



Curriculum Progression in Knowledge & Skills

PSHE (Personal, Social, Health
& Economic)

L. Whitehead Sept 2026

The Department for Education 'Relationships and Health Education' statutory requirements were updated ready for implementation from September 2026. Following a consultation period in the summer term 2026, our curriculum and policy have now been updated to reflect these statutory changes, and to ensure that the needs and values of our school community are reflected in our practice.

Curriculum Progression in Knowledge & Skills

Year Group	Core Theme Health and wellbeing	Enquiry	End Points
EYFS	Healthy Lifestyles	How can I look after myself? • How do I use the toilet and wash my hands? • What are healthy food choices? • Why is sleep important? • How should we look after our teeth?	Know some ways to keep healthy and understand the importance of making healthy food choices.
Y5	Healthy Lifestyles	How can I give First Aid?	Know how to treat common injuries including head injuries
Y1	Ourselves	What makes me special? What are my strengths?	Know what makes them special and unique Know how to treat themselves and others with respect, recognising their similarities and differences
Y3	Ourselves	What can we all bring to the group?	Beginning to identify elements of their individuality including skills and achievements.
Y3	Ourselves	What have I achieved and what are my goals?	
Y5	Ourselves	How can I use my strengths to create opportunities?	Know their individual personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.
EYFS	Mental Health	What is self-regulation and how do I do it? • What feelings do I have? • What is in my feelings repair bag?	Begin to understand their own emotions and those of others and know ways to regulate their behaviour.
Y2	Mental Health	How do I feel?	Understand and be able to talk about a wider range of emotions in themselves and others, strategies to manage their feelings and where to get help.
Y4	Mental Health	Mindfulness	Recognise the importance of taking care of their mental health and begin to identify strategies and behaviours to support mental health.
Y5	Mental Health	Mindfulness	Recognise the importance of taking care of their mental health and begin to identify strategies and behaviours to support mental health.

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Y1	Drugs, alcohol and tobacco	How do I keep things safe that go into my body?	Know some of the risks and benefits of household substances including medicines.
Y2	Drugs, alcohol and tobacco	How to stay safe around medicines and household products?	
Y3	Drugs, alcohol and tobacco	How can I use medicines and household products safely?	Know how to use medicines and household products safely, recognize risks and suggest actions to prevent or minimize harm
Y4	Drugs, alcohol and tobacco	How can legal drugs affect my health?	Know the laws surrounding the use of legal drugs. Beginning to know the risks and effects of legal drugs and impact on our mental and physical health (medicine, cigarettes, vaping and alcohol)
Y5	Drugs, alcohol and tobacco	What are the risks and effects of illegal drug use?	Know the risks and effects of legal and illegal drugs and their impact on their mental and physical health (medicine, cigarettes, vaping and alcohol)
Y6	Drugs, alcohol and tobacco	How can I manage peer pressure to use drugs (including smoking/vaping and alcohol)?	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y6	Drugs, alcohol and tobacco	How are smoking/vaping and alcohol portrayed in the media?	Know the risks and effects of legal and illegal drugs and their impact on their mental and physical health (medicine, cigarettes, vaping and alcohol)
Y2	Growing and changing	How are males and females different?	Know the correct names for private parts of the body and give reasons why they are private. Know how males and females are physically different.
Y3	Growing and changing	How do bodies differ?	Preparation for growing.
Y4	Growing and changing	What is puberty?	Know some of the changes that will happen as we grow from young to old and prepare for key transitions. Know the physical and emotional changes that happen when approaching and during puberty
Y5/6	Growing and changing	What can I share online?	Know when it's appropriate to share personal/private info (in a relationship)

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Y5	Growing and changing	What emotional and physical changes occur during puberty?	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction.
Y5	Growing and changing	How can I manage the changes that occur during puberty?	
Y6	Growing and changing	What is reproduction? (Recap)	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction
Y6	Growing and changing	How might a couple decide to have a baby?	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction
Y6	Growing and changing	What does good communication look like in a relationship (including online)?	Know how and where to get support if an online relationship goes wrong.

