

Whole School PSHE Curriculum

	Components:						Composite:
Year 1 <i>Term 1</i> Growth Mindset Identity Resilience	What are growth and fixed mindsets? How can we develop a growth mindset?	How does it feel to fail; how do we learn?	What is a learning journey?	What happens in the brain when we learn?	What personal challenges do we face?	How can we set a personal challenge?	What is a growth mindset and how does it help us learn?
Year 1 <i>Term 2</i> Physical & mental wellbeing Identity Health	What are the different feelings that I have?	How do my feelings change?	What are 'big' feelings?	What are healthy foods and why do we need to eat healthily?			What are 'big' feelings and how do they change? What is healthy eating?
Year 1 <i>Term 3</i> Living in the wider world Diversity & equality Rights Economic understanding	What are rules?	How can I care for others?	How can I care for the environment?	What jobs do people do in our community?			How can I be a good citizen?
Year 1 <i>Term 4</i> Drugs education Health Risk	How do substances (medicines, sugary food etc.) affect our bodies?	How do I know if a situation is dangerous?	In what situations do I need to talk to a trusted adult?				How can I keep myself healthy and safe?
Year 1 <i>Term 5</i> Family & relationships Relationships Diversity & equality Rights	What are the roles of different people in a family?	What is privacy?	Why do we need to be polite and courteous and how?				How can I recognise privacy and consent? How does my behaviour affect others?
Year 1 <i>Term 6</i>	What is hygiene?	How can I keep myself clean?					What are the basic principles of hygiene?

Sex education Health							
Year 2 <i>Term 1</i> Growth Mindset Identity Resilience	How can we help someone with a fixed mindset?	How do we feel when we make a mistake? What can we do to help us?	How should we respond to a mistake?	What are the characteristics of effort?	What challenges do I face? