

# Netherfield Primary School PSHE Curriculum

Our PSHE curriculum is adapted from the PSHE Association Curriculum Resources. Each unit includes supporting plans and resources, which are intended to be adapted to suit class needs.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<ol style="list-style-type: none"> <li>Classroom Rules</li> <li>All About Me</li> <li>Setting Simple Goals</li> <li>Online Safety</li> <li>Sensible Amounts of Screen Time</li> <li>Being a Safe Pedestrian</li> </ol>	<ol style="list-style-type: none"> <li>Handwashing and Germs</li> <li>Hygiene and Self-Care</li> <li>Healthy Teeth</li> <li>Healthy Food</li> <li>Healthy Bodies</li> <li>Sun Safety</li> </ol>	<ol style="list-style-type: none"> <li>Kindness</li> <li>Let's Be Friends</li> <li>Sharing and Taking Turns</li> <li>Saying Sorry</li> <li>Telling the Truth</li> <li>My Family</li> </ol>	<ol style="list-style-type: none"> <li>Caring for Ourselves and Others</li> <li>Looking After Our Planet</li> <li>What Is Money?</li> <li>Celebrating Our Differences</li> <li>People and Communities</li> <li>Jobs and Community Helpers</li> </ol>	<ol style="list-style-type: none"> <li>Feelings</li> <li>Calming Down</li> <li>Resilience</li> <li>Independence</li> <li>Growing and Changing</li> <li>My Body (Private Body Parts)</li> </ol>	<ol style="list-style-type: none"> <li>Making Good Choices</li> <li>Good Manners</li> <li>Bullying</li> <li>Personal Space and Boundaries</li> <li>Asking Permission</li> <li>Secrets (Good and Bad)</li> </ol>
Year 1	<ol style="list-style-type: none"> <li>This Is Me (Identity)</li> <li>How We Grow</li> <li>What Are Feelings</li> <li>Feelings and Loss</li> <li>How We Play and Learn</li> <li>Staying Safe</li> </ol>	<ol style="list-style-type: none"> <li>Respect</li> <li>Polite Words</li> <li>Sharing and Taking Turns</li> <li>Being Helpful</li> <li>Being Kind</li> <li>Getting Hurt</li> </ol>	<ol style="list-style-type: none"> <li>All About Rules</li> <li>Online World (Screen Time)</li> <li>Online Safety</li> <li>Strengths and Interests</li> <li>Jobs and Skill</li> <li>Welcoming Everyone</li> </ol>	<ol style="list-style-type: none"> <li>Keeping Clean</li> <li>Healthy Teeth</li> <li>Fun in the Sun</li> <li>Healthy Food</li> <li>Eating Well</li> <li>Keeping Fit and Healthy</li> </ol>	<ol style="list-style-type: none"> <li>People Who Care for Me</li> <li>What Is a Family?</li> <li>Family and Me</li> <li>All About Bodies (Private Body Parts)</li> <li>My Body Belongs to Me (Unwanted Touch)</li> <li>Asking for Permission</li> </ol>	<ol style="list-style-type: none"> <li>Caring for Living Things</li> <li>Recycling</li> <li>Plastic and Pollution</li> <li>Global Warming</li> <li>My Classroom Community</li> <li>Community Helpers</li> </ol>
