs.

Year B - Money, Money, Money

- L10 - To know what money is and the forms that money come sin. To know that money comes from different sources.
- L11 - To know that people make different choices about how to save and spend money.
- L12 - To learn the difference between needs and wants; to know that sometimes people may not always be able to have the things that they want.
- L13 - To know that money needs to be looked after and there are different ways of doing this.

Key Stage One PSHE → Summer 1

Year A – Our World and Our Responsibilities

- L1 – To learn what rules are and why they are needed for different situations.
- L2 – To learn how people and other living things have different needs and to learn about the responsibilities of caring for them.
- L3 – To learn about things they can do to help look after the environment.
- L7 – To learn about how the internet, and digital devices can be used safely to find things out and to communicate with others.
- L8 – To learn about the role of the internet in everyday life.
- L9 – To learn that not all information seen online is true.

Year B – Respecting self and Others

- R21 – To learn about what is kind and unkind behaviour and how this can affect others.
- R22 – To know about how to treat themselves and others with respect; to know how to be polite and courteous.
- R23 – To recognise ways in which they are the same and different to others.
- R24 – To learn how to listen to other people and play and work co-operatively.
- R25 – To know how to talk and share their opinions on things that matter to them.

Key Stage One PSHE → Summer 2

Year A – Healthy Relationships

- H25 – To name the main parts of the body including external genitalia (e.g. vulva, vagina, testicles and penis)
- H27 – To learn about preparing to move to a new class or year groups.
- R13 – To recognise that some things are private and the importance of respecting privacy; To know that the parts of the body covered by underwear is private.
- R16 – To learn how to respond if physical contact makes them feel uncomfortable or unsafe.
- R17 – To know there are situations when they should ask for permission and also when their permission should be sought.
- R18 – To learn about the importance of not keeping adults' secrets (only happy surprises that others will find out eventually)
- R19 – To know basic techniques for resisting pressure to do something they don't want to do and which makes them feel unsafe.

Year B – My Body, My Rules

- H25 – To name the main parts of the body including external genitalia (e.g. vulva, vagina, testicles and penis)
- H26 – To know about growing and changing from young to old and how people's needs change.
- H27 – To learn about preparing to move to a new class or year groups.
- R13 – To recognise that some things are private and the importance of respecting privacy; To know that the parts of the body covered by underwear is private.
- R16 – To learn how to respond if physical contact makes them feel uncomfortable or unsafe.
- R17 – To know there are situations when they should ask for permission and also when their permission should be sought.
- R18 – To learn about the importance of not keeping adults' secrets (only happy surprises that others will find out eventually)
- R19 – To know basic techniques for resisting pressure to do something they don't want to do and which makes them feel unsafe.

Lower Key Stage Two

Long Term Plans

(2 Year Rolling Programme)

Lower Key Stage Two PSHE → Autumn 1

Year A - There's Only One Me!

- H25 - To learn about personal identity; to know what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, like and dislikes)
- H26 - To learn that, for some people, gender identity does not correspond to their biological sex.
- H27 - To learn to recognise their individuality and personal qualities.
- H28 - To identify personal strengths, skills, achievements and interests and how these contribute to a feeling of self-worth.
- H29 - To learn how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.
- R32 - To respect the differences and similarities between people and recognise what they have in common with others e.g. physically in personality and background.

Year B - Respecting Self and Others

- R30 - To know that personal behaviour can affect other people; to recognise and model respectful behaviour online.
- R31 - To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; to know 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; to know strategies to improve or support courteous, respectful relationships.
- R33 - To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own.
- R34 - To know how to discuss and debate topical issues; respect other people's point of view and constructively challenge those they disagree with.

Lower Key Stage Two PSHE → Autumn 2

Year A – Keeping Physically Healthy	Year B – Keeping Emotionally Healthy
• H1 – To know how to make informed choices about health, • H2 – To learn about elements of a balanced, healthy lifestyle. • H3 – To learn about choices that support a healthy lifestyle and recognise what might influence them. • H4 – To know how to recognise that habits can have both positive and negative effects of a healthy lifestyle. • H5 – To learn about what physical good health means and how to recognise signs of physical illness. • H6 – To learn about what constitutes a healthy diet; learn how to plan healthy meals; learn the benefits to health and wellbeing of eating nutritionally rich foods; to know the risks associated with not eating a healthy diet including obesity and tooth decay. • H7 – To learn about how regular exercise benefits mental and physical health; to recognise opportunities to be physically active and some risks associated with an inactive lifestyle. • H12 – To learn about the benefits of sun exposure and risks of over exposure; To learn how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.	• H15 – To learn that mental health, just like physical health, is part of daily life; to learn about the importance of taking care of mental health. • H16 – To learn about strategies 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. • H17 – To recognise that feelings change over time. • H18 – To learn about everyday things that affect feelings and the importance of expressing these. • H19 – To develop a varied vocabulary to use when talking about feelings; to learn about how to express feelings in different ways. • H20 – To learn strategies to respond to feelings, including intense or conflicting feelings; to know how to manage and respond to feelings appropriately and proportionately in different situations. • H21 – To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.

Lower Key Stage Two PSHE → Spring 1

Year A – Making Safe Choices

- H37 – To learn reasons for following and complying with regulations and restrictions (including age restrictions); to learn how they promote personal safety and wellbeing with reference to social media, television programmes, films and online gaming.
- H38 – To learn how to predict, assess and manage risk in different situations.
- H39 – To learn about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.
- H40 – To learn about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully).
- H41 – To use strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; to learn about the safe use of digital devices when out and about.
- H43 – To know what is meant by basic first aid, and to know basic techniques for dealing with common injuries.

Year B – Safe Relationships

- R19 – To know about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
- R20 – To know strategies to respond to hurtful behaviour experienced or witnessed, offline or online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others) to know how to report concerns and get support.
- R21 – To know about discrimination; to know what it means and how to challenge it,
- R22 – To know about privacy and personal boundaries; to know what is appropriate in friendships and wider relationships (including online)
- R24 – To know how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.
- R26 – To learn about seeking and giving permission (consent) in different situations,

Lower Key Stage Two PSHE → Spring 2

Year A - Looking Ahead	Year B - Me and My Money
• L25 - To recognise positive things about themselves and their achievements; to set goals to help them achieve their personal outcomes. • L26 - To learn that there is a broad range of different jobs/careers that people can have, and that people often have more than one career type of job during their lives. • L27 - To learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them. • 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, university, apprenticeship)	• L17 - To learn about different ways to pay for things and the choices people have about this. • L18 - To recognise that people have different attitudes towards saving and spending money. To know what influences people's decisions and what makes something 'good value for money.' • L20 - To recognise that people make spending decisions based on priorities. Needs and wants. • L21 - To know how to keep track of money. • L22 - To know about risks associated with money (i.e. money can be won, lost or stolen) and ways of keeping money safe.

Lower Key Stage Two PSHE → Summer 1

Year A - Shared Responsibilities

- L1 - To recognise reasons for rules and laws to know consequences of not adhering to rules and laws.
- L2 - To recognise there are human rights; to know they are there to protect everyone.
- L3 - To know about the relationships between right and responsibilities.
- L5 - To know about the importance of having compassion towards other; to learn about the shared responsibilities we all have for caring for other people and living things; to learn how to show care and concern for others.
- L6 - To know about the different groups that make up their community.
- L7 - To value the different contributions that people and groups make to the community.

Year B - Digital Resilience

- L11 - To recognise ways in which the internet and social media can be used both positively and negatively.
- L12- To know how to assess the reliability of sources of information online and how to make safe, reliable choices from search results.
- L13 - to know about some of the different ways information and data is shared and used online, including for commercial purposes.
- L15 - To recognise things appropriate to share and things that should not be shared on social media.
- R29 - To know where to get advice and report concerns if worried about their own or someone else's personal safety (including online).

Lower Key Stage Two PSHE → Summer 2

Year A – Changes in Families and Friendships

- H30 – To identify external genitalia.
- H32 – To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
- R10 – To know about the importance of friendships and to know strategies for building positive friendships. To learn about how positive friendships support wellbeing.
- R11 – To know what constitutes a positive, healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experience. To know that friends can support with problems and difficulties and that the same principles apply to online friendships as well as face to face.
- R12 – To recognise what it means to 'know someone online' and how this differs from knowing someone face to face. To know the risks of communication with others not known face to face.
- R13 – To know the importance of seeking support if feeling lonely or excluded.
- R14 – To develop strategies for recognising and managing peer influence and a desire for peer approval in friendships and to recognise the effect of online actions on others.

Year B – My Body Belongs To me

- H30 – To identify external genitalia.
- H32 – To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
- H34 – To learn where to get more information, help and advice about growing and changing, especially during puberty.
- H35 – To learn about the new opportunities and responsibilities that increasing independence may bring.
- R1 – To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships).
- R2 – To learn that people can be attracted to someone emotionally, romantically and sexually; to know that people can be attracted to someone of the same sex or different sex to them; to know that gender identity and sexual orientation are different .

Upper Key Stage Two

Long Term Plans

(2 Year Rolling Programme)

Upper Key Stage Two PSHE → Autumn 1

Year A - Taking Care Of My Mental Health

- H20 - To learn strategies to respond to feelings, including intense or conflicting feelings; to know how to manage and respond to feelings appropriately and proportionately indifferent situations.
- H21 - To recognise warning signs about mental health and wellbeing and know how to seek support for themselves and others.
- H22 - To recognise that anyone can experience mental ill health; to learn that most difficulties can be resolved with help and support and that it is important to discuss feelings with a trusted adult.
- H23 - To learn about change and loss, including death, and how these can affect feelings; to learn ways of expressing and managing grief and bereavement.
- H24 - To develop problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools.

Year B - Families and Friends

- R3 - To learn 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.
- R4 - To learn that forcing anyone to marry against their will is a crime and that help, and support is available to people who are worried about this for themselves or others.
- R5 - To learn that people who love and care for each other can be in a committed relationship, living together, but they can also live apart.
- R6 - to know that a feature of positive family life is caring relationships; to know the different ways in which people care for one another.
- 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 and that families of all types can give family member love, security and stability.
- 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.
- R9 - To recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice.

Upper Key Stage Two PSHE → Autumn 2

Year A – Making Healthy Choices

- H9 – To know that bacteria and viruses can affect health; to learn how everyday hygiene routines can limit the spread of infection; to learn about the wider importance of personal hygiene. And how to maintain it.
- H10 – To learn how medicines, when used responsibly, contribute to health; to know some diseases can be prevented by vaccinations and immunisations; to learn how allergies can be managed.
- H11 – To learn how to maintain good oral hygiene (including correct brushing and flossing); to learn why regular visits to the dentist are essential; to learn about the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; to learn about the effects of smoking).
- H13 – To learn about the benefits of the internet; to learn about the importance of balancing time online with other activities; to learn strategies for managing time online.
- H14 – To learn how and when to seek support, including which adults to speak to in and outside of school if they are worried about their health.

Year B – Risks, Pressures and Choices

- 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; to 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 or give to others.
- H48 – To learn about why people choose to use or not use drugs (including nicotine, alcohol and medicines)
- H49 – To learn about the mixed messages in the media about drugs, including alcohol and vaping/smoking.
- H50 – To learn about the organisations that can support people concerning alcohol. Tobacco and nicotine or drug use; to learn that people they can talk if they have concerns.
- R28 – To know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.

Upper Key Stage Two PSHE → Spring 1

Year A - Taking Responsibility for My Own Safety

- R25 - To recognise different types of physical contact; to know what is acceptable and unacceptable; to know strategies to respond to unwanted physical contact.
- R26 - To learn about seeking and giving permission (consent) in different situations.
- R27 - To learn about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, when it is right to break a confidence or share a secret.
- R29 - To know where to get advice and report concerns if worried about their own or someone else's safety (including online).
- R15 - To develop strategies for recognising and managing peer influence and a desired for peer approval in friendships and to recognise the effect of online actions on others.
- R18 - To recognise if a friendship (offline or online) is making them feel uncomfortable; to know how to manage this and ask for support if necessary.

Year B - Safety First!

- H42 - To learn about the importance of keeping personal information private; to learn strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; to know what to do if frightened or worried by something seen or read online and how to report concerns, appropriate content and contact.
- H44 - To learn how to respond and react in emergency situations; to know how to contact them and what to say.
- H45 - To learn 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.

Upper Key Stage Two PSHE → Spring 2

Year A - The World of Work

- L27 - To learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them.
- L28 - To know 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.
- L29 - To learn that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; to know that some people may choose to do voluntary work which is unpaid.
- L30 - To learn 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, university, apprenticeship)

Year B - Money matters

- L18 - To recognise that people have different attitudes towards saving and spending money. To know what influences people's decisions and what makes something 'good value for money.'
- L19 - To learn that people's spending decisions can affect others and the environment (e.g. Fair Trade, buying single use plastic or giving to charity).
- L22 - To know the risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.
- L23 - To learn about the risks involved in gambling; to know different ways money can be won or lost through gambling related activities and the impact on health, wellbeing and future aspirations .
- L24 - To identify the ways in which money can impact on people's feelings and emotions.

Upper Key Stage Two PSHE → Summer 1

Year A – Our Community and Responsibilities

- L7 – To value the different contributions that people and groups make to the community.
- L8 – To learn about diversity; to know what it means and the benefits of living in a diverse community; to learn about valuing diversity within communities.
- L9 – To learn about stereotypes and how they can negatively influence behaviours and attitudes towards others; to develop strategies for challenging stereotypes.
- L10 – To learn about prejudice and how behaviours/actions which discriminate against others and to find ways of responding to it if witnessed or experienced.

Year B – Active Citizens

- L5 – To know ways to carry out shared responsibilities for protecting the environment in school and at home; to know how everyday choices can affect the environment (e.g. reducing, reusing, recycling and food choices).
- L14 – To know how information on the internet is ranked, selected and targeted at specific individuals and groups. To know that connected devices can share information.
- L16 – To know about how text and images in the media and social media can be manipulated or invented. To know strategies to evaluate the reliability of sources and identify mis-organisation,
- R34 – To know how to discuss and debate topical issues, respect other people's point of view and constructively challenge those that disagree with,

Upper Key Stage Two PSHE → Summer 2

Year A – It's My Body

- H30 – To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to humans reproduction.
- H31 – To learn the physical and emotional changes that can happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing and wet dreams.
- H32 – To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
- H33 – To learn about the processes of reproduction and birth as part of the human life cycle; to learn how babies are conceived (and that there are ways to prevent a baby being made); to learn how babies need to be cared for.
- H34 – To learn where to get more information, help and advice about growing and changing.
- H36 – To learn strategies to manage transitions between classes and key stages.