Year Group	Core Theme Relationships	Enquiry	End Points
EYFS	Families and close positive relationships	How can I build positive relationships? - How do I share and take turns with friends and others? - How do others feel? - What is in my feelings repair bag that I can use with others? - How can I be polite to grown ups? Why is important to be polite?	Know how to form positive relationships with peers and adults.
	Friendships		Know how to work and play cooperatively with others.
	Managing hurtful behaviour and bullying		Know how to show sensitivity to their own and other's needs. Know how to show sensitivity to their own and other's needs
Y1	Families and close positive relationships	What makes a family?	Identify the people who love, care for them, keep them safe and know about the roles they play in their lives. Know about similarities and differences between families. Know to tell a trusted adult if something about their family makes them feel unhappy or worried.

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Y3	Families and Close Relationships	Who can I go to for help?	Identify different types of relationships (friendship, family, romantic and online). Know and respect that there are different types of family structures.
Y6	Families and close positive relationships	What kinds of relationships are there?	Identify different types of relationships (friendship, family, romantic and online). Know and respect that there are different types of family structures.
Y1	Friendships	How can we be a good friend? How can we be kind? What should we do if others are being unkind?	Know how to make good friendships and know strategies to resolve conflicts with friends positively. Know how to recognise when a friendship is making them or someone else unhappy and how to ask for help.
Y2	Friendships	How can we fix friendship problems? How unkindness can hurt others? What should we do if others are being unkind?	Know that words and actions can affect how people feel. Know that hurtful behaviour or bullying (offline and online) is not acceptable, know how to report it and the importance of telling a trusted adult
Y3	Friendships	How can I be a positive part of a group?	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships
Y4	Friendships	What does a healthy relationship look like?	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships
Y5	Friendships	Why we should treat everyone with respect?	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships.
Y5	Friendships	What is a good friend?	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships.
Y3	Managing hurtful behaviour and bullying	What is bullying?	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.

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Y4	Managing hurtful behaviour and bullying	What helps bullies to bully?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y4	Managing hurtful behaviour and bullying	How can I help to stop bullying?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y4	Managing hurtful behaviour and bullying	What should I do if I am bullied?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y5	Managing hurtful behaviour and bullying	How can I recognise and handle different forms of bullying?	Recognise different types and forms that bullying behaviour can take
Y5	Managing hurtful behaviour and bullying	How to fight hidden bullying?	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
Y6	Managing hurtful behaviour and bullying	What does it feel like to be bullied?	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
Y6	Managing hurtful behaviour and bullying	How can I avoid silently supporting a bully?	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this
Y6	Managing hurtful behaviour and bullying	How we can defend the victim together?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y6	Managing hurtful behaviour and bullying	What will I do if I get bullied?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y1	Respecting self and others	How can we work together?	How to listen to people and play and work cooperatively.
Y3	Respecting Self and others	How does my behaviour affect others?	Know that personal behaviour can affect other people
Y4	Respecting Self and Others	How can I build successful, respectful relationships?	Know the importance of self- respect and how this can affect their thoughts and feelings about themselves and begin to identify strategies to support or improve respectful relationships.

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Y6	Respecting Self and Others	How can I always treat others as I would like to be treated?	Know that personal behaviour can affect other people Know the importance of self- respect and how this can affect their thoughts and feelings about themselves and begin to identify strategies to support or improve respectful relationships.
Y1	Safe relationships	Who your body belongs to and how to seek help?	Know that parts of their body covered by underwear are private. Know how to respond if physical contact makes us feel uncomfortable or unsafe.
Y2	Safe relationships	Who your body belongs to and how to seek help?	As above plus Know that some things are private and the importance of respecting privacy. Know what to do if they feel unsafe or worried for themselves or others
Y3	Safe Relationships	What can we all bring to the group?	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y3	Safe Relationships	How can I respond to unwanted touch?	Know about privacy and personal boundaries and what is appropriate in friendships and wider relationships. Know the difference between acceptable and unacceptable physical contact and strategies to respond to unwanted physical contact.
Y5	Safe Relationships	How can I best manage peer pressure?	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y6	Safe Relationships	How can I support others?	Know strategies to respond to hurtful behaviour towards others and how to report concerns.
Y6	Safe Relationships	How can I manage peer pressure to behave in an uncomfortable way or do something I know is not right?	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y6	Safe Relationships	Why is communication and permission important in relationships?	Know about privacy and personal boundaries and what is appropriate in friendships and wider relationships. Know the difference between acceptable and unacceptable physical contact and strategies to respond to unwanted physical contact.
Y6	Safe Relationships	What does good communication look like in a relationship (including online)?	Know what to do if a relationship goes wrong and where to get support (including on-line)