Year 2	<ol style="list-style-type: none"> <li>Making Friends</li> <li>Being a Good Friend</li> <li>Playing With Others</li> <li>Working With Others</li> <li>Manners and Respect</li> <li>Resolving Conflict</li> </ol>	<ol style="list-style-type: none"> <li>Healthy Habits</li> <li>All About Teeth</li> <li>Sleep Routines</li> <li>Medicines</li> <li>All About Feelings</li> <li>Big Feelings</li> </ol>	<ol style="list-style-type: none"> <li>What Is the Internet?</li> <li>Personal Data</li> <li>Online Safety</li> <li>Online Information</li> <li>Belonging to a Community</li> <li>Same/different (Diversity)</li> </ol>	<ol style="list-style-type: none"> <li>Feeling Lonely</li> <li>Bullying (Introduction)</li> <li>Unkind Words</li> <li>Kindness</li> <li>Secrets and Surprises (Unsafe Touch)</li> </ol>	<ol style="list-style-type: none"> <li>What Is Money?</li> <li>Ways to Pay</li> <li>Earning Money</li> <li>Saving and Spending</li> <li>Wants and Needs</li> </ol>	<ol style="list-style-type: none"> <li>Human Life Cycle</li> <li>Brilliant Bodies (Private Body Parts and Swimwear Rule)</li> <li>Safety and Risk</li> <li>Safety at Home</li> <li>Road Safety</li> <li>Accidents and Emergencies</li> </ol>
Year 3	<ol style="list-style-type: none"> <li>Feeling and Me (Coping Strategies)</li> <li>Resilience and Self-Esteem</li> <li>Exercise and Wellbeing</li> <li>Grief and Loss</li> <li>Personal Identity</li> <li>Strengths and Interests</li> </ol>	<ol style="list-style-type: none"> <li>Jobs and Sectors</li> <li>Careers and Skills</li> <li>Targets and Goals</li> <li>Career Routes</li> <li>Stereotypes</li> </ol>	<ol style="list-style-type: none"> <li>Role Models</li> <li>Manners and Politeness</li> <li>Family and Me</li> <li>People Who Care for Me</li> <li>Caring for Others</li> </ol>	<ol style="list-style-type: none"> <li>Personal Safety and Risk</li> <li>Fire Safety</li> <li>First Aid 1 (Burns and Scalds)</li> <li>Healthy Eating</li> <li>What Is a Habit?</li> <li>Healthy Choices</li> </ol>	<ol style="list-style-type: none"> <li>Seeking Permission</li> <li>Privacy and Boundaries</li> <li>Friendship Boundaries</li> <li>Managing Needs</li> <li>Respectful Behaviour</li> <li>Bullying or Teasing</li> </ol>	<ol style="list-style-type: none"> <li>Rules and Laws</li> <li>Rights and Responsibilities</li> <li>Community Responsibilities</li> <li>E-Safety</li> <li>Age-Appropriate Content</li> <li>Why Is the News Important? (Precursor to Fake News)</li> </ol>
Year 4	<ol style="list-style-type: none"> <li>Respecting Difference</li> <li>Diverse Communities</li> <li>Prejudice and Discrimination</li> <li>Racism</li> </ol>	<ol style="list-style-type: none"> <li>Healthy Lifestyles</li> <li>Staying Healthy</li> <li>First Aid 2 (Allergies)</li> <li>Germs and Illness</li> <li>Drugs and Medicines</li> <li>Vaccinations</li> </ol>	<ol style="list-style-type: none"> <li>Internet and Screen Time</li> <li>Age Restrictions</li> <li>Communicating Online</li> <li>Online Relationships</li> <li>Harmful Content / Contact</li> <li>Secrets (Keeping Good Secrets / Sharing Bad)</li> </ol>	<ol style="list-style-type: none"> <li>Responsible Spending</li> <li>What Is Fairtrade?</li> <li>Value for Money</li> <li>Keeping Track of Money</li> <li>What Is Advertising</li> <li>Gambling and Risk</li> </ol>	<ol style="list-style-type: none"> <li>Water Safety Code</li> <li>Summer Safety</li> <li>First Aid 3 (Asthma)</li> </ol>	<ol style="list-style-type: none"> <li>Growing-up Girls</li> <li>Growing-up Boys</li> <li>Changing Emotions</li> <li>Personal Hygiene</li> <li>Dental Hygiene</li> <li>Sleep Hygiene</li> </ol>
