

PSHE Scheme of Work

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 / 2	Cycle A	Y1 Making friends: playing and learning together Pupils learn about friendships, including falling out and how to recognise bullying.	Y2 Me, my body and staying safe Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.	Y2 Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).	Y1 Celebrating me, you and our families Pupils look at different families, and how family members can show care and love for each other.	Y1 Being Healthy Pupils learn about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	Y1 Safety at home Pupils look at hazards and risk in the context of the home. They explore strategies for staying safe, including in relation to household products and medicines.
	Cycle B	Y1 Mental health and well being Pupils notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	Y2 Keeping safe outside the home Pupils learn what an ‘emergency’ is and how to get help from an adult in an emergency, or call 999 themselves if they need to.	Y2 Keeping safe online Pupils explore how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).	Y2 Money and Work Pupils explore people’s different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	Y1 Showing kindness to ourselves and others Pupils revisit learning about feelings, and explores the importance of kindness.	Y2 Looking back and moving on Pupils celebrate their achievements and prepare them for the transition to the next year.
Year 3 / 4	Cycle A	Y3 Me, my friends and belonging Pupils learn about healthy friendships and ways to make others feel included.	Y4 Mental health and wellbeing This unit extends pupils’ understanding of self-regulation strategies and explores factors that can support wellbeing.	Y3 Building healthy habits Pupils develop their understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	Y4 Exploring ways to manage risks Pupils explore assessing and managing risk in different contexts, and the role that peer influence can play in personal safety	Y3 Looking out for each other Pupils explore the basics of first aid, and revisit how to make an efficient call to the emergency services.	Y4 Families and growing together (Y4 only puberty) This unit supports pupils’ understanding of diverse family structures, and how families can change. (Y4 children explore changes during puberty)

	Cycle B	Y3 Mental health and wellbeing This unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	Y4 Forming respectful relationships Pupils learn to respond appropriately to conflicts and bullying, and to understand the importance of respect.	Y4 Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	Y3 Making choices online Pupils explore how to protect information online and make choices about online content, including understanding age ratings.	Y3 Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	*Y4 Me, my body and growing up (Y4 only puberty) Pupils learn about the NSPCC Talk PANTS rule to keep safe. (Y4 children explore physical and emotional changes experienced during puberty.)
Year 5 / 6	Cycle A	Y6 Mental health and wellbeing Pupils explore strategies that support wellbeing – including in the context of the transition to Y6/secondary school.	Y6 Managing money and online spending Pupils explore economic wellbeing and online financial harms including targeted advertising and other influences on online spending.	Y5 Positively engaging with our world The unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Y6 Changes in puberty (and sex education) This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.	Y5 Safe connections Pupils learn about how to stay safe and manage risks if socialising online. It also touches on cybercrime.	Y5 Embedding healthy habits and learning first aid Pupils learn about how to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.
	Cycle B	Y5 Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Y5 Friendships, stereotypes and bullying Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	Y5 Respecting boundaries Pupils learn about personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	Y6 Drug education: assessing risk and managing influences Pupils learn about legal and illegal drugs, and the risks and effects of legal and illegal drug use.	Y6 Developing our understanding of AI Pupils are introduced to different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.	Y6 Looking to the Future Pupils explore career related learning (including different career pathways) and supports them to prepare for the transition to Y6/secondary school