

SPRING HILL PSHRE CURRICULUM



EYFS

AUTUMN

PSED is ongoing throughout EYFS through self regulation, managing self and building relationships

Self-Regulation

What are emotions? (POL ED)

Managing Self

What are rules? (POL ED)

What are consequences? (POL ED)

Building Relationships

How can adults at school help me? (POL ED)

How to be a good friend? (POL ED)

How can I play nicely with others? (POL ED)

myHappymind

Meet Your Brain

Celebrate

SPRING

PSED is ongoing throughout EYFS through self regulation, managing self and building relationships

Self-Regulation

What adjectives can be used to describe feelings?

What are different facial expressions?

What can I do if i am feeling big emotions? (POL ED)

Managing Self

How can I make other children feel happy? (POL ED)

How can I keep safe at school? (POL ED)

How can I play safely? (POL ED)

How can I be a germ buster? (POL ED)

Building Relationships

How can adults help me? (POL ED)

Who are the police and how do they help us? (POL ED)

myHappymind

Appreciate

Relate

SUMMER

PSED is ongoing throughout EYFS through self regulation, managing self and building relationships

Keeping Safe

How can I play safely? (POL ED)

How can I keep safe at school? (POL ED)

How can I keep safe at home? (POL ED)

Managing Self

How does exercise help me? (POL ED)

Building Relationships

What is empathy? (POL ED)

What is respect? (POL ED)

What is self-worth? (POL ED)

Can I share my interests with others?

What is diversity?

myHappymind

Engage

SPRING HILL PSHRE CURRICULUM

YEAR 1



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

What do feelings look like? (POL ED)

How can i share my feelings?(POL ED)

Why does our class have rules?

Why have different rules in different places?(POL ED)

Why is name calling unkind? (POL ED)

Families and Friendships

How can I make friends? (POL ED)

What types of families are there?

What does my family look like?

Safer Relationships

What is bullying? (POL ED)

Who are my trusted adult? (POL ED)

To know how to keep our bodies safe.

(NSPCC PANTOSAURUS)

myHappyMind

Meet the brain - 5 lessons

Celebrate - 4 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

How can I be an ally? (POL ED)

What makes me special? (POL ED)

How can I be responsible? (POL ED)

What can happen when rules are broken? (POL ED)

How can I look after our environment?

Media literacy and digital resilience

What is private information? (POL ED)

What are the basic rules to keep safe online?

Money and work

Can I talk about different occupations?

What occupations help us to stay physically healthy?

myHappyMind

Appreciate - 3 lessons

Relate - 3 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

How we can stay healthy?

How do we stay safe in the sun?

What if my friends are making me feel sad? (POL ED)

Why do we need to keep ourselves clean?

<https://www.youtube.com/watch?v=dDHJW4r3eIE>

Growing and changing

How have our bodies changed?

How can our families grow and change?

How can our lives change?

Keeping safe

How can I speak up? (POL ED)

Why are safe hands important? (POL ED)

What is meant by keeping safe?

How can I keep safe in new places? (POL ED)

How can I use things at home safely? (POL ED)

myHappyMind

Engage - 4 lessons

SPRING HILL PSHRE CURRICULUM

YEAR 2



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

How are we all different?

Families and Friendships

What is a family? (POL ED)

Why are relationships important? (POL ED)

How do I share family worries? (POL ED)

How can I make up after a disagreement?

What does being a friend mean to me?

Safer Relationships

What is bullying?

What is a secret? (PANTS puzzle)

What are different types of meetings? (POL ED)

myHappyMind

Meet the brain - 5 lessons

Celebrate - 4 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

What is our role in the group we belong to?

How can I work with different people? (POL ED)

What is dental hygiene?

Media literacy and digital resilience

What is the internet? (POL ED)

How can I keep safe online? (POL ED)

Money and work

What is a job? (POL ED)

What is money? (POL ED)

What are needs and wants? (POL ED)

How do people spend their money?

myHappyMind

Appreciate - 3 lessons

Relate - 3 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

What does it mean to be healthy? (POL ED)

How can I look after my body? (POL ED)

Why is sleep important? (POL ED)

What different types of feelings we can have?

Can feelings be good and bad?

How can I deal with big feelings?

Growing and changing

How can I respect my body?

How are we the same and how are we different? (POL ED)

What does it mean to get old?

Why does age matter? (POL ED)

Keeping safe

What does it mean to take risks?

What is fire safety? (POL ED)

SPRING HILL PSHRE CURRICULUM

YEAR 3



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

How should we treat people? (POL ED)

What is the law and why do we have it? (POL ED)

What is democracy?

Families and Friendships

What can I do when friendships go wrong? (POL ED)

What do we mean by consent in friendships? (POL ED)

Are there different types of families?

What makes a good relationship?

Safer Relationships

How do I make a new start?

What does it mean to work together?

myHappyMind

Meet the brain - 6 lessons

Celebrate - 5 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

Who are my key people? (POL ED)

How can I be a responsible citizen? (POL ED)

How do we enforce the law? (POL ED)

What are children's rights? (POL ED)

Media literacy and digital resilience

How do we keep ourselves safe using images online?

(<https://www.bbc.com/ownit/its-personal/aj-pritchard-checkyour-selfie?>)

How do I know if information is true or untrue online?

(<https://www.bbc.co.uk/bitesize/clips/zw8mtfr>)

What is fake news?