	<ol style="list-style-type: none"> <li>Preventing Bullying</li> <li>Hurtful Behaviour</li> </ol>				<ol style="list-style-type: none"> <li>Committed Relationships</li> <li>Honesty and Trust</li> <li>Positive Friendships</li> </ol>	
Year 5	<ol style="list-style-type: none"> <li>Asking for Help</li> <li>What Is Social Media?</li> <li>Fake News</li> <li>Fake Images (Photoshop and Deepfake Videos)</li> <li>Digital Footprints</li> <li>Bonfire Night</li> </ol>	<ol style="list-style-type: none"> <li>Healthy Habits</li> <li>Being Healthy – Diet</li> <li>Being Healthy – Exercise</li> <li>Physical Health</li> <li>Germs, Bacteria and Viruses</li> <li>What Is Mental Health</li> </ol>	<ol style="list-style-type: none"> <li>Behaviour and Respect</li> <li>Friendships</li> <li>Feeling Left Out</li> <li>Peer Pressure</li> <li>Dares and Challenges</li> <li>Bullying and Hurtful Behaviour</li> </ol>	<ol style="list-style-type: none"> <li>Courtesy and Manners</li> <li>Success and Achievement</li> <li>Independence and Responsibility</li> <li>Careers and Stereotypes</li> <li>The Environment – Part 1</li> <li>The Environment – Part 2</li> </ol>	<ol style="list-style-type: none"> <li>Understand Emotions</li> <li>Feelings and Emotions</li> <li>Self-Esteem</li> <li>Body Image</li> <li>Boys' Puberty</li> <li>Girls' Puberty</li> </ol>	<ol style="list-style-type: none"> <li>Positive Relationships</li> <li>Loving Stable Families</li> <li>Love and Abuse</li> <li>Online Behaviour and Risks</li> <li>Stranger Safety</li> <li>Community safety (knives and weapons)</li> </ol>
Year 6	<ol style="list-style-type: none"> <li>Medicine and Product Safety</li> <li>Habits and Addiction</li> <li>Caffeine and Energy Drinks</li> <li>What Is Alcohol?</li> <li>Drugs (Introduction to Illegal Drugs)</li> <li>Vaping Danger</li> </ol>	<ol style="list-style-type: none"> <li>Disagreeing Respectfully</li> <li>Positive Male Role Models (Harmful Stereotypes)</li> <li>Cyberbullying and Harassment</li> <li>Online Gaming Danger</li> <li>Group Chats (Bullying)</li> <li>Online Privacy and Data</li> </ol>	<ol style="list-style-type: none"> <li>Identity and Community</li> <li>Diversity in the UK</li> <li>Protected Characteristics</li> <li>Attitudes About Money</li> <li>Money and the Cost of Living</li> <li>Knife Crime and the Law</li> </ol>	<ol style="list-style-type: none"> <li>Puberty and Our Genes</li> <li>Boys' Puberty</li> <li>Girls' Puberty</li> <li>Human Reproduction (Sex-Ed Part 1 - Conception)</li> <li>Hormones and Emotions</li> <li>Mental Health Symptoms</li> </ol>	<ol style="list-style-type: none"> <li>Grief, Change and Loss</li> <li>Transition to Secondary School</li> </ol>	<ol style="list-style-type: none"> <li>Consent</li> <li>Sexual Harassment</li> <li>Attraction and Crushes</li> <li>Starting a Family (Sex-Ed Part 2 – Sexual Intercourse)</li> <li>Family and Commitment</li> <li>Caring for Babies</li> </ol>
					<ol style="list-style-type: none"> <li>Sun Safety</li> <li>Personal Safety and Hazards</li> <li>First Aid 4 (Common Injuries)</li> <li>First Aid 5 (Life Support)</li> </ol>	