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Year Group	Core Theme The Wider World	Enquiry	End Points
EYFS	Shared responsibilities	What are our class rules? How do rules help us? Why is important to stick to the rules?	Know the reasons for rules, know right from wrong and try to behave accordingly. Know some things that they can do to look after the environment.
Y1	Shared responsibilities	Why do you need rules? How do rules help us? What kind of rules do you have to follow outside school? How do these rules help keep us safe? What is a rule that would help keep everyone in the classroom safe? Why is that rule important?	Know the importance of rules and why different rules are needed for different situations
Y2	Shared responsibilities	How can we look after our environment?	Know the things they can do to look after their environment, including caring for living things.
Y4	Shared responsibilities	What can I do to protect the environment?	Know that they have a shared responsibility to care for other people and living things and for protecting the environment in school and at home and be able to suggest ways to do this.
Y4	Shared responsibilities	What do laws do for us?	Begin to recognise reasons and consequences of adhering or not adhering to rules and laws.
Y5	Shared responsibilities	What people live in our nation? How can we show respect for people whose faith or ethnicity is different to our own?	I can discuss how to show respect to others who are different to me and why this is important. I understand what diversity is and the importance of respecting and celebrating it. I can explain that human rights are there to protect all people.
Y6	Shared responsibilities	What are my rights and responsibilities within the community?	Recognise reasons and consequences of adhering or not adhering to rules and laws.

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			Know that they have a shared responsibility to care for other people and living things and for protecting the environment in school and at home and be able to suggest ways to do this.
EYFS	Communities	How are people different? - What different types of community live in our country? - What celebrations do they have? - What different jobs do people do? What different places do people live in?	Know about the lives of the people around them and their roles in society. Know some similarities and differences between different communities in this country.
Y1	Communities	Who makes up our community?	Know the different roles and responsibilities that people have in the community.
Y2	Communities	What is the same and what is different about the people in our community?	Recognise the ways they are the same and different to others, including the groups and communities they belong to.
Y3	Communities	What does it mean to live in a community?	Know about the different groups that make up their community and what living in a community means Know what discrimination means
Y6	Communities	How diverse is my community?	Know about different groups that make up their community (diversity, stereotypes and prejudice) and what living in a community means. Know what discrimination means and how to challenge it.
EYFS	Aspirations, Work and Career	What are my learning powers? - What can I do if something is tricky? - What can I do if something goes wrong?	Know how to set and work towards simple goals. Know how to be confident, independent, resilient and how to persevere in the face of a challenge.
Y1	Aspirations, Work and Career	What different jobs are there?	Know about the different jobs that people do to earn money
Y2	Aspirations, Work and Career	What skills do you need to do different jobs?	Know how everyone has different strengths and interests and how these are needed to do different jobs
Y4	Aspirations, Work and Careers	Do you have to choose one job?	Know that there are lots of different jobs/careers that people can have; that people often have more than one career/type of job during their life.

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Y5	Aspirations, Work and Careers	How can I use my strengths to create opportunities?	Know skills will help them in their future careers, e.g., teamwork, communication, and negotiation.
Y6	Aspirations, Work and Careers	What jobs could I have and how could I get there?	Know skills will help them in their future careers, e.g., teamwork, communication, and negotiation. Recognise a variety of routes into careers (Y6/transition)
Y1	Economic Wellbeing Money	Where does money come from?	Know what money is, what forms it comes in and where it comes from.
Y2	Economic Wellbeing Money	How can we look after our money?	Know the importance of looking after money, including making choices about how to save and spend money. Know the difference between wants and needs.
Y3	Economic Wellbeing Money	Where does money come from and how do we use it?	Know about different attitudes towards saving and spending money based on their priorities, needs, and wants.
Y4	Economic Wellbeing Money	How can we choose to use our money?	Know about different attitudes towards saving and spending money based on their priorities, needs, and wants. Beginning to identify elements of their individuality including skills and achievements.
Y5	Economic Wellbeing Money	How do you spend money wisely?	Know the risks associated with money and ways of keeping money safe. Identify the ways that money can impact on people's feelings and emotions.
Y6	Economic Wellbeing Money	How do you make good choices about when and where to spend money?	

Hollinhey Year Group Overview

EYFS				
	Enquiry Questions	Core Theme	Possible Resources	Endpoint
Autumn 1	What is self-regulation and how do I do it? - What feelings do I have? - What is in my feelings repair bag?	Mental Health	Colour Monster - Anna Llenas How Do YOU Feel - Anthony Browne. I really want to shout – Simon Phillip and Lucia Gaggiotti	Begin to understand their own emotions and those of others and know ways to regulate their behaviour.
Autumn 2	What are our class rules? - How do rules help us? - Why is important to stick to the rules?	Shared responsibilities	Our Emotions and Behaviour: But Why Can't I? - A book about rules by Sue Graves	Know the reasons for rules, know right from wrong and try to behave accordingly. Know some things that they can do to look after the environment.
Spring 1	How can I look after myself? - How do I use the toilet and wash my hands? - What are healthy food choices? - Why is sleep important? - How should we look after our teeth?	Healthy lifestyles	I don't want to wash my hands – Tony Ross Little Green Donkey – Anushka Allepuz Oliver's Fruit Salad and 'Oliver's Vegetables' - Alison Bartlett and Vivian French. Can't You Sleep Little Bear? - Martin Waddell. Topsy and Tim Meet the Dentist - Jean and Gareth Adamson Snappy Croc - Jane Clarke and Georgie Birkett.	Know some ways to keep healthy and understand the importance of making healthy food choices.

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Spring 2	How can I build positive relationships? - How do I share and take turns with friends and others? - How do others feel? - What is in my feelings repair bag that I can use with others? - How can I be polite to grown ups? - Why is important to be polite?	Families and close positive relationships		Know how to form positive relationships with peers and adults.
		Friendships	Blue Monster wants it all – Jeanne Willis Together We Can - Carly Hart,	Know how to work and play cooperatively with others. Know how to show sensitivity to their own and other's needs.
		Managing hurtful behaviour and bullying		Know how to show sensitivity to their own and other's needs
Summer 1	How are people different? - What different types of community live in our country? - What celebrations do they have? - What different jobs do people do? - What different places do people live in?	Communities	Alex and Alex Ziggy Hanaor This is Our House - Michael Rosen Cops and Robbers - Janet and Allan Ahlberg	Know about the lives of the people around them and their roles in society. Know some similarities and differences between different communities in this country.
Summer 2	What are my learning powers? - What can I do if something is tricky? - What can I do if something goes wrong?	Aspirations, Work and Career	Super Duper You -Sophy Henn	Know how to set and work towards simple goals. Know how to be confident, independent, resilient and how to persevere in the face of a challenge.

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Health and wellbeing Relationships Wider world

