

# PSHE breakdown 2020

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|--|----------------------|--|-----------------------------|--|----------------------------------|
|  | <b>Relationships</b> |  | <b>Health and Wellbeing</b> |  | <b>Living in the Wider World</b> |
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|               |                                                                                             | <b>Term 1</b>                                                                                  |                                                                          | <b>Term 2</b>                                                                           |                                                                                                                      | <b>Term 3</b>                                                                             |              |
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|               |                                                                                             | <b>1 : 1</b>                                                                                   | <b>1 : 2</b>                                                             | <b>2 : 1</b>                                                                            | <b>2 : 2</b>                                                                                                         | <b>3 : 1</b>                                                                              | <b>3 : 2</b> |
| <b>Year 1</b> | <b>Ourselves and others; similarities and differences; individuality; our bodies</b>        | <b>Ourselves and others; people who care for us; groups we belong to; families</b>             | <b>Being healthy; hygiene; medicines; people who help us with health</b> | <b>Money; making choices; needs and wants</b>                                           | <b>Keeping safe; people who help us</b>                                                                              | <b>Ourselves and others; the world around us; caring for others; growing and changing</b> |              |
|               | What is the same and different about us?                                                    | Who is special to us?                                                                          | What helps us stay healthy?                                              | What can we do with money?                                                              | Who helps to keep us safe?                                                                                           | How can we look after each other and the world?                                           |              |
| <b>Year 2</b> | <b>Friendship; feeling lonely; managing arguments</b>                                       | <b>Behaviour; bullying; words and actions; respect for others</b>                              | <b>People and jobs; money; role of the internet</b>                      | <b>Keeping safe; recognising risk; rules</b>                                            | <b>Being healthy: eating, drinking, playing and sleeping</b>                                                         | <b>Feelings; mood; times of change; loss and bereavement; growing up</b>                  |              |
|               | What makes a good friend?                                                                   | What is bullying?                                                                              | What jobs do people do?                                                  | What helps us to stay safe?                                                             | What helps us grow and stay healthy?                                                                                 | How do we recognise our feelings?                                                         |              |
| <b>Year 3</b> | <b>Friendship; making positive friendships, managing loneliness, dealing with arguments</b> | <b>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</b> | <b>Families; family life; caring for each other</b>                      | <b>Community; belonging to groups; similarities and differences; respect for others</b> | <b>Being healthy: eating well, dental care</b>                                                                       | <b>Being healthy: keeping active, taking rest</b>                                         |              |
|               | How can we be a good friend?                                                                | What keeps us safe?                                                                            | What are families like?                                                  | What makes a community?                                                                 | Why should we eat well and look after our teeth?                                                                     | Why should we keep active and sleep well?                                                 |              |
| <b>Year 4</b> | <b>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</b>        | <b>Respect for self and others; courteous behaviour; safety; human rights</b>                  | <b>Feelings and emotions; expression of feelings; behaviour</b>          | <b>Growing and changing; puberty</b>                                                    | <b>Caring for others; the environment; people and animals; shared responsibilities, making choices and Decisions</b> | <b>Keeping safe; out and about; recognising and managing risk</b>                         |              |
|               | What strengths, skills and interests do we have ?                                           | How do we treat each other with respect?                                                       | How can we manage our feelings?                                          | How will we grow and change?                                                            | How can our choices make a difference to others and                                                                  | How can we manage risk in different places?                                               |              |

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|-------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------|
|                   |                                                                                                              |                                                     |                                                                                             |                                                                        | the environment?                                                                                          |                                                      |
| <b>Year<br/>5</b> | <b>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</b> | <b>Money; making decisions; spending and saving</b> | <b>Basic first aid, accidents, dealing with emergencies</b>                                 | <b>Friendships; relationships; becoming independent; online safety</b> | <b>Drugs, alcohol and tobacco; healthy habits</b>                                                         | <b>Careers; aspirations; role models; the future</b> |
|                   | What makes up our identity?                                                                                  | What decisions can people make with money?          | How can we help in an accident or emergency?                                                | How can friends communicate safely?                                    | How can drugs common to everyday life affect health?                                                      | What jobs would we like?                             |
| <b>Year<br/>6</b> | <b>Looking after ourselves; growing up; becoming independent; taking more responsibility</b>                 |                                                     | <b>Media literacy and digital resilience; influences and decision-making; online safety</b> |                                                                        | <b>Different relationships, changing and growing, adulthood, independence, moving to secondary school</b> |                                                      |
|                   | How can we keep healthy as we grow?                                                                          |                                                     | How can the media influence people?                                                         |                                                                        | What will change as we become more independent?                                                           |                                                      |