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## Reception

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>Classroom rules: why we have them, how they keep everyone safe and fair.</li> <li>Listening skills: joining in, taking turns, and following instructions.</li> <li>Celebrating uniqueness: likes, dislikes, and what makes each child special.</li> <li>Setting simple goals and why it's good to work towards them.</li> <li>Online safety: keeping information private, using kind words, asking an adult for help.</li> <li>Screen time: balancing digital activities with outdoor play.</li> <li>Road safety: "Stop, Look, Listen, Think" and holding an adult's hand when crossing.</li> </ul>	<ul style="list-style-type: none"> <li>Kindness: recognising kind actions and using kind words.</li> <li>Friendships: how to make new friends and respect different likes/dislikes.</li> <li>Sharing and turn-taking: why it matters and how to do it fairly.</li> <li>Apologising: how to say sorry sincerely and repair friendships.</li> <li>Truth and lies: why honesty builds trust.</li> <li>Families: that all families are special and unique.</li> </ul>	<ul style="list-style-type: none"> <li>Recognising feelings: happy, sad, angry, afraid, and how to spot them.</li> <li>Calming down: strategies for self-regulation (e.g. breathing, sensory play).</li> <li>Resilience: trying again and keeping going when things are hard.</li> <li>Independence: what we can do on our own and when to ask for help.</li> <li>Growing and changing: stages of life from baby to adult.</li> <li>My body: naming body parts, understanding privacy, and asking permission.</li> </ul>
In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>Handwashing: when and why it matters, and how to do it properly.</li> <li>Hygiene and self-care: washing, dressing and managing personal needs.</li> <li>Dental health: how to brush teeth and why it's important.</li> <li>Healthy food: which foods to eat often and which only sometimes.</li> <li>Exercise: different ways to move, stay fit and healthy.</li> <li>Sun safety: protecting skin and eyes from the sun, staying cool and hydrated.</li> <li>Body awareness: naming body parts (including private parts) and understanding which are private.</li> </ul>	<ul style="list-style-type: none"> <li>Caring for ourselves and others: healthy habits, kindness, and resilience.</li> <li>Caring for the planet: recycling, reusing and small actions to help the Earth.</li> <li>Money: recognising coins and their values, and using money in play.</li> <li>Celebrating differences: what makes us special, unique and amazing.</li> <li>Communities: belonging to groups, helping others, and recognising community helpers.</li> <li>Jobs and helpers: recognising community roles, uniforms and tools.</li> </ul>	<ul style="list-style-type: none"> <li>Choices: recognising good and bad choices, and their consequences.</li> <li>Manners: using polite words, showing respect and kindness.</li> <li>Right and wrong: understanding unkind behaviour and bullying.</li> <li>Personal space: respecting boundaries, giving and asking permission.</li> <li>Secrets: knowing the difference between good and bad secrets, and when to tell a trusted adult.</li> </ul>

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## Year 1

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>Everyone is unique with their own likes, dislikes, strengths and interests.</li> <li>How people grow and change through life stages (baby, child, adult, elderly).</li> <li>How to recognise and describe different feelings, including clues from facial expressions and body language.</li> <li>That change and loss are part of life, and ways to cope with these feelings.</li> <li>Different ways we can play and learn, including imagination, indoors and outdoors.</li> <li>Everyday risks: recognising safe and unsafe situations, safe strangers, trusted adults, and age restrictions on films/games.</li> </ul>	<ul style="list-style-type: none"> <li>Why rules are important at home, school and in games.</li> <li>How digital devices and the internet are used in daily life.</li> <li>Online safety: dos and don'ts, keeping personal information private, and asking for permission.</li> <li>Recognising that everyone has strengths and interests, and celebrating what makes us unique.</li> <li>Different jobs people do, and the skills and strengths linked to them.</li> <li>Welcoming others: recognising diversity, showing respect, and making people feel included.</li> </ul>	<ul style="list-style-type: none"> <li>People who care for us at home and in school, and how they help.</li> <li>Families: different types of family and what they have in common.</li> <li>What makes family life special: celebrations, special days and spending time together.</li> <li>The names of body parts, including private parts, and the "swimwear rule."</li> <li>Different kinds of touch: wanted, unwanted, safe and unsafe.</li> <li>Permission: why we should ask before touching, and how to respond when someone says no.</li> </ul>