KS1				
	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 1				
Y1	What makes me special?	Ourselves	KiVa Unit 1 Lesson 1 – Let's get to know each other Twinkl Aiming High KS1 Lesson 1 and 2	Know what makes them special and unique Know how to treat themselves and others with respect, recognising their similarities and differences KS1-PCSO Visit
Y1	What are my strengths?	Ourselves	Twinkl Aiming High KS1 Lesson 3	
Y2	How do I feel?	Mental Health	KiVa Unit 1 Lesson 2 - Emotions Regulations strategies	Understand and be able to talk about a wider range of emotions in themselves and others, strategies to manage their feelings and where to get help.
	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 2				
Y1	Who your body belongs to and how to seek help?	Safe relationships	NSPCC - Pants are private	Know that parts of their body covered by underwear are private. Know how to respond if physical contact makes us feel uncomfortable or unsafe.
Y2	Who your body belongs to and how to seek help?	Safe relationships	NSPCC - Pants are private	As above plus Know that some things are private and the importance of respecting privacy. Know what to do if they feel unsafe or worried for themselves or others
Friendship Day				
Y1	How can we be a good friend? How can we be kind?	Friendships	Twinkl TEAM KS1 Lesson 3 Plus others as appropriate	Know how to make good friendships and know strategies to resolve conflicts with friends positively.

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	What should we do if others are being unkind?			Know how to recognise when a friendship is making them or someone else unhappy and how to ask for help.
Y2	How can we fix friendship problems? How unkindness can hurt others? What should we do if others are being unkind?	Managing hurtful behaviour and bullying	Twinkl TEAM KS1 Lesson 4 Plus others as appropriate	Know that words and actions can affect how people feel. Know that hurtful behaviour or bullying (offline and online) is not acceptable, know how to report it and the importance of telling a trusted adult.

	Enquiry Question	Core Theme	Resources	Endpoint
Spring 1				
Y1	How can we work together?	Respecting self and others	Twinkl Team KS1 Lesson 1 and 2	How to listen to people and play and work cooperatively.
Y1	How do rules help us?	Shared responsibilities	<i>Objectives:</i> -explain what 'rules' mean and how they help all of us -give suggestions for what could be included in class rules and explain why they are important -explain why it is important for them to carry out classroom responsibilities and what happens if responsibilities are not carried out	Know the importance of rules and why different rules are needed for different situations <i>Key questions:</i> Why do you need rules? How do rules help us? What kind of rules do you have to follow outside school? How do these rules help keep us safe? What is a rule that would help keep everyone in the classroom safe? Why is that rule important?
Y2	How can we look after our environment?	Shared responsibilities	Environment Agency Lesson 1	Know the things they can do to look after their environment, including caring for living things.

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	Enquiry Question	Core Theme	Resources	Endpoint
Spring 2				
Y1	Who makes up our community?	Communities	Twinkl Diverse Britain KS1 Lesson 2	Know the different roles and responsibilities that people have in the community.
Y1	What different jobs are there?	Economic Well-being: Aspirations, Work and Careers	Twinkl Aiming High S1 Lesson 4	Know about the different jobs that people do to earn money
Y2	What is the same and what is different about the people in our community?	Communities	Twinkl Diverse Britain KS1 Lesson 4	Recognise the ways they are the same and different to others, including the groups and communities they belong to.
Y2	What skills do you need to do different jobs?	Economic Well-being: Aspirations, Work and Careers	Twinkl Aiming High S1 Lesson 5	Know how everyone has different strengths and interests and how these are needed to do different jobs

	Enquiry Question	Core Theme	Resources	Endpoint
Summer 1				
Financial literacy Month (April)				
Y1	Where does money come from?	Economic Wellbeing Money	Twinkl Money Matters KS1 Lesson 1 and 2	Know what money is, what forms it comes in and where it comes from.
Y2	How can we look after our money?	Economic Wellbeing Money	Twinkl Money Matters KS1 Lesson 3, 4 and 5	Know the importance of looking after money, including making choices about how to save and spend money. Know the difference between wants and needs.
Y1	How do I keep things safe that go into my body?	Drugs, alcohol and tobacco	PSHE Association Drugs and alcohol Lesson KS1 1	Know some of the risks and benefits of household substances including medicines.
Y2	How to stay safe around medicines and household products?	Drugs, alcohol and tobacco	PSHE Association Drugs and alcohol KS1 Lesson 2 and 3	KS1- Nurse Visit
	Enquiry Question	Core Theme	Resources	Endpoint

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Summer 2				
Y1	What makes a family?	Families and close positive relationships	Christopher Winter Lessons Y1 Lessons 1-3	Identify the people who love, care for them, keep them safe and know about the roles they play in their lives. Know about similarities and differences between families. Know to tell a trusted adult if something about their family makes them feel unhappy or worried.
Y2	How are males and females different?	Growing and changing	Christopher Winter Lessons Year 2 Lessons 1-3	Know the correct names for private parts of the body and give reasons why they are private. Know how males and females are physically different.

Health and wellbeing Relationships Wider world

LKS2

	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 1				
Y3	How can I be a positive part of a group?	Friendships	KiVa Unit 1 Lesson 3: Everyone is included	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships
Y4	What helps bullies to bully?	Managing hurtful behaviour and bullying	KiVa Unit 1 Lesson 6: We will not join in with bullying	Know strategies to respond to hurtful behaviour and how to report concerns.
Y3	How does my behaviour affect others?	Respecting Self and Others	Twinkl Team Lesson 3 + 4	Know that personal behaviour can affect other people Know the importance of self- respect and how this can affect their thoughts and feelings about themselves and begin to identify strategies to support or improve respectful relationships.
Y4	How can I build successful, respectful relationships?	Respecting Self and Others	Twinkl Team Lesson 5 + 6	
Y4	What can I do to protect the environment?	Shared responsibilities	Environment Agency	Know that they have a shared responsibility to care for other people and living things and for protecting the environment in school and at home and be able to suggest ways to do this.

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	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 2				
Friendship Day				
Y3	What can we all bring to the group?	Ourselfs	KiVa Unit 1 Lesson 4: Difference is richness	Beginning to identify elements of their individuality including skills and achievements.
		Safe Relationships		Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y3	What is bullying?	Managing hurtful behaviour and bullying	KiVa Unit 1 Lesson 5: There is no bullying at a KiVa school	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
Y4	How can I help to stop bullying?	Managing hurtful behaviour and bullying	KiVa Unit 1 Lesson 7: The bullied child needs your support	Know strategies to respond to hurtful behaviour and how to report concerns.
Y4	What should I do if I am bullied?	Managing hurtful behaviour and bullying	KiVa Unit 1 Lesson 8: I will not be bullied	Know strategies to respond to hurtful behaviour and how to report concerns.

	Enquiry Question	Core Theme	Resources	Endpoint
Spring 1				
Y3	Mindfulness	Mental Health	Forest Schools	Recognise the importance of taking care of their mental health and begin to identify strategies and behaviours to support mental health.
Y4	Mindfulness	Mental Health	Paws B- Lessons 1-4	Recognise the importance of taking care of their mental health and begin to identify strategies and behaviours to support mental health.
Y3	What does it mean to live in a community?	Community	Twinkl Diverse Britain LKS2 Lesson 1	Know about the different groups that make up their community and what living in a community means Know what discrimination means

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Y4	What do laws do for us?	Shared responsibilities	Twinkl Diverse Britain LKS2 Lesson 2 & 3	Begin to recognise reasons and consequences of adhering or not adhering to rules and laws.
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	Enquiry Question	Core Theme	Resources	Endpoint
Spring 2				
Y3	What have I achieved and what are my goals?	Ourselves	Twinkl Aiming High LKS2 Lessons 1, 2 & 3	Identify opportunities for achievement. discuss my own personal achievements and how they make me feel. identify steps I have taken to achieve some goals.
Y4	Do you have to choose one job?	Aspirations, Work and Careers	Twinkl Aiming High LKS2 Lesson 4& 5	Know that there are lots of different jobs/careers that people can have; that people often have more than one career/type of job during their life.

	Enquiry Question	Core Theme	Resources	Endpoint
Summer 1				
Financial literacy Month (April)				
Y3	Where does money come from and how do we use it?	Economic Wellbeing Money	Twinkl Money Matters LKS2 Lesson 1-2	Know about different attitudes towards saving and spending money based on their priorities, needs, and wants.
Y4	How can we choose to use our money?	Economic Wellbeing Money	Twinkl Money Matters LKS2 Lesson 3-5	Know about different attitudes towards saving and spending money based on their priorities, needs, and wants. Beginning to identify elements of their individuality including skills and achievements.
Y3	How can I use medicines and household products safely?	Drugs, alcohol and tobacco	PSHE Association Drugs and alcohol Lesson LKS2 - Lesson 1	Know how to use medicines and household products safely, recognize risks and suggest actions to prevent or minimize harm
Y4	How can legal drugs affect my health?	Drugs, alcohol and tobacco	PSHE Association Drugs and alcohol Lesson LKS2 - Lesson 2	Know the laws surrounding the use of legal drugs.