Year B – Ups and Downs in Relationships

- R16 – To learn how friendships can change over time, about making new friends and the benefits of having different types of friends.
- R17 To know that friendships have ups and downs; to know strategies to resolve disputes and reconcile differences positively and safely.
- H30 – To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to humans reproduction.
- H31 – To learn the physical and emotional changes that can happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing and wet dreams.
- H32 – To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
- H33 – To learn about the processes of reproduction and birth as part of the human life cycle; to learn how babies are conceived (and that there are ways to prevent a baby being made); to learn how babies need to be cared for.
- H34 – To learn where to get more information, help and advice about growing and changing.
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Key Stage One

Ensuring Coverage PSHE Programme of Study

Key Stage One - PSHE Programmed of Study - **Health and Wellbeing**

Healthy Lifestyles and Physical Wellbeing

Year
A

Year
B

H1 - To learn about what keeping healthy means; to know about different ways to keep healthy.

H2 - To learn about foods that support good health and the risks of eating too much sugar.

H3 - To learn about how physical activity helps us to stay healthy; and ways to rest and relax.

H4 - To know about how physical activity helps us to stay healthy; and ways to be physically active everyday.

H5 - To learn simple hygiene routines that can stop germs from spreading.

H6 - To learn that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.

H7 - To learn about dental care and visiting the dentist; to learn how to brush teeth correctly; to know which food and drink can support dental health.

H8 - To know how to keep safe in the sun and protect skin from sun damage.

H9 - To learn about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.

H10 - To know about the people who help us stay physically healthy.

Key Stage One - PSHE Programmed of Study - **Health and Wellbeing**

Mental Health	Year A	Year B
H11 - To learn about different feelings that humans can experience.		
H12 - To learn how to recognise and name different feelings.		
H13 - To learn how feelings can affect people's bodies and how they behave.		
H14 - To learn how to recognise what others might be feeling.		
<i>H15 - To recognise that not everyone feels the same at the same time, or feels the same about the same things.</i>		
H16- To learn about ways of sharing feelings; to know a range of words to describe feelings.		
H17 - To know about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).		
H18 - To learn about 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 learn to recognise when they need help with their feelings; to know that it is important to ask for help with feelings and to know how to ask for it.		
H20 - To know about change and loss (including death); to learn to identify feelings associated with this; to recognise what helps people to feel better.		

Key Stage One - PSHE Programmed of Study - **Health and Wellbeing**

Ourselves, Growing and Changing

	Year A	Year B
H21 - To recognise what makes them special.		
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 - To know how to manage when they are finding things difficult.		
<i>H25 - To name the main parts of the body including external genitalia (e.g. vulva, vagina, testicles, penis)</i>		
H26 - To know about growing and changing from young to old and how people's needs change.		
H27 - To learn about preparing to move to a new class/year group.		

Key Stage One - PSHE Programmed of Study - **Health and Wellbeing**

Keeping Safe	Year A	Year B
H28 - To know about rules and age restrictions that keep us safe.		
H29 - To recognise risk in simple everyday situations and what action to take to minimise harm.		
H30 - To know about how to keep safe at home (including around electrical appliances) and fire safety (not playing with matches and lighter).		
H31 - To know that household products (including medicines) can be harmful if not used correctly.		
H32 - To know ways to keep safe in familiar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.		
H33 - To know about the people whose job it is to keep us safe.		
H34 - To know basic rules to keep safe online, including what is meant by personal information and what should be kept private; to know the importance of telling a trusted adult if they come across something that scares them.		
H35 - To know what to do if there is an accident and someone is hurt.		
H36 - To know how to help in an emergency (how to dial 99 and what to say).		

Key Stage One - PSHE Programmed of Study - Relationships

Families and Close Positive Relationships

Year
A

Year
B

R1 - To learn about the roles that 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.

R3 - To know about different types of families including those that may be different to their own.

R4 - To identify common features of family life.

R5 - To know that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.

Key Stage One - PSHE Programmed of Study - Relationships

Friendships	Year A	Year B
R6 - To learn about how people make friends and what makes a good friendship.		
R7 - To learn about how to recognise when they or someone else feels lonely and what to do about it.		
R8 - To learn simple strategies to resolve arguments between friends positively.		
R9 - To know how to ask for help if a friendship is making them feel unhappy.		

Key Stage One - PSHE Programmed of Study - Relationships

Managing hurtful behaviour and bullying

Year
A

Year
B

R10 - To know that bodies and feelings can be hurt by words and action; to know that people can say hurtful things online.

R11 - To know about how people may feel if they experience hurtful behaviour and bullying.

R12 - To learn that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; to know how to report bullying; to learn about the importance of telling a trusted adult.

Key Stage One - PSHE Programmed of Study - Relationships

Safe Relationships	Year A	Year B
R13 - To recognise that some things are private and the importance of respecting privacy; to know that the parts of their body covered by underwear are private.		
R14 - To know that sometimes people may behave differently offline, including by pretending to be someone they are not.		
R15 - To know how to respond safely to adults they don't know.		
R16 - To learn how to respond if physical contact makes them feel uncomfortable or unsafe.		
R17 - To know that there are situations when they should ask for permission and also when their permission should be sought.		
R18 - To learn about the importance of not keeping adults' secrets (only happy surprises that others will find out eventually)		
R19 - To know basic techniques for resisting pressure to do something they don't want to do and which makes them unsafe.		
R20 - To learn what to do if they feel unsafe or worried for themselves or other; to know who to ask for help and vocabulary to use when asking for help; to know the importance of keeping trying until they are heard.		

Key Stage One - PSHE Programmed of Study - Relationships

Respecting self and others

Year
A

Year
B

R21 - To learn about what is kind and unkind behaviour and how this can affect others.

R22 - To know about how to treat themselves and others with respect; how to be polite and courteous.

R23 - To recognise the ways in which they are the same and different to others.

R24 - To learn how to listen to other people and play and work co-operatively.

R25 - To know how to talk and share their opinions on things that matter to them.

Key Stage One - PSHE Programmes of Study - **Living in the Wider World**

Shared Responsibilities.

Year
A

Year
B

L1 - To learn about what rules are and why they are needed for different situations.

L2 - To learn how people and other living things have different needs and to learn about the responsibilities of caring for them.

L3 - To learn about things they can do to help look after the environment.

Key Stage One - PSHE Programmes of Study - Living in the Wider World

Communities	Year A	Year B
L4 - To learn about the different groups they belong to.		
L5 - To learn about the different roles and responsibilities people have in their community.		
L6 - To recognise the ways they are the same as and different to, other people.		

Key Stage One - PSHE Programmes of Study - **Living in the Wider World**

Media Literacy & Digital Resilience

**Year
A**

**Year
B**

L7 - To learn about how the internet, and digital devices can be used safely to find things out and to communicate with others.

L8 - To learn about the role of the internet in everyday life.

L9 - To learn that not all information seen online is true.

Key Stage One - PSHE Programmes of Study - **Living in the Wider World**

Economic Wellbeing - Money

Year
A

Year
B

L10 - To know what money is and the forms that money comes in. To know that money comes from different sources.

L11 - To know that people make different choices about how to save and spend money.

L12 - To learn about the difference between needs and wants; to know that sometimes people may not always be able to have the things they want.

L13 - To know that money needs to be looked after and that there are different ways of doing this.

Key Stage One - PSHE Programmes of Study - **Living in the Wider World**

Economic Wellbeing - Aspirations, Work and Career

**Year
A**

**Year
B**

L14 - To know that everyone has different strengths

L15 - To know that jobs help people to earn money to pay for things.

L16 - To know about different jobs that people they know or people that work in the community do.

L17 - To know about some of the strengths and interests someone might need to do different jobs.

