|  |
| --- |
| **Year 1 - PSHE** |
| **Autumn 1** | **Spring 1** | **Summer 1** |
| **Physical health and wellbeing: Fun times****Pupils learn:*** about food that is associated with special times, in different cultures
* about active playground games from around the world
* about sun-safety
 | **Identity, society and equality: Me and others****Pupils learn:*** about what makes themselves and others special
* about roles and responsibilities at home and school
* about being co-operative with others
 | **Mental health and emotional wellbeing: Feelings****Pupils learn:*** about different types of feelings
* about managing different feelings
* about change or loss and how this can feel
 |
| **Autumn 2** | **Spring 2** | **Summer 2** |
| **Keeping safe and managing risk: Feeling safe****Pupils learn:*** safety in familiar situations
* about personal safety
* about people who help keep them safe outside the home
 | **Drug, alcohol and tobacco education: What do we put into and on to bodies?****Pupils learn:*** about what can go into bodies and how it can make people feel
* about what can go on to bodies and how it can make people feel
 | **Careers, financial capability and economic wellbeing: My money****Pupils learn:*** about where money comes from and making choices when spending money
* about saving money and how to keep it safe
* about the different jobs people do
 |

|  |
| --- |
| **Year 2 - PSHE** |
| **Autumn 1** | **Spring 1 and 2** | **Summer 1** |
| **Physical health and wellbeing: What keeps me healthy?****Pupils learn:*** about eating well
* about the importance of physical activity, sleep and rest
* about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well
 | **Relationships and health education: Boys and girls, families****Pupils learn:*** to understand and respect the differences and similarities between people
* about the biological differences between male and female animals and their role in the life cycle
* the biological differences between male and female children
* about growing from young to old and that they are growing and changing
* that everybody needs to be cared for and ways in which they care for others
* about different types of family and how their home-life is special
 | **Keeping safe and managing risk: Indoors and outdoors****Pupils learn:*** about keeping safe in the home, including fire safety
* about keeping safe online, including the benefits of going online
* about keeping safe outside
* about road safety
 |
| **Autumn 2** | **Summer 2** |
| **Mental health and emotional wellbeing: Friendship****Pupils learn:*** about the importance of special people in their lives
* about making friends and who can help with friendships (on and offline)
* about solving problems that might arise with friendships (on and offline)
 | **Drug, alcohol and tobacco education: Medicines and me****Pupils learn:*** why medicines are taken
* where medicines come from
* about keeping themselves safe around medicines

**Asthma lesson for Year 2, 3 or 4*** that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
 |

|  |
| --- |
| **Year 3 - PSHE** |
| **Autumn 1** | **Spring 1** | **Summer 1** |
| **Drug, alcohol and tobacco education: Tobacco is a drug****Pupils learn:*** the definition of a drug and that drugs (including medicines) can be harmful to people
* about the effects and risks of smoking tobacco and second-hand smoke
* about the help available for people to remain smoke free or stop smoking

**Asthma lesson for Year 2, 3 or 4*** that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
 | **Mental health and emotional wellbeing: Strengths and challenges****Pupils learn:*** about celebrating achievements and setting personal goals
* about dealing with put-downs
* about positive ways to deal with setbacks
 | **Careers, financial capability and economic wellbeing: Saving, spending and budgeting****Pupils learn:*** about what influences people’s choices about spending and saving money
* how people can keep track of their money
* about the world of work
 |
| **Autumn 2** | **Spring 2** | **Summer 2** |
| **Keeping safe and managing risk: Bullying – see it, say it, stop it****Pupils learn:*** to recognise bullying (including online) and how it can make people feel
* about different types of bullying and how to respond to incidents of bullying
* about what to do if they witness bullying
 | **Identity, society and equality: Celebrating difference****Pupils learn:*** Pupils learn about valuing the similarities and differences between themselves and others
* Pupils learn about what is meant by community
* Pupils learn about belonging to groups
 | **Physical health and wellbeing: What helps me choose?****Pupils learn:*** about making healthy choices about food and drinks
* about how branding can affect what foods people choose to buy
* about keeping active and some of the challenges of this
 |