(<https://www.bbc.com/ownit/its-personal/flo-and-joan-fakenews-song?collection=safes-internet-day-2019>)

Money and work

How do I challenge stereotypes?

myHappyMind

Appreciate - 4 lessons

Relate - 4 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

What does a healthy diet consists of? (Year 3 Science unit
Healthy Humans)

How can intense feelings feel? (POL ED)

What words can I use to talk about my feelings? (POL ED)

How do I deal with change and loss?

(Lessons 2-4 PSHE Association Mental Health and
Wellbeing lessons Year 3/4)

Keeping safe

What do we mean by risk? (POL ED)

When should I break a secret? (POL ED)

To understand how to keep safe near water

SPRING HILL PSHRE CURRICULUM

YEAR 4



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

What is liberty?

What is meant by tolerance and respect?

How can I respect my environment? (POL ED)

What is discrimination? (POL ED)

What are protected characteristics? (POL ED)

What are the responsibilities of looking after animals and pets?

(<https://education.rspca.org.uk/compassionateclass>)

Families and Friendships

What is a healthy friendship? (POL ED)

How can we be role models? (POL ED)

Safer Relationship

What is peer influence?(POL ED)

How can I be considerate?

How should I behave when things go wrong?

myHappyMind

Meet the brain - 6 lessons

Celebrate - 5 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

Who makes up my community? (Pol ED)

What is diversity? (POL ED)

What does immigration mean?

Media literacy and digital resilience

What is the importance of safety online?

What does it mean to 'know someone online' and how does this differ from meeting face to face?

When should I or not agreed to keep something a secret and when I need to share a secret?

Money and work

What is meant by a digital footprint?

What can I use to pay for things?

What different ways are there to keep track of money?

myHappyMind

Appreciate - 4 lessons

Relate - 4 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

How do my choices help me to be healthy? (POL ED)

What are healthy habits? (POL ED)

Can I recognise when I am well or unwell?

How can I be a hygiene hero? (POL ED)

Growing and changing

How do our emotions change?

How does school build my character? (POL ED)

Keeping safe

How do medicines contribute to positive health for some people?

What are hazards in the home? (POL ED)

What is first aid? (POL ED)

SPRING HILL PSHRE CURRICULUM

YEAR 5



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

- What is my identity?
- How do words have power? (POL ED)
- What are my personal boundaries? (POL ED)
- What is media influence? (POL ED)

Families and Friendships

- Why are our special people important? (POL ED)
- What is peer pressure? (POL ED)
- Why is it important to think before you act?

Safer Relationships

- How can my adult relationships affect my future? (POL ED)
- To know how to compromise and collaborate with others

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Meet the brain - 6 lessons

Celebrate - 5 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

- How do rules help our community? (POL ED)
- How can we give help to others?
- How can we sustain our community? (Costing the Earth Book)
- What is fair trade?

Media literacy and digital resilience

- How might being online impact the way I feel? (POL ED)
- What are online friendships? (POL ED)
- How can we use our phones sensibly? (POL ED)
- What are deep fakes? (POL ED)
- What can and can't I do on the internet? (POL ED)

Money and work

- What are the risks with money? (POL ED)
- What is gambling? (POL ED)
- What skills and qualities are needed to succeed at work? (<https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe>)

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Appreciate - 4 lessons

Relate - 4 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

- How might my activity levels impact the way I feel? (POL ED)
- How might school impact the way I feel? (POL ED)
- What do good quality sleep routines look like? (<https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints>)

Growing and changing

- Keeping safe**
- What do I know about drugs? (POL ED)
- How can drugs and alcohol make people feel? (POL ED)
- How can we keep our things safe? (POL ED)
- Are we responsible for ourselves?
- What strategies can I use to make up my mind?

SPRING HILL PSHRE CURRICULUM

YEAR 6



AUTUMN

RELATIONSHIPS

Respecting Ourselves and Others

Why must we respect the law?
What is the role of the government?

Families and Friendships

What does the law say about marriage? (POL ED)
How can we respect different relationships? (POL ED)
What is meant by a false friend?

Safer Relationships

What is my relationship with authority? (POL ED)
What is empathy? (POL ED)
How can I get ready for secondary relationships? (POL ED)
How do responsibilities need to be shared?

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Meet the brain - 3 lessons

Celebrate - 3 lessons

SPRING

LIVING IN THE WIDER WORLD

Belonging to a community

What is diversity and what does it mean in our community?
(<https://plprimarystars.com/resources/diversity>)
What does inclusion and belonging mean?
How can we be allies against racism? (POL ED)
How can we challenge sexism? (POL ED)
What is extremism and how it is addressed?

Media literacy and digital resilience

How is my data shared? (POL ED)
Why does media have age restrictions? (POL ED)
How can social media influence lives?
What are the dangers of fake news?

Money and work

How can I deal with money?
<https://www.valuesmoneyandme.co.uk/teachers/finders-keepers-ks2>

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Appreciate - 2 lessons

Relate - 2 lessons

SUMMER

HEALTH AND WELLBEING

Physical health and Mental Well-being

How can I re-frame my thinking? (POL ED)
How can I seek support for my mental health? (POL ED)
How can I cope with leaving school? (POL ED)
How can feelings can be managed in difficult times?
(<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint>)

Growing and changing

Just the way you are UKS2
Relationships UKS2
Human Reproduction UKS2

Keeping safe

What is the issue with addiction (Vaping/smoking)?(POL ED)
What does the law say about legal drugs? (POL ED)
What is a weapon? (POL ED)
What is antisocial behaviour? (POL ED)
What impact, negative and positive, can drugs have on your body?
How can I keep safe in the home and outdoors?