



PSHE including Relationship and Health Education

Curriculum Overview

This document has been created to provide an overview to our families of the topics children will learn about in their age group over the academic year about relationships, health and well-being and living in our community. For further information on how the curriculum is delivered, please see our **PSHE including Relationships and Health Education Policy** published on the school's website.

Year 1	What helps us stay healthy? We will learn how to stay healthy and who helps us to do this. We will learn about hygiene, healthy daily routines and how medicines can help keep people well. What is the same and different about us? We will learn about what makes us unique, including our strengths, interests and personal qualities. We will also learn the correct names for body parts and understand that some parts of our bodies are private. Who is special to us? We will learn about families and the different groups we belong to. We will explore how families can be different, how people show love and care for one another and who we can talk to if something is worrying us. What can we do with money? We will learn about money, including where it comes from and the different ways people use it. We will explore spending, saving, needs and wants and how to keep money safe. Who helps to keep us safe? We will learn about the people who help keep us safe and how to ask for help in different situations. We will also learn how to stay safe around unfamiliar adults and what to do in an emergency, including calling 999. How can we look after each other and the world? We will learn how to be kind, respectful and caring towards others, animals and the environment. We will also explore how people grow and change over time and how to manage changes such as moving to a new class.
Year 2	What makes a good friend? We will learn how to build positive friendships, recognise kind and friendly behaviour and solve problems with others. We will also learn what to do if we feel lonely or unhappy in a friendship. What is bullying? We will learn how our words and actions can affect others and how to treat people with kindness and respect. We will also learn about personal boundaries, bullying and teasing and how to get help from a trusted adult if someone feels unsafe or upset. What jobs do people do? We will learn about different jobs and how people earn money to buy things they need and want. We will explore how people use their strengths and interests in their work and how digital devices and the internet are used in everyday life. What helps us to stay safe? We will learn about rules and safety, including how to recognise risky situations and keep ourselves safe both in real life and online. We will also learn how to say no to pressure, check if information online is trustworthy and talk to a trusted adult if we feel worried or unsafe. What can help us grow and stay healthy? We will learn about how to keep our bodies healthy, including healthy food and drink, exercise, sleep and rest. We will also learn about the effects of too much sugar, the importance of being active and taking breaks from screen time and how to stay safe in the sun. How do we recognise our feelings? We will learn to recognise and talk about different feelings and understand what helps us feel better when we are upset. We will also learn how feelings affect our bodies and behaviour and how to manage big feelings by sharing them with trusted adults and asking for help when we need it.

Year 3	How can we be a good friend? We will learn how friendships support wellbeing and how to include others so they don't feel lonely or excluded. We will also learn how to build positive friendships, solve problems and disagreements and recognise when a friendship does not feel safe or happy, and how to ask for help. What are families like? We will learn that families can be different and include a range of structures, and that they often share positive experiences together. We will also learn how family members care for each other and how to ask for help if family relationships ever make us feel unhappy, worried or unsafe. What keeps us safe? We will learn how to recognise hazards and keep ourselves safe in everyday situations, including at home, online and outside. We will also learn about body safety, personal boundaries and what to do if we feel pressured or uncomfortable, as well as how to respond to accidents and emergencies and get help when needed. What makes a community? We will learn about the different groups and communities we belong to and how diversity makes our community stronger and more inclusive. We will also learn how to stay healthy through good nutrition and dental care and how to make informed choices about food and when to ask for help or advice. Why should we eat well and look after our teeth? We will learn how to make healthy food choices and understand the benefits of a balanced diet. We will also learn how to care for our teeth, the effects of unhealthy food and drinks and when and where to ask for help about healthy eating and dental care. Why should we keep active and sleep well? We will learn how physical activity, sleep and rest help our bodies and feelings. We will also learn how to make healthy choices about being active, balancing screen time and when to ask for help if we are worried about our wellbeing.
Year 4	What strengths, skills and interests do we have? We will learn to recognise what makes us unique and value our own strengths, skills and achievements. We will also learn how to set goals and develop confidence by learning from mistakes and setbacks. How do we treat each other with respect? We will learn how our behaviour affects others and how to treat people with respect and kindness, both in person and online. We will also learn about rights and responsibilities, privacy and inclusion and how to respond and get help if we see or experience unkind, unsafe or inappropriate behaviour. How can we manage our feelings? We will learn how everyday experiences affect our feelings and how feelings can change in strength over time. We will also learn how to express and manage feelings in different situations, including times of change or loss and how to seek support when we need help. How can we help in an accident or emergency? We will learn basic first aid skills for common injuries and emergencies and understand when and how to get adult help. We will also learn that some injuries, such as head injuries, should not be moved. How can our choices make a difference to others and the environment? We will learn how we share responsibility for caring for the world and how our choices can affect the environment and others. We will also learn how to share our ideas respectfully, show care and compassion for people and animals and take responsibility in our everyday actions. How can we manage risk in different places? We will learn how to recognise and manage risks to stay safe in different environments, including online. We will also learn how peer influence can affect behaviour, how to make safe choices about sharing information and how to report concerns or unsafe situations.

