

## PSHE Curriculum EYFS

### *'Being Our Best Selves'*

Year group: Reception	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<ul style="list-style-type: none"> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly;</li> </ul>
<b>Autumn 2</b>	Celebrate	
<b>Spring 1</b>	Appreciate	<ul style="list-style-type: none"> <li>• Manage their own needs: personal hygiene</li> <li>• Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating and tooth brushing</li> </ul>
<b>Spring 2</b>	Relate	<ul style="list-style-type: none"> <li>• Manage their own needs: personal hygiene</li> <li>• Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian</li> </ul>
<b>Summer 1</b>	Engage	<ul style="list-style-type: none"> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</li> </ul>
<b>Summer 2</b>	N/A	

## PSHE Curriculum – KSI End Points

### *‘Being Our Best Selves’*

Year group: I	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<b>Healthy Lifestyles</b> <b>Pupils will learn -</b> H2. About foods that support good health and the risks of eating too much sugar. H3. About how physical activity helps us to stay healthy; and ways to be physically active every day. H7. About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.
<b>Autumn 2</b>	Celebrate	<b>Keeping Safe</b> <b>Pupils will learn -</b> H28. About rules and age restrictions that keep us safe H32. Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely. H33. About the people whose job it is to help keep us safe. H35. About what to do if there is an accident and someone is hurt.
<b>Spring 1</b>	Appreciate	<b>Safe Relationships</b> <b>Pupils will learn -</b> R13. To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. R15. How to respond safely to adults they don't know. R16. About how to respond if physical contact makes them feel uncomfortable or unsafe R17. About knowing there are situations when they should ask for permission and also when their permission should be sought makes a lesson.

<p><b>Spring 2</b></p>	<p>Relate</p>	<p><b>Shared Responsibilities:</b>  <b>Pupils will learn -</b>  L1. About what rules are, why they are needed, and why different rules are needed for different situations.</p> <p><b>Communities:</b>  <b>Pupils will learn -</b>  L4. About the different groups they belong to.  L5. About the different roles and responsibilities people have in their community.</p>
<p><b>Summer 1</b></p>	<p>Engage</p>	<p><b>Economic Wellbeing: Aspirations, work, career</b>  <b>Pupils will learn -</b>  L14. That everyone has different strengths.  L15. That jobs help people to earn money to pay for things.  L16. Different jobs that people they know or people who work in the community do.  L17. About some of the strengths and interests someone might need to do different jobs.</p>
<p><b>Summer 2</b></p>	<p>Relationships – lesson 1 and 2</p>	<p><b>Ourselves growing and changing</b>  <b>Pupils will learn -</b>  H26. About growing and changing from young to old and how people's needs change.  H27. About preparing to move to a new class/year group.</p> <p><b>Relationships</b>  <b>Pupils will learn -</b>  R14. That sometimes people may behave differently online, including by pretending to be someone they are not.  R18. About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).  R19. Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.</p>

## PSHE Curriculum – KSI End Points

### *‘Being Our Best Selves’*

Year group: 2	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<p><b>Healthy Lifestyles</b>  <b>Pupils will learn -</b>            H5. Simple hygiene routines that can stop germs from spreading.            H6. That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.            H8. How to keep safe in the sun and protect skin from sun damage.            H10. About the people who help us to stay physically healthy.</p>
<b>Autumn 2</b>	Celebrate	<p><b>Keeping safe</b>  <b>Pupils will learn -</b>            H30. About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters).            H31. That household products (including medicines) can be harmful if not used correctly.            H36. How to get help in an emergency (how to dial 999 and what to say).</p>
<b>Spring 1</b>	Appreciate	<p><b>Drugs, alcohol and tobacco</b>  <b>Pupils will learn -</b>            H37. About things that people can put into their body or on their skin; how these can affect how people feel.</p> <p><b>Shared responsibilities</b>  <b>Pupils will learn -</b>            L2. How people and other living things have different needs; about the responsibilities of caring for them.            L3. About things they can do to help look after their environment.</p>

<b>Spring 2</b>	Relate	<p><b>Media literacy and digital resilience</b>  <b>Pupils will learn -</b>  L7. About how the internet and digital devices can be used safely to find things out and to communicate with others.  L8. About the role of the internet in everyday life.  L9. That not all information seen online is true.</p>
<b>Summer 1</b>	Engage	<p><b>Economic Well-being: Money</b>  <b>Pupils will learn -</b>  L10. What money is; forms that money comes in; that money comes from different sources.  L11. That people make different choices about how to save and spend money.  L12. About the difference between needs and wants; that sometimes people may not always be able to have the things they want.  L13. That money needs to be looked after; different ways of doing this</p>
<b>Summer 2</b>	Relationships – lesson 3 and 4	<p><b>Mental Health</b>  <b>Pupils will learn -</b>  Changes and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.</p> <p><b>Ourselves growing and changing</b>  <b>Pupils will learn -</b>  H25. To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles).  H27. About preparing to move to a new class/year group.</p>