In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>Classroom rules: why rules matter and how they keep us safe.</li> <li>Listening skills: taking turns, raising hands, joining in and following instructions.</li> <li>Celebrating uniqueness: likes, dislikes, and what makes us special.</li> <li>Online safety: keeping information private, using kind words, and asking an adult for help.</li> <li>Screen time: balancing digital activities with play and outdoor time.</li> <li>Road safety: "Stop, Look, Listen, Think" and holding an adult's hand when crossing.</li> </ul>	<ul style="list-style-type: none"> <li>Hygiene routines: handwashing, using tissues, and keeping our bodies clean.</li> <li>Dental health: brushing teeth, visiting the dentist and avoiding tooth decay.</li> <li>Sun safety: clothing, hats, sunscreen and shade.</li> <li>Healthy food: trying new foods, balanced diet, and risks of too much unhealthy food.</li> <li>The Eatwell Guide and creating healthy meals.</li> <li>Keeping fit and active: different ways to exercise and why it matters.</li> </ul>	<ul style="list-style-type: none"> <li>Caring for living things: what living things need and how we can be responsible.</li> <li>Recycling: how to sort waste, the 3Rs (reduce, reuse, recycle), and why it matters.</li> <li>Plastic and pollution: how plastic harms rivers, oceans and animals, and what we can do to help.</li> <li>Global warming: why the Earth is heating up, its effects, and actions we can take to help.</li> <li>Classroom community: roles and responsibilities for keeping our classroom safe, tidy and fair.</li> <li>Community helpers: who helps us in the local community, their jobs, and why they are important.</li> </ul>

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## Year 2

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>How to make new friends and build lasting friendships.</li> <li>Qualities of a good friend, and how similarities and differences can strengthen relationships.</li> <li>How to play with others fairly, including taking turns and compromising.</li> <li>Working with others: listening, teamwork and resolving disagreements.</li> <li>Why manners and respect are important in daily life (Golden Rule).</li> <li>How to resolve conflict with friends, siblings or classmates in positive ways.</li> </ul>	<ul style="list-style-type: none"> <li>What the internet is and how it is used in daily life.</li> <li>Personal data: what it is, why it must be private, and how to protect it.</li> <li>Online safety rules and how to search for information safely.</li> <li>How to identify trustworthy vs false information online.</li> <li>Communities: the groups we belong to, our roles, and how to make people feel welcome.</li> <li>Similarities and differences between people, why it's good to be unique, and celebrating diversity.</li> </ul>	<ul style="list-style-type: none"> <li>How money has changed over time, from barter to modern currency.</li> <li>Different ways to pay for things (cash, card, online) and staying safe when paying.</li> <li>How money is earned by adults and children, and why saving matters.</li> <li>How to make choices about spending and saving money.</li> <li>The difference between wants and needs, and why we can't always have what we want.</li> </ul>

In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>The importance of habits and routines for physical and mental health.</li> <li>How to keep teeth healthy, foods that damage teeth, and how to brush properly.</li> <li>Why sleep matters and how to build a healthy bedtime routine.</li> <li>What medicines are, how they help people, and why they must be used safely.</li> <li>How to recognise and describe different feelings and why it's good to share them.</li> <li>What "big feelings" are, strategies for managing them, and how to support others with their feelings</li> </ul>	<ul style="list-style-type: none"> <li>How to recognise loneliness in ourselves and others, and ways to help (e.g. buddy benches).</li> <li>What bullying is, different types of bullying, and how to respond.</li> <li>The effect of words: how unkind words hurt and why kindness matters.</li> <li>The difference between kind and unkind behaviour, and how kindness can grow.</li> <li>Secrets and surprises: when secrets are unsafe and why it's important to tell.</li> </ul>	<ul style="list-style-type: none"> <li>The human life cycle: stages from baby to old age and how needs change.</li> <li>Names of body parts, including external genitals, and the "swimwear rule" for body safety.</li> <li>Everyday risks and how to stay safe in different environments.</li> <li>Home safety: household products, fire safety, medicines and electrical hazards.</li> <li>Road safety: safe places to cross and how to use pedestrian crossings.</li> <li>What counts as an emergency, when to call 999, and how to make an emergency call.</li> </ul>