Key Stage Two

Ensuring Coverage PSHE Programme of Study

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Healthy Lifestyles and Wellbeing	Year A	Year B	Year A	Year B
H1 - To know how to make informed decisions about health.				
H2 - To learn about elements of a balanced, healthy lifestyle.				
H3 - To learn about choices that support a healthy lifestyle and recognise what might influence them.				
H4 - To know how to recognise that habits can have both positive and negative effects on a healthy lifestyle.				
H5 - To learn about what good physical health means; and how to recognise early signs of physical illness.				
H6 - To learn about what constitutes a healthy diet; learn how to plan healthy meals; learn the benefits to health and wellbeing of eating nutritionally rich foods; to know about the risks associated with not eating a healthy diet including obesity and tooth decay.				
H7 - To learn 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.				
H8 - To learn about how sleep contributes to a healthy lifestyle; to learn about routines that support good quality sleep; to know about the effects of lack of sleep on the body, feelings, behaviour and ability to learn.				
H9 - To know that bacteria and viruses can affect health; to learn how everyday hygiene routines can limit the spread of infection; to learn about the wider importance personal hygiene and how to maintain it.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Healthy Lifestyles and Wellbeing	Year A	Year B	Year A	Year B
H10 - To learn how medicines, when used responsibly, contribute to health; to know that some diseases can be prevented by vaccinations, and immunisations; to learn how allergies can be managed.				
H11 - To learn how to maintain good oral hygiene (including correct brushing and flossing) ; to learn why regular visits to the dentist are essential; to learn about the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; to learn about the effects of smoking)				
H12 - To learn about the benefits of sun exposure and risks of over exposure; to learn how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.				
H13 - To learn about the benefits of the internet; to learn about the importance of balancing time online with other activities; to learn strategies for managing time online.				
H14 - To learn how and when to seek support, including which adults to speak to in and outside of school if they are worried about their health.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Mental Health	Year A	Year B	Year A	Year B
H15 - To learn that mental health, just like physical health, is part of daily life; to learn about the importance of taking care of mental health.				
H16 - To learn 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.				
H17 - To recognise that feelings can change over time.				
H18 - To learn about everyday things that affect feelings and the importance of expressing feelings.				
H19 - To developed a varied vocabulary to use when talking about feelings; to learn about how to express feelings in different wats.				
H20 - To learn strategies to respond to feelings, including intense or conflicting feelings; to know how to manage and respond to feelings appropriately and proportionately in different situations.				
H21 - to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.				
H22 - To recognise that anyone can experience mental ill health; to learn that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.				
H23 - To learn about change and loss, including death, and how these can affect feelings; to learn ways of expressing and managing grief and bereavement.				
H24 - To develop problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Ourselves, Growing & Change	Year A	Year B	Year A	Year B
H25 - To learn about personal identity; to know what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)				
H26 - To learn that for some people, gender identity does not correspond to their biological sex.				
H27 - To learn to recognise their individuality and personal qualities.				
H28 - To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.				
H29 - To learn about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.				
H30 - To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.				
H31 - To learn about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing and wet dreams).				
H32 - To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.				
H33 - To learn about the processes of reproduction and birth as part of the human life cycle; to learn how babies are conceived (and that there are ways to prevent a baby being made), to learn how babies need to be cared for.				
H34 - To learn where to get more information, help and advice about growing and changing, especially about puberty.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Ourselves, Growing & Change	Year A	Year B	Year A	Year B
H35 - To learn about the new opportunities and responsibilities that increasing independence may bring.				
H36 - To learn strategies to manage transitions between classes and key stages.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Keeping Safe	Year A	Year B	Year A	Year B
H37 - To learn reasons for following and complying with regulations and restrictions (including age restrictions); to learn how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming.				
H38 - To learn how to predict, assess and manage risk in different situations.				
H39 - To learn about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.				
H40 - To learn about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully).				
H41 - To use strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; to learn about the safe use of digital devices when out and about.				
H42 - To learn about the importance of keeping personal information private; to learn strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; to know what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.				
H43 - To know about what is meant by first aid, basic techniques for dealing with common injuries.				
H44 - To learn how to respond and react in emergency situations; to know how to identify situations that may require the emergency services; to know how to contact them and what to say.				
H45 - To learn that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they might know are at risk.				

Key Stage Two - PSHE Programmed of Study - **Health and Wellbeing**

Drugs, Alcohol and Tobacco	Year A	Year B	Year A	Year B
H46 - To learn 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; to 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.				
H48 - To learn about why people choose to use or not use drugs (including nicotine, alcohol and medicines)				
H49 - To learn about the mixed messages in the media bout drugs, including alcohol and smoking/vaping.				
H50 - To learn about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; to learn that people they can talk to if they have concerns,.				

Key Stage Two - PSHE Programmed of Study - Relationships

Families and Close Positive Relationships

	Year A	Year B	Year A	Year B
R1 - To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)				
R2 - To learn that people may be attracted to someone emotionally, romantically and sexually; to know that people may be attracted to someone of the same sex or different sex to them; to know that gender identity and sexual orientation are different.				
R3 - To learn 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.				
R4 - To learn that forcing anyone to marry against their will is a crime and that help and support is available to people who are worried about this for themselves or others.				
R5 - To learn that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but they may also live apart.				
R6 - To know that a feature of positive family life caring relationships and to know the different ways in which people care for one another.				
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 and that families of all types can give family members love, security and stability.				
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.				
R9 - To recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice.				

Key Stage Two - PSHE Programmed of Study - Relationships

Friendships	Year A	Year B	Year A	Year B
R10 - To know about the importance of friendships and to know strategies for building positive friendships. To learn about how positive friendships support wellbeing.				
R11 - To know what constitutes a positive, healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experience. To know that friends can support with problems and difficulties and that the same principles apply to online friendships as well as face to face relationships.				
R12 - To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face. To know the risks of communication with others not known face to face.				
R13 - To know the importance of seeking support if feeling lonely or excluded.				
R14 - To know that healthy friendships make people feel included and to recognise when others may feel lonely or excluded, To learn strategies for how to include them.				
R15 - To develop strategies for recognising and managing peer influence and a desire for peer approval in friendships and to recognise the effect of online actions on other.				
R16 - To learn how friendships can change over time, about making new friends and the benefits of having different types of friends.				
R17 - To know that friendships have ups and downs; to know strategies to resolve disputes and reconcile differences positively and safely.				
R18 - To recognise if a friendship (offline or online) is making them feel unsafe or uncomfortable; to know how to manage this and ask for support if necessary.				

Key Stage Two - PSHE Programmed of Study - Relationships

Managing Hurtful and Bullying

	Year A	Year B	Year A	Year B
R19 - To know about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.				
R20 - To know strategies to reasons to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others) to know how to report concerns and get support.				
R21- To know about discrimination, to know what it means an how to challenge it.				