Year 5	How can friends communicate safely? We will learn about different types of relationships and how we communicate with others in person and online. We will also learn how to stay safe in friendships, make safe choices about sharing information and ask for help if we feel worried, unsafe or uncomfortable. What decisions can people make with money? We will learn how people make decisions about spending and saving money and how to keep track of what they have. We will also learn about different ways of paying for things, what ‘value for money’ means and how money can affect people’s feelings. What makes up a person’s identity? We will learn to recognise and respect similarities and differences between people and understand what makes up someone’s identity. We will also learn about stereotypes, how they can be unhelpful and how to challenge them. How can drugs common to everyday life affect health? We will learn about drugs that are part of everyday life, including medicines, caffeine, alcohol, smoking and vaping, and how they can affect health and wellbeing. We will also learn the difference between legal and illegal drugs and how laws help to keep people safe. What jobs would we like? We will learn why people may choose to use or not use drugs and how to reduce the risks linked to them. We will also learn how habits can form, where to find support, and how to ask a trusted adult for help if we have any concerns. How will we grow and change? We will learn about puberty, how bodies change and how these changes can affect emotions and personal hygiene. We will also learn how to seek advice and support about growing up and puberty.
Year 6	How can we keep healthy as we grow? We will learn how mental and physical health are connected and how positive friendships, activities and community involvement support wellbeing. We will explore how to make healthy lifestyle choices, including planning balanced meals, staying active, looking after dental health, being safe in the sun, balancing screen time and getting good quality sleep. We will also learn how habits can be healthy or unhealthy and how to change them, how friends and family can influence our choices and how drugs can affect health. We will develop understanding of early signs of physical and mental ill-health, the importance of seeking help early and where to go for support. We will also learn that anyone can experience mental ill-health and that with the right help and strategies, difficulties can often be managed or improved. How can the media influence people? We will learn how media and online content can affect our thoughts, feelings and actions, and how to make safe and informed choices about what we view and share. We will explore how to recognise unreliable or misleading information, including manipulated images and mixed messages in the media and how content can be targeted to influence people. We will also learn how to stay safe online by identifying unsafe or suspicious content, understanding what is appropriate for our age and knowing how to respond or report concerns. In addition, we will discuss how different influences affect decisions, including online pressures and gambling-related risks, and how to consider different viewpoints respectfully. What will change as we become more independent? How do friendships change as we grow? We will learn how puberty is part of growing from childhood to adulthood and how this brings physical, emotional and social changes. We will also learn that everyone has the right to safety and respect. We will explore different types of relationships, including friendships and romantic relationships, and understand that people can form loving relationships regardless of gender, ethnicity or faith. We will also learn about committed relationships such as marriage or civil partnership and that these should always be based on mutual choice, with forced marriage being illegal. We will learn how growing up brings greater independence alongside new responsibilities, how friendships may change and how to manage these changes positively. We will also learn about transitions such as moving to secondary school and how to seek support and advice when needed.