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## Year 3

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>How to recognise emotions in themselves and others through words, actions and body language.</li> <li>Strategies to manage difficult emotions and why feelings matter for learning.</li> <li>How setbacks affect self-esteem and ways to build resilience.</li> <li>How to re-frame unhelpful thoughts and turn them into positives.</li> <li>Why regular exercise supports both physical and mental wellbeing.</li> <li>How to manage grief and loss, recognising that everyone experiences them differently.</li> <li>What makes up personal identity (qualities, values, ethnicity, culture).</li> <li>How strengths, interests and achievements contribute to individuality.</li> </ul>	<ul style="list-style-type: none"> <li>What makes a good role model and how people influence others.</li> <li>Why manners and politeness are important and how to show respect.</li> <li>That families can look different but all provide love and care.</li> <li>How people in families and friendships care for one another.</li> <li>Why compassion is important and how to show it to others, animals and the environment.</li> </ul>	<ul style="list-style-type: none"> <li>What consent means and how to ask, give or refuse permission.</li> <li>Why it is important to respect other people's privacy and personal boundaries.</li> <li>How to set boundaries in friendships and what to do if they are crossed.</li> <li>How to balance personal needs with those of friends and family.</li> <li>Why it is important to show respectful behaviour and set a good example.</li> <li>How to recognise teasing and bullying, and the difference between them.</li> </ul>

In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>Examples of different jobs and careers, and why people choose them.</li> <li>How jobs can be grouped into sectors (health, retail, transport, etc.).</li> <li>The difference between "soft skills" (communication, teamwork) and "hard skills" (qualifications, technical abilities).</li> <li>Why employers value soft skills like teamwork and time management.</li> <li>How to set SMART goals to achieve personal targets.</li> <li>Different career routes (apprenticeships, further/higher education).</li> <li>Why qualifications matter and how they link to career opportunities.</li> <li>What stereotypes are, including gender stereotypes, and how they can limit career choices.</li> </ul>	<ul style="list-style-type: none"> <li>How to spot hazards at home, school and in the community.</li> <li>Why following safety rules protects us from risks.</li> <li>Fire safety: recognising fire hazards, testing smoke alarms, and what to do in an emergency.</li> <li>First aid for burns and scalds, including what not to do.</li> <li>The importance of healthy eating and balanced diets.</li> <li>How habits form, and why some are healthy or unhealthy.</li> <li>Why lifestyle choices (diet, exercise, sleep, hygiene) affect overall health.</li> </ul>	<ul style="list-style-type: none"> <li>The difference between rules and laws, and why they keep us safe.</li> <li>Human rights and children's rights, and the link to responsibilities.</li> <li>How volunteering supports communities and why shared responsibility matters.</li> <li>How to find reliable information online and why some sources aren't trustworthy.</li> <li>Age ratings for TV, films and games, and why they exist.</li> <li>Why news is important, how it can be biased, and the need to fact-check.</li> </ul>

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## Year 4

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>Why diversity matters in communities and how to respect differences.</li> <li>What it means to belong to and contribute to a community.</li> <li>What prejudice and discrimination are, why they are harmful, and how to challenge them.</li> <li>How racism affects people and why it must always be addressed.</li> </ul>	<ul style="list-style-type: none"> <li>That families can look different but all provide care and support.</li> <li>The qualities of positive friendships and how to include others.</li> <li>How to manage disagreements and resolve conflict respectfully.</li> <li>How to recognise and respond to unhealthy or unsafe relationships.</li> </ul>	<ul style="list-style-type: none"> <li>How to stay safe around water and follow the Water Safety Code.</li> <li>Risks linked to summer activities (heat, sun, swimming, unknown adults) and how to stay safe.</li> <li>Symptoms of asthma, what an asthma attack is, and how to respond safely (first aid).</li> </ul>
<ul style="list-style-type: none"> <li>What bullying looks like and how to respond to it.</li> <li>Different types of hurtful behaviour (e.g. gossip, exclusion, online unkindness).</li> <li>Why kindness and respect are important in all relationships.</li> </ul>		<ul style="list-style-type: none"> <li>Why some couples marry or form civil partnerships, and how attitudes to marriage have changed.</li> <li>The importance of recognising and respecting different family structures.</li> <li>What trust and honesty mean in relationships and why they matter.</li> <li>What makes a positive friendship, and how to recognise and respond to unhealthy friendships.</li> </ul>