Key Stage Two - PSHE Programmed of Study - Relationships

Safe Relationships	Year A	Year B	Year A	Year B
R22 - To know about privacy and personal boundaries; to know what is appropriate in friendships and wider relationships (including online)				
R23 - To learn about why someone may behave differently online, including pretending to be someone they are not; to know strategies for recognising risks, harmful content and contact and how to report concerns.				
R24 - To know how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.				
R25 - To recognise different types of physical contact; to know what is acceptable and unacceptable; to know strategies to respond to unwanted physical contact.				
R26 - To learn about seeking and giving permission (consent) in different situations.				
R27 - To learn about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.				
R28 - To know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.				
R29 - To know where to get advice and report concerns if worried about their own or someone else's personal safety (including online).				

Key Stage Two - PSHE Programmed of Study - Relationships

Respecting Self and Others	Year A	Year B	Year A	Year B
R30 - To know that personal behaviour can affect other people; to recognise and model respectful behaviour online.				
R31 - To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; to know 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; to know strategies to improve or support courteous, respectful relationships.				
R32 - To respect the differences and similarities between people and recognise what they have in common with others e.g. physically, in personality or background.				
R33 - To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own.				
R34 - To know how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.				

Key Stage Two - PSHE Programmed of Study - **Living in the Wider World**

Shared Responsibilities	Year A	Year B	Year A	Year B
L1 - To recognise reasons for rules and laws; to know consequences of not adhering to rules and laws.				
L2 - To recognise there are humans rights; to know they are there to protect everyone.				
L3 - To know about the relationships between rights and responsibilities.				
L4 - To know about the importance of having compassion towards others; to learn about the shared responsibilities we all have for caring for other people and living things; to learn how to show care and concern for others.				
L5 - To know ways of carrying out shared responsibilities for protecting the environment in school and at home; to know how everyday choices can affect the environment (e.g. reducing, reusing, recycling and food choices)				

Key Stage Two - PSHE Programmed of Study - **Living in the Wider World**

Communities	Year A	Year B	Year A	Year B
L6 - To know about the different groups that make up their community.				
L7 - To value the different contributions that people and groups make to the community.				
L8 - To learn about diversity; to know what it means and the benefits of living in a diverse community; to learn about valuing diversity within communities.				
L9 - To learn about stereotypes and how they can negatively influence behaviours and attitudes towards others; to develop strategies for challenging stereotypes.				
L10 - To learn about prejudice and how to recognise behaviours/actions which discriminate against others, and to find ways of responding to it if witnessed or experienced.				

Key Stage Two - PSHE Programmed of Study - Living in the Wider World

Media Literacy & Digital Resilience

	Year A	Year B	Year A	Year B
L11 - To recognise ways in which the internet and social media can be used both positively and negatively.				
L12 - To know how to assess the reliability of sources of information online and how to make safe, reliable choices from search results.				
L13 - To know about some of the different ways information and data is shared and used online, including for commercial purposes.				
L14 - To know how information on the internet is ranked, selected and targeted at specific individuals and groups. To know that connected devices can share information.				
L15 - To recognise things appropriate to share and things that should not be shared on social media; to know rules surrounding distribution of images.				
L16 - To know about how text and images in the media and on social media can be manipulated or invented. To know strategies to evaluate the reliability of sources and identify misinformation.				

Key Stage Two - PSHE Programmed of Study - **Living in the Wider World**

Economic Wellbeing - Money	Year A	Year B	Year A	Year B
L17 - To learn about the different ways to pay for things and the choices people have about this.				
L18 - To recognise that people have different attitudes towards saving and spending money. To know what influences people's decisions and what makes something 'good value for money.'				
L19 - To learn that people's spending decisions can affect others and the environment (e.g. Fair Trade, buying single-use plastics or giving to charity).				
L20 - To recognise that people make spending decisions based on priorities, needs and wants.				
L21 - To know different ways to keep track of money.				
L22 - To know about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.				
L23 - To learn about the risks involved in gambling; to know different ways money can be won or lost through gambling related activities and their impact on health, wellbeing and future aspirations.				
L24 - To identify the ways that money can impact on people's feelings and emotions.				

Key Stage Two - PSHE Programmed of Study - Living in the Wider World

Economic Wellbeing - Aspirations, Work and Career	Year A	Year B	Year A	Year B
L25 - To recognise positive things about themselves and their achievements; to set goals to help to achieve their personal outcomes.				
L26 - To learn that there is a broad range of different jobs/careers that people can have and that people often have more than one career/type of job during their life.				
L27 - To learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them.				
L28 - To know 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.				
L29 - To learn that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; to know that people may choose to do voluntary work which is unpaid.				
L30 - To learn 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, university, apprenticeship)				

Ensuring Coverage RSE Statutory Objectives

Families and People Who Care for Me

	Key Stage One	Key Stage Two
Know that families are important for children growing up because they can give love, security and stability.	R2	R6
Know 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.	R1, R4	R8
Know that other 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 characterized by love and care.	H22, R3	R2, R7
Know 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.	R3	R1, R6, R7
Know that marriage* represents a formal and legally recognized commitment of two people to each other which is intended to be lifelong. <i>(*Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.</i>	R4	R3, R5
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	R5	R4, R9

