



PSHE

Whole school topic:		Myself and My Relationships	Myself and My Relationships	Citizenship	Myself and My Relationships	Healthy and safer lifestyles	Healthy and safer lifestyles
Reception	Unit title:	Beginning and Belonging	My Emotions	Me and My World	My Family and Friends (including Anti-bullying)	Healthy Lifestyles	My Body and Growing Up
	Themes covered:	<ul style="list-style-type: none"> Being special Setting goals Working together 	<ul style="list-style-type: none"> Understanding feelings Managing feelings 	<ul style="list-style-type: none"> At school At home In the neighbourhood Caring for living things Financial capability 	<ul style="list-style-type: none"> Families and other special people Developing friendship skills 	<ul style="list-style-type: none"> Staying healthy Healthy eating Exercise, physical activity and rest Choosing a healthy lifestyle 	<ul style="list-style-type: none"> Understanding our bodies Keeping clean People who care for me Growing up
Year 1	Unit title:	Managing Change	Beginning and Belonging	Working Together	Anti-bullying	Healthy Lifestyles	Sex and Relationships Education
	Themes covered:	<ul style="list-style-type: none"> Recognising and understanding change Coping with emotions in loss and change situations 	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Applying communication and group work skills Evaluating communication and group work skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying makes us feel Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> Staying healthy Exercise and physical activity Healthy eating Choosing a healthy lifestyle 	<ul style="list-style-type: none"> Body knowledge Body functions and changes Body awareness and image Personal hygiene Illness/disease prevention
Year 2	Unit title:	Beginning and Belonging	Managing Change	Working Together	Anti-bullying	Healthy Lifestyles	Sex and Relationships Education
	Themes Covered:	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and understanding change Coping with emotions in loss and change situations 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Applying communication and group work skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying makes us feel Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> Staying healthy Exercise and physical activity Healthy eating Choosing a healthy lifestyle 	<ul style="list-style-type: none"> Body knowledge Body functions and changes Body awareness and image Personal hygiene Illness/disease prevention



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				<ul style="list-style-type: none"> Evaluating communication and group work skills 			
Years 3 and 4	Unit title:	Managing Change	Beginning and Belonging	Working Together	Anti-bullying	Healthy Lifestyles	Sex and Relationships Education
	Themes covered:	<ul style="list-style-type: none"> Identifying changes Recognising emotions in loss and change situations Coping with loss and change Planning for change 	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Applying communication and group work skills Evaluation and feedback skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying affects us Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> A balanced and healthy lifestyle Physical activity Healthy eating Dental hygiene Making healthy choices 	<ul style="list-style-type: none"> Body knowledge Body functions and changes Body awareness and image Personal hygiene Illness/disease prevention
Year 5	Unit title:	Managing Change	Beginning and Belonging	Working Together	Anti-bullying	Healthy Lifestyles	Sex and Relationships Education
	Themes covered:	<ul style="list-style-type: none"> Identifying changes Coping with emotions in loss and change situations Ways to manage change 	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Influences on decision making Developing awareness of strengths and skills in group work Developing perseverance Evaluation and feedback skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying affects us Responding to bullying Supporting others Cyberbullying Creating safe environments 	<ul style="list-style-type: none"> Healthy living Healthy eating Energy balance Physical activity Influences, choices and taking responsibility 	<ul style="list-style-type: none"> Body knowledge Body function and changes Body awareness and image Personal hygiene Illness/disease prevention
Year 6	Unit title:	Sex and Relationships Education	Beginning and Belonging	Working Together	Anti-bullying	Healthy Lifestyles	Managing Change
	Themes covered:	<ul style="list-style-type: none"> Body knowledge Body function and changes 	<ul style="list-style-type: none"> Making the classroom safe Building relationships 	<ul style="list-style-type: none"> Recognising and developing strengths and skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying 	<ul style="list-style-type: none"> Healthy living Healthy eating Energy balance Physical activity 	<ul style="list-style-type: none"> Identifying changes Coping with emotions in loss and change situations



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		<ul style="list-style-type: none"> • Body awareness and image • Personal hygiene • Illness/disease prevention 	<ul style="list-style-type: none"> • Coping with new situations • Sources of support 	<ul style="list-style-type: none"> • Developing communication skills • Developing group work skills • Influences on decision making • Developing awareness of strengths and skills in group work • Developing perseverance • Evaluation and feedback skills 	<ul style="list-style-type: none"> • How bullying affects us • Responding to bullying • Supporting others • Cyberbullying • Creating safe environments 	<ul style="list-style-type: none"> • Influences, choices and taking responsibility 	<ul style="list-style-type: none"> • Ways to manage change
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