



PSHE Learning Adventure

2021-2022	Aut 1	Aut 2	Apr 1	Spr 2	Sum 1	Sum 2
Theme	Me and My School	Happy and Healthy Me	Me and My Safety	Me and Other People	Me and My relationships	Me in the World
Reception	Getting to know my school Who is in my class Adults in school My classroom The school building	Hand washing Healthy eating Teeth Medicines Being happy	Safety in the classroom Safety in school Safety in the playground People who help us keep safe	Celebrating special events Same and different	Being a good friend Who is in my family Different types of family	Transition School Council New experiences in year 1 Summer holidays including safety in the wider world
Year 1	Class rules School Council Making choices Compromise Skills of a representative Own skills in relation to School Council Class meetings Mental Health	My body Parts of the body Changing needs Influences on health and wellbeing Likes and dislikes Consequences of choices Emotional health	Medicines Identifying risks and ways to stop accidents happening People who help us Road safety – keeping safe near the road and in the car	My identity Groups belong to Bullying	Valuing themselves Family – different types Friendship skills Good and bad friendships Making choices	Pets and animals Likes and dislikes Right and wrong Needs of animals Fair and unfair Human needs
Year 2	Class rules Why have rules School Council How it works Role of a representative Class council meeting Feelings Mental Health	Body parts Personal hygiene Spread of germs and diseases Balanced diet Healthy lunchbox	Safe and unsafe Things e.g. medicines and household substances Places e.g. roads People i.e. safe and unsafe touches, feeling comfortable/uncomfortable, secrets and surprises	Similarities and differences between boys and girls Different types of families Race and religion	Working together Behaviour and impact on others Resolving conflict Teasing and bullying Changing relationships	Local area Positive and negatives of the local area Discussion Role in improving area Money Sources of money Uses of money Keeping money safe
Year 3	Class rules New challenges Valuing themselves School Council Mental Health	Balanced diet Impact of healthy diet Making choices	What is risk Road Safety Pressure Safe and unsafe touches	My identity My community – school and local Similarities and differences in community	What makes a good friend Falling out	Managing money Good value Resource allocation
Year 4	Class rules Role of School Council rep Jobs on the School Council Class council My strengths and weaknesses Mental Health	What keeps me healthy? What can make me ill – bacteria and viruses Drugs – medicines and Tobacco Good and bad habits	Safety in school Responsibilities for my safety and the safety of others E safety	Similarities and differences Communities including Britain Respect and tolerance	Feelings of other people Developing relationships Different types of relationships Puberty	Rights and responsibilities Rights of the Child Jobs and duties
Year 5	My achievements My goals School Council rep Class rules Mental Health	Physical health Emotional health What can affect our health including the media How will my body change as I grow up	When do I feel unsafe How can I deal with this Pressure including peer pressure Getting help	Identities in the UK Celebration of diversity Racism	Puberty emotions Anti social behaviour Nature and consequence of bullying	How are laws made in the UK Parliament Public money Personal money – loans, debt and interest
Year 6	Opportunities and challenges of Y6 School Council My contribution to my school Mental Health	Body changes Periods Feeling during puberty Media	Drugs – solvents and alcohol Pressure related to drug use Strategies for making decisions and saying no	Diverse nature of UK Life in other countries Stereotypes Challenging stereotypes	Changing friendships and relationships	Environment and Sustainability Pressure groups and charities