In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>The difference between healthy and unhealthy foods and activities.</li> <li>What makes up a healthy, balanced lifestyle (diet, exercise, hygiene, rest).</li> <li>How to stay healthy and when to seek medical help.</li> <li>Different types of allergies, how to respond to allergic reactions, and how an EpiPen is used.</li> <li>What germs are, how they spread, and how to prevent illness through handwashing.</li> <li>Safe use of medicines and the effects of drugs on the body.</li> <li>What vaccinations are, how they protect us, and why they are important.</li> </ul>	<ul style="list-style-type: none"> <li>How to spend money responsibly and why it matters for people and the environment.</li> <li>What Fairtrade is, how it supports farmers, and why it is important to choose Fairtrade products.</li> <li>What “value for money” means and how to judge whether something is worth buying.</li> <li>How to keep track of money, including the use of budgets.</li> <li>How adverts influence choices and how to spot online adverts or scams.</li> <li>What gambling is, why it can be risky, and how it can affect wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>How girls’ bodies change during puberty, including periods and breast development.</li> <li>How boys’ bodies change during puberty, including voice, body growth and changes.</li> <li>How emotions can change during puberty and strategies for coping with mood swings.</li> <li>Why personal hygiene routines change during puberty and how to manage them.</li> <li>How to care for teeth and maintain good dental hygiene.</li> <li>Why sleep is important, effects of poor sleep, and how to build good sleep habits.</li> </ul>

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## Year 5

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>To recognise when to seek adult help and why it is important.</li> <li>To understand benefits, risks and legal frameworks around social media.</li> <li>To spot misinformation and fake news, and why it is dangerous to share it.</li> <li>To recognise digitally altered images and their impact on self-esteem.</li> <li>To understand digital footprints and consequences of online actions.</li> <li>To know risks and laws around fireworks and how to stay safe.</li> </ul>	<ul style="list-style-type: none"> <li>How respectful behaviour looks online and offline, and its impact on others.</li> <li>What makes a good friend, and strategies for building and maintaining friendships.</li> <li>Why it's important to include others and how to support friends who feel left out.</li> <li>What peer pressure is, why it's hard to resist, and strategies to deal with it.</li> <li>Why dares and online challenges are risky, and how to say no.</li> <li>The difference between unkind behaviour and bullying; how to be an "upstander" who challenges hurtful behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>How emotions change over time and are influenced by events.</li> <li>A wide vocabulary for describing feelings and why expressing emotions clearly matters.</li> <li>What self-esteem and self-worth mean, and why they are important.</li> <li>How body image is shaped, including the role of the media, and how to support positive body image.</li> <li>The physical and emotional changes of puberty for boys and girls.</li> <li>That everyone develops differently and where to seek support.</li> </ul>
In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>How habits (healthy and unhealthy) affect lifestyle.</li> <li>The importance of a balanced diet and all five food groups.</li> <li>The role of different types of exercise in keeping body and mind healthy.</li> <li>How to maintain physical health and spot early signs of illness.</li> <li>The role of bacteria and viruses in health, and hygiene strategies to prevent spread.</li> <li>What mental health is, why it matters, and strategies to maintain good mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>Why courtesy and manners matter, and how social norms change in different contexts.</li> <li>How to recognise strengths, celebrate achievements, and learn from setbacks.</li> <li>How responsibility grows with independence and how to manage new opportunities.</li> <li>How stereotypes affect career choices and the importance of diversity in the workplace.</li> <li>What climate change is, its causes, and how it affects the planet.</li> <li>How individual and collective actions can harm or help the environment.</li> <li>How citizens can use democracy, campaigns and protest to influence change.</li> </ul>	<ul style="list-style-type: none"> <li>How to spot safe and unsafe relationships, both online and offline.</li> <li>What makes a loving, stable family, and the diversity of family structures.</li> <li>What abuse is, why it is never part of real love, and how to get help.</li> <li>Risks of unsafe online behaviour, including grooming, trolling, and hate speech.</li> <li>Why strangers are not always safe and how to identify "safe strangers" in emergencies.</li> <li>How to make safe choices in their community, resist peer pressure, and know that carrying any object for protection increases risk.</li> </ul>