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				Beginning to know the risks and effects of legal drugs and impact on our mental and physical health (medicine, cigarettes, vaping and alcohol)
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	Enquiry Question	Core Theme	Resources	Endpoint
Summer 2				
Y3	How do bodies differ?	Growing and changing	Christopher Winter Lessons 1	Preparation for growing.
Y3	How can I respond to unwanted touch?	Safe Relationships	Christopher Winter Lessons 2	Know about privacy and personal boundaries and what is appropriate in friendships and wider relationships. Know the difference between acceptable and unacceptable physical contact and strategies to respond to unwanted physical contact.
Y3	Who can I go to for help?	Families and Close Relationships	Christopher Winter Lessons 3	Identify different types of relationships (friendship, family, romantic and online). Know and respect that there are different types of family structures.
Y4	What is puberty?	Growing and changing	Christopher winter Lesson 1 & 2	Know some of the changes that will happen as we grow from young to old and prepare for key transitions. Know the physical and emotional changes that happen when approaching and during puberty
Y4	What does a healthy relationship look like?	Friendships		Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships

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Health and wellbeing Relationships Wider world

UKS2				
	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 1				
Y5	First Aid	Healthy lifestyles	Mini First aid	Know how to treat common injuries including head injuries
Y5	Mindfulness	Mental Health	Paws B- Lessons 5-8	Know the importance of taking care of their mental health and know a range of strategies and behaviours to support mental health.
Y6	Mindfulness	Mental Health	Paws B- Lessons 9-12	Know the importance of taking care of their mental health and know a range of strategies and behaviours to support mental health.
Y5	Why we should treat everyone with respect?	Friendships	KiVa Unit 2 Lesson 1: Respect is for everyone	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships.
Y6	What does it feel like to be bullied?	Managing hurtful behaviour and bullying	KiVa Unit 2 Lesson 5: Consequences of bullying	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
		Respecting self and others		Know that personal behaviour can affect other people Know the importance of self- respect and how this can affect their thoughts and feelings about themselves and begin to identify strategies to support or improve respectful relationships. Know about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality, background: traditions, beliefs and lifestyles that are different to their own

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	Enquiry Question	Core Theme	Resources	Endpoint
Autumn 2				
Friendship day				
Y5	How can I best manage peer pressure?	Safe relationships	KiVa Unit 2 Lesson 2: In a group	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
Y6	How can I avoid silently supporting a bully?	Managing hurtful behaviour and bullying	KiVa Unit 2 Lesson 6: Group involvement in bullying	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
		Safe relationships		Know strategies to respond to hurtful behaviour and how to report concerns.
Y5	What people live in our nation? How can we show respect for people whose faith or ethnicity is different to our own?	Shared responsibilities	Twinkl Diverse Britain UKS2 Lesson 1	I can discuss how to show respect to others who are different to me and why this is important. I understand what diversity is and the importance of respecting and celebrating it. I can explain that human rights are there to protect all people.
Y6	What are my rights and responsibilities within the community?	Shared responsibilities	Twinkl Diverse Britain UKS2 Lessons 2 and 3	Recognise reasons and consequences of adhering or not adhering to rules and laws.
		Communities		Know that they have a shared responsibility to care for other people and living things and for protecting the environment in school and at home and be able to suggest ways to do this.
		Managing hurtful behaviour and bullying		Know about different groups that make up their community (diversity, stereotypes and prejudice) and what living in a community means. Know what discrimination means and how to challenge it.