Caring Friendships

	Key Stage One	Key Stage Two
Know how important friendships are in making us feel happy and secure, and how people choose and make friends.	R6	R10
Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust sharing interests and experiences and support with problems and difficulties.	R6	R11
Know that healthy relationships are positive and welcoming towards others, and do not make others feel lonely or excluded.	R7	R13 R14
Know that most friendships have ups and downs, and these can often be worked through so that the friendship is repaired even strengthened, and that resorting to violence is never right.	R8	R16
Know 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.	R9	R18

Respectful Relationships

	Key Stage One	Key Stage Two
Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs.	H22, R23, L4, L6	R32, R33, L6
Know practical steps they can take in a range of different contexts to improve or support respectful relationships.	R6 R8	R33, R34
Know the conventions of courtesy and manners.	R22	R33
Know the importance of self-respect and how this links to their happiness.	H21, H23, R22	R31
Know that in school and in wider society they can expect to be treated with respect by others, including those in a position of authority.	R22, H22	R31
Know about different types of bullying (including cyber bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	R10, R11, R12	R19, R20, R28
Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.	L4	R21, L7, L8, L9
Know the importance of permission seeking and giving in relationships with friends, peers and adults.	R15, R17	R22, R26

Online Relationships

	Key Stage One	Key Stage Two
Know that people sometimes behave differently online, including by pretending to someone they are not.	R14	R23
Know that the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online including when we are anonymous.	R12	R24, R30, R31
Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	R15	R24
Know how information and data is shared and used online.	H34	L13, L14
Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.	R20	R24, R29

Being Safe

	Key Stage One	Key Stage Two
Know what sort of boundaries are appropriate in friendships with peers and others (including in a digital context).	R17	R22
Know about the concept of privacy and the implications of it for both children and adults; including it is not always right to keep secrets if they relate to being safe.	R13 R18	R27
Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact.	R13	H45 R25
Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	R14, R15, R19	R24
Know how to recognise and report feelings of being unsafe or feeling bad about any adult.	R20	R29
Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.	R20	R29
Know how to report concerns or abuse, and the vocabulary and the confidence to do so .	R20	R29 H45
Know where to get advice e.g. school and/or other sources.	R20	R29

Internet Safety and Harms

	Key Stage One	Key Stage Two
Know that for most people the internet is an integral part of life and has many benefits.	L7, L8	L11
Know 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.	H9	H13
Know why social media, some computer games and online gaming, for example, are age restricted.	H28	H37, L23
Know how to consider the effect of their online actions on others and know to recognise and display respectful behavior online and the importance of keeping personal information private.	R10, R12	R30, L11, L15
Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place., which can have a negative impact on mental health.	H34	H37, R20, L11
Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	L9	L12, L13, L14, L16
Know where and how to report concerns and get support with issues online.	H34	H42

Health & Prevention

	Key Stage One	Key Stage Two
Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		H5
Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	H8	H12
Know the importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn.	H4	H8
Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist.	H7	H11
Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	H5	H9 H40
Know the facts and science relating to allergies, immunization and vaccination.	H6	H10

Mental Wellbeing

	Key Stage One	Key Stage Two
Know mental wellbeing is a normal part of daily life, in the same way as physical health.	H1	H15
Know there are a 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.	H11, H12, H13, H14	H17
Know how to recognise and talk about emotions including having a varied vocabulary of words to use when talking about their own and others' feelings.	H15, H16	H19
Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	H18, H19	H20, H21
Know the benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.	H17	H16
Know simple self-care techniques, including the importance of rest, time with friends and family and the benefits of hobbies and interests.	H18, H20, h24	H16
Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	H24, H27, R7	H24, R13
Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	R10, R11	R19
Know 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).	H19, R12	H21, R20
Know it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	H24	H22

Physical Health and Fitness

	Key Stage One	Key Stage Two
Know the characteristics and mental and physical benefits of an active lifestyle.	H1	H7
Know 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.	H3	H7
Know the risks associated with an inactive lifestyle, including obesity.	H3	H4, H7
Know how and when to seek support including which adults to speak to in school if they are worried about their health.	H10	H17

Teaching Basic First Aid

	Key Stage One	Key Stage Two
Know concepts of basic first-aid, for example dealing with common injuries, including head injuries.	H35, H37	H43
Know how to make a clear and efficient call to emergency services if necessary.	H35, H36	H44

Healthy Eating

	Key Stage One	Key Stage Two
Know what constitutes a healthy diet (including understanding calories and other nutritional content).	H2, h3	H1, H6
Know the principles of planning and preparing a range of healthy meals.	H2	H6
Know 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).	H2	H2, H3, H6

Drugs, Alcohol and Tobacco

	Key Stage One	Key Stage Two
Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	H37	H46, H47 H48

The Changing Adolescent Body

	Key Stage One	Key Stage Two
Know key facts about puberty and the changing adolescent body, particularly from age 9 through to 11, including physical and emotional changes.	H25, H26	H30, H31, H32, H34
Know about menstrual wellbeing including the key facts about the menstrual cycle.		H30 H31