Living in the Wider World

Relationships Education

Health and Wellbeing

## Year 6

In Autumn 1, children learn:	In Spring 1, children learn:	In Summer 1, children learn:
<ul style="list-style-type: none"> <li>How habits form, how some can be unhealthy, and why addictions are difficult to break.</li> <li>The safe use of medicines and household products.</li> <li>The effects and risks of caffeine and energy drinks.</li> <li>The risks of alcohol, including how it affects the body and decision-making.</li> <li>Different types of drugs (legal and illegal), their dangers and the laws around them.</li> <li>The risks of smoking and vaping, including new laws and their impact on health.</li> </ul>	<ul style="list-style-type: none"> <li>What makes up our identity and how family, culture and history shape it.</li> <li>The meaning of diversity and how the Equality Act protects people.</li> <li>The difference between equality and equity and why fair treatment matters.</li> <li>Protected characteristics and how discrimination is challenged by law.</li> <li>Different attitudes to money and how wants and needs affect spending.</li> <li>How the cost of living and inflation affect people's choices.</li> <li>What the law says about knives and weapons, the dangers and consequences of carrying them, and how to stay safe and seek help.</li> </ul>	<ul style="list-style-type: none"> <li>How people experience change, including grief and loss.</li> <li>Strategies for coping with difficult emotions during change.</li> <li>How challenges and setbacks can also lead to growth and resilience.</li> <li>Preparing for the transition to secondary school, including worries, challenges and strategies for managing them.</li> </ul>
		<ul style="list-style-type: none"> <li>How to stay safe in the local environment and recognise potential hazards.</li> <li>Sun safety: risks of UV light and how to protect skin.</li> <li>How to treat common minor injuries.</li> <li>Basic First Aid, including recovery position and CPR.</li> </ul>
In Autumn 2, children learn:	In Spring 2, children learn:	In Summer 2, children learn:
<ul style="list-style-type: none"> <li>How to disagree respectfully with others and resolve conflict.</li> <li>The influence of role models and why some online influencers may promote harmful behaviours.</li> <li>What cyberbullying looks like, its effects, and how to respond safely.</li> <li>Risks associated with online gaming, including peer pressure and predatory behaviour.</li> <li>How to behave responsibly in group chats and messaging apps.</li> <li>Why it is important to protect personal data and privacy online.</li> </ul>	<ul style="list-style-type: none"> <li>How genes influence growth and development during puberty.</li> <li>Puberty changes for boys and girls, including periods, hygiene and body development.</li> <li>How human reproduction works, including conception.</li> <li>How hormones affect emotions, attraction and relationships.</li> <li>What mental health is, how to recognise warning signs, and strategies for looking after wellbeing.</li> <li>How and when to seek help if struggling with emotions or mental health concerns.</li> </ul>	<ul style="list-style-type: none"> <li>What consent means, why personal space and boundaries matter, and how to respect them.</li> <li>What sexual harassment is and why it is harmful.</li> <li>Different kinds of attraction, including crushes and orientation.</li> <li>Ways families are formed, including natural conception, IVF, surrogacy and adoption.</li> <li>What commitment in relationships looks like, including marriage and civil partnerships.</li> <li>Responsibilities involved in caring for babies and young children.</li> </ul>

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