





Year R - PSED

| Autumn 1 | Spring 1 | Summer 1 |
|---|--|--|
| <p>Settling in</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● Routines of the day ● Feeling part of the class ● Learning class rules and behaviour expectations ● When and how to seek adult support ● Feelings | <p>Building Relationships</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● Work and play cooperatively and take turns with others. ● Partner work to encourage children to listen to each other and respond appropriately. ● Encourage children to try things in a range of ways - model adapting to other people's ideas. | <p>Healthy lifestyles</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● Fitness ● Sun safety ● Tooth care ● Be confident to try new activities, showing increasing independence, resilience and perseverance |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>Taking Care Project</p> <p>Protective Behaviours</p>  | <p>Healthy Lifestyles</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● Ways to be healthy ● Foods that make up a healthy diet ● Foods that are high in sugar and fat  | <p>My Feelings, Friends and Family</p> <p>RHSE</p> <ul style="list-style-type: none"> ● The names of our body parts ● Which parts of our bodies are private ● What to do if we are worried about anything |


Year 1 - PSHE

| Autumn 1 | Spring 1 | Summer 1 |
|---|--|--|
| <p>Physical health and wellbeing: Fun times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about food that is associated with special times, in different cultures ● about active playground games from around the world ● about sun-safety | <p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about what makes themselves and others special ● about roles and responsibilities at home and school ● about being co-operative with others | <p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about different types of feelings ● about managing different feelings ● about change or loss and how this can feel |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>Taking Care Project</p> <p>Protective Behaviours</p>  | <p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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  | <p>My Feelings, Friends and Family</p> <p>RHSE</p> <p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 | Summer 1 |
|---|---|--|
| <p>Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about eating well ● about the importance of physical activity, sleep and rest ● about people who help us to stay healthy and well and about basic health and hygiene routines | <p>Mental health and emotional wellbeing: Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the importance of special people in their lives ● about making friends and who can help with friendships ● about solving problems that might arise with friendships | <p>Drug, alcohol and tobacco education: Medicines and me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● why medicines are taken ● where medicines come from ● about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <p>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</p> |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>Taking Care Project</p> <p>Protective Behaviours</p> | <p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about keeping safe in the home, including fire safety ● about keeping safe outside ● about road safety | <p>My Feelings, Friends and Family</p> <p>RHSE</p> |




Year 3 - PSHE

| Autumn 1 | Spring 1 | Summer 1 |
|---|---|---|
| <p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● the definition of a drug and that drugs (including medicines) can be harmful to people ● about the effects and risks of smoking tobacco and secondhand smoke ● about the help available for people to remain smoke free or stop smoking <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> ● 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 | <p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about celebrating achievements and setting personal goals ● about dealing with put-downs ● about positive ways to deal with set-backs | <p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 |
| <p>Taking Care Project</p> <p>Protective Behaviours </p> | <p>Identity, society and equality: Celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 | <p>My Feelings, Friends and Family</p> <p>RHSE</p> <p>Physical health and wellbeing: What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 |
|---|--|--|
| <p>Keeping safe and managing risk: Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 | <p>Physical health and wellbeing: What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 | <p>Drug, alcohol and tobacco education: Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p>Asthma lesson for Year 2, 3 or 4</p> <p>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 </p> |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>Taking Care Project </p> <p>Protective Behaviours</p> | <p>Identity, society and equality: Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council | <p>My Feelings, Friends and Family</p> <p>RHSE</p> |

Year 5 - PSHE

| Autumn 1 | Spring 1 | Summer 1 |
|---|---|---|
| <p>Physical health and wellbeing: In the media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 <p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about stereotyping, including gender stereotyping ● workshop from Diversity Role Models or Equaliteach ● about prejudice and discrimination and how this can make people feel | <p>Keeping safe and managing risk: When things go wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about keeping safe online ● that violence within relationships is not acceptable ● about problems that can occur when someone goes missing from home  | <p>Drug, alcohol and tobacco education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 |
| <p>Taking Care Project</p> <p>Protective Behaviours</p>  | <p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 | <p>My Feelings, Friends and Family</p> <p>RHSE</p> <p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 | Spring 1 | Summer 1 |
|---|--|---|
| <p>Mental health and emotional wellbeing: Healthy minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p>about the stigma and discrimination that can surround mental health</p>  | <p>Drug, alcohol and tobacco education: Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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  | <p>Keeping safe and managing risk:</p> <p>Keeping safe - out and about</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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) <p>FGM</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance for girls to be protected against FGM |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>Taking Care Project</p> <p>Protective Behaviours</p>  | <p>Identity, society and equality: Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 | <p>My Feelings, Friends and Family</p> <p>RHSE</p>  |