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| **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 |

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| **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 |

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| **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 |

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| **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 |

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| **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 |

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| **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 |