|  |
| --- |
| **Year 4 - PSHE** |
| **Autumn 1** | **Spring 1** | **Summer 1 and 2** |
| **Identity, society and equality: Democracy****Pupils learn:*** about Britain as a democratic society
* about how laws are made
* learn about the local council
 | **Physical health and wellbeing: What is important to me?****Pupils learn:*** why people may eat or avoid certain foods (religious, moral, cultural or health reasons)
* about other factors that contribute to people’s food choices (such as ethical farming, fair trade and seasonality)
* about the importance of getting enough sleep
 | **Relationships and health education: Growing up and changing****Pupils learn:*** about the way we grow and change throughout the human lifecycle
* about the physical changes associated with puberty
* about menstruation and wet dreams
* about the impact of puberty in physical hygiene and strategies for managing this
* how puberty affects emotions and behaviour and strategies for dealing with this
* to answer each other’s questions about puberty with confidence, to seek support and advice when they need it
 |
| **Autumn 2** | **Spring 2** |
| **Drug, alcohol and tobacco education: Making choices****Pupils learn:*** that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them
* about the effects and risks of drinking alcohol
* about different patterns of behaviour that are related to drug use

**Asthma lesson for Year 2, 3 or 4*** that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
 | **Keeping safe and managing risk: Playing safe****Pupils learn:*** how to be safe in their computer gaming habits
* about keeping safe near roads, rail, water, building sites and around fireworks
* about what to do in an emergency and basic emergency first-aid procedures
 |

|  |
| --- |
| **Year 5 - PSHE** |
| **Autumn 1** | **Spring 1** | **Summer 1** |
| **Physical health and wellbeing: In the media****Pupils learn:*** that messages given on food adverts can be misleading
* about role models
* about how the media can manipulate images and that these images may not reflect reality
 | **Keeping safe and managing risk: Making safer choices****Pupils learn:*** about keeping safe online
* how to keep safe when communicating with other people online
* that violence within relationships is not acceptable
* about problems that can occur when someone goes missing from home
 | **Drug, alcohol and tobacco education: Different influences****Pupils learn:*** about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis
* about different influences on drug use – alcohol, tobacco and nicotine products
* strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol
 |
| **Autumn 2** | **Spring 2** | **Summer 2** |
| **Identity, society and equality: Stereotypes, discrimination and prejudice** **Pupils learn:*** about stereotyping, including gender stereotyping
* workshop from Diversity Role Models or Equaliteach
* about prejudice and discrimination and how this can make people feel
 | **Mental health and emotional wellbeing: Dealing with feelings****Pupils learn:*** about a wide range of emotions and feelings and how these are experienced in the body
* about times of change and how this can make people feel
* about the feelings associated with loss, grief and bereavement
 | **Careers, financial capability and economic wellbeing: Borrowing and earning money****Pupils learn:*** that money can be borrowed but there are risks associated with this
* about enterprise
* what influences people’s decisions about careers
 |

|  |
| --- |
| **Year 6 - PSHE** |
| **Autumn 1 and 2** | **Spring 1** | **Summer 1** |
| **Relationships and health education: Healthy relationships** **Pupils learn:*** about the changes that occur during puberty
* to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
* what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
* about human reproduction in the context of the human lifecycle
* how a baby is made and grows (conception and pregnancy)
* about roles and responsibilities of parents and carers
* to answer each other’s questions about sex and relationships with confidence, where to find support and advice when they need it

**Additional lessons:** (schools will want to consider including these lessons, as part of RSE policy development)**Pupils learn:*** some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted
* that contraception can be used to stop a baby from being conceived
 | **Drug, alcohol and tobacco education: Weighing up risk** **Pupils learn:*** about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs
* about assessing the level of risk in different situations involving drug use
* about ways to manage risk in situations involving drug use
 | **Mental health and emotional wellbeing: Healthy minds****Pupils learn:*** what mental health is
* about what can affect mental health and some ways of dealing with this
* about some everyday ways to look after mental health
* about the stigma and discrimination that can surround mental health
 |
| **Spring 2** | **Summer 2** |
| **Identity, society and equality: Human rights****Pupils learn:*** about people who have moved to Islington from other places, (including the experience of refugees)
* about human rights and the UN Convention on the Rights of the Child
* about homelessness
 | **Keeping safe and managing risk:** **Keeping safe - out and about****Pupils learn:*** about feelings of being out and about in the local area with increasing independence
* about recognising and responding to peer pressure
* about the consequences of anti-social behaviour (including gangs and gang related behaviour)

**FGM (female genital mutilation)****Pupils learn:*** about the importance for girls to be protected against FGM
 |