## PSHE Curriculum – KS2 End Points

### *‘Being Our Best Selves’*

Year group: 3	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<p><b>Healthy Lifestyles</b>  <b>Pupils will learn -</b>            H5. About what good physical health means; how to recognise early signs of physical illness            H6. About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. Recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.            H9. That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p>
<b>Autumn 2</b>	Celebrate	<p><b>Keeping safe</b>  <b>Pupils will learn -</b>            H39. 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.</p>
<b>Spring 1</b>	Appreciate	<p><b>Economic Well-being: Money</b>  <b>Pupils will learn -</b>            L17. 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; what influences people's decisions; what makes something 'good value for money'.            L19. 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.</p>

<p><b>Spring 2</b></p>	<p>Relate</p>	<p><b>Economic Wellbeing: Aspirations, work, career</b>  <b>Pupils will learn -</b>  L26. That there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. L27. About stereotypes in the workplace and that a person's career aspirations should not be limited by them.  L28. 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. That some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.</p>
<p><b>Summer 1</b></p>	<p>Engage</p>	<p><b>Communities:</b>  <b>Pupils will learn -</b>  L7. To value the different contributions that people and groups make to the community  L8. About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.</p>
<p><b>Summer 2</b></p>	<p>Relationships – lessons 1, 2 and 3</p>	

## PSHE Curriculum – KS2 End Points

### *‘Being Our Best Selves’*

Year group: 4	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<p><b>Healthy Lifestyles</b>  <b>Pupils will learn -</b>            H10. How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.            H11. How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking).            H12. About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.            H14. How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.</p>
<b>Autumn 2</b>	Celebrate	<p><b>Keeping safe</b>  <b>Pupils will learn -</b>            H40. About the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully).</p>
<b>Spring 1</b>	Appreciate	<p><b>Economic well-being – money</b>  <b>Pupils will learn -</b>            L21. Different ways to keep track of money.            L22. About risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.            L23. About the risks involved in gambling; 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.</p>



<p><b>Spring 2</b></p>	<p>Relate</p>	<p><b>Economic Wellbeing: Aspirations, work, career</b>  <b>Pupils will learn -</b>  L30. 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, apprenticeship, university).</p>
<p><b>Summer 1</b></p>	<p>Engage</p>	<p><b>Shared Responsibilities:</b>  <b>Pupils will learn -</b>  L5. Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).</p>
<p><b>Summer 2</b></p>	<p>Relationships – lessons 4, 5 and 6</p>	<p><b>Safe relationships</b>  <b>Pupils will learn -</b>  R23. About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.  R24. How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.</p>

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### *‘Being Our Best Selves’*

Year group: 5	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<b>Keeping safe</b> <b>Pupils will learn -</b> H41. Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. H43. About what is meant by first aid; basic techniques for dealing with common injuries.
<b>Autumn 2</b>	Celebrate	<b>Media literacy and digital resilience</b> <b>Pupils will learn -</b> L11. Recognise ways in which the internet and social media can be used both positively and negatively. L12. How to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. L13. About some of the different ways information and data is shared and used online, including for commercial purposes.
<b>Spring 1</b>	Appreciate	<b>Safe relationships</b> <b>Pupils will learn -</b> R25. Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. R26. About seeking and giving permission (consent) in different situations. R29. Where to get advice and report concerns if worried about their own or someone else's personal safety (including online).

<p><b>Spring 2</b></p>	<p>Relate</p>	<p><b>Ourselves growing and changing</b>  <b>Pupils will learn -</b>  H26. That for some people gender identity does not correspond with their biological sex  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. About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).</p>
<p><b>Summer 1</b></p>	<p>Engage</p>	<p><b>Drugs, alcohol and tobacco</b>  <b>Pupils will learn -</b>  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; 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. About why people choose to use or not use drugs (including nicotine, alcohol and medicines).  H49. About the mixed messages in the media about drugs, including alcohol and smoking/vaping.  H50. About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.</p>
<p><b>Summer 2</b></p>	<p>Relationships – lessons 1, 2, 3</p>	

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### *‘Being Our Best Selves’*

Year group: 6	My Happy Mind	Other Coverage
<b>Autumn 1</b>	Meet your Brain	<b>Media literacy and digital resilience</b> <b>Pupils will learn -</b> LI4. About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.. LI6. About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.
<b>Autumn 2</b>	Celebrate	<b>Keeping safe</b> <b>Pupils will learn -</b> H44. How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. H45. 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.
<b>Spring 1</b>	Appreciate	<b>Relationships – families and close positive relationships</b> <b>Pupils will learn -</b> R2. That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different. R4. That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.
<b>Spring 2</b>	Relate	<b>Mental Health</b> <b>Pupils will learn -</b> Change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement.

<p><b>Summer 1</b></p>	<p>Engage</p>	<p><b>Ourselves – growing and changing</b>  <b>Pupils will learn -</b>  H32. About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.  H33. About the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for).  H34. About where to get more information, help and advice about growing and changing, especially about puberty.  H35. About the new opportunities and responsibilities that increasing independence may bring.</p>
<p><b>Summer 2</b></p>	<p>Relationships – lessons 4, 5, 6</p>	