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Spring 1				
Y5	How can I recognise and handle different forms of bullying?	Friendships	KiVa Unit 2 Lesson 3: Recognise bullying	Know what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships.
Y6	How we can defend the victim together?	Managing hurtful behaviour and bullying	KiVa Unit 2 Lesson 7: Confronting a bully as a group	Know strategies to respond to hurtful behaviour and how to report concerns.
Y5 & Y6	What can I share online?	Growing and changing	NSPCC Share Aware	Know when it's appropriate to share personal/private info (in a relationship)

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Spring 2				
Y5	How to fight hidden bullying?	Managing hurtful behaviour and bullying	KiVa Unit 2 Lesson 4: Hidden forms of bullying	Know the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
Y6	What will I do if I get bullied?	Managing hurtful behaviour and bullying	KiVa Unit 2 Lesson 8: What to do if I get bullied?	Know strategies to respond to hurtful behaviour and how to report concerns.
Y5	How can I use my strengths to create opportunities?	Aspirations, work and careers	Twinkle Aiming High Lessons 1-3	Know skills will help them in their future careers, e.g., teamwork, communication, and negotiation.
		Ourselves		Know their individual personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.
Y6	What jobs could I have and how could I get there?	Aspirations, work and careers	Twinkle Aiming High Lessons 4-5	Know skills will help them in their future careers, e.g., teamwork, communication, and negotiation. Recognise a variety of routes into careers (Y6/transition)

	Enquiry Question	Core Theme	Resources	Endpoint
Summer 1				
Financial literacy Month (April)				
Y5	How do you spend money wisely?	Economic Wellbeing Money	Twinkl Money Matters UKS2 Lesson 1 and 2	Know the risks associated with money and ways of keeping money safe.

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Y6	How do you make good choices about when and where to spend money?	Economic Wellbeing Money	Twinkl Money Matters UKS2 Lesson 3 & 4	Identify the ways that money can impact on people's feelings and emotions.
Y5	What are the risks and effects of illegal drug use?	Drugs alcohol and tobacco	PSHE Association Drugs and alcohol Lesson UKS2 - Lesson 2	Know the risks and effects of legal and illegal drugs and their impact on their mental and physical health (medicine, cigarettes, vaping and alcohol)
Y6	How can I manage peer pressure to use drugs (including smoking/vaping and alcohol)?	Drugs and alcohol	PSHE Association Drugs and alcohol Lesson UKS2 - Lesson 3	Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.
		Managing hurtful behaviour and bullying/		Know the risks and effects of legal and illegal drugs and their impact on their mental and physical health (medicine, cigarettes, vaping and alcohol)
Y6	How are smoking/vaping and alcohol portrayed in the media?	Drugs and alcohol	PSHE Association Drugs and alcohol Lesson UKS2 - Lesson 4	Know the risks and effects of legal and illegal drugs and their impact on their mental and physical health (medicine, cigarettes, vaping and alcohol)

	Enquiry Question	Core Theme	Resources	Endpoint
Summer 2				
Y5	What emotional and physical changes occur during puberty?	Growing and changing	Christopher Winter Lesson 1 & 2	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction.
Y5	How can I manage the changes that occur during puberty?	Growing and changing	Christopher Winter Lesson 3	
Y6	What is reproduction? (Recap)	Growing and changing	Christopher Winter Lesson 1	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction
Y6	Why is communication and permission important in relationships?	Safe relationships	Christopher Winter Lesson 2	Know about privacy and personal boundaries and what is appropriate in friendships and wider relationships. Know the difference between acceptable and unacceptable physical contact and strategies to respond to unwanted physical contact.

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Y6	How might a couple decide to have a baby?	Growing and changing	Christopher Winter Lesson 3	Know the physical and emotional changes that happen when approaching and during puberty and understand how these changes link to human reproduction
		Families and close positive relationships		Identify different types of relationships (friendship, family, romantic and online). Know and respect that there are different types of family structures.
Y6	What does good communication look like in a relationship (including online)?	Growing and changing	Christopher Winter Lesson 4	Know how and where to get support if an online relationship goes wrong.
		Families and close positive relationships		Identify different types of relationships (friendship, family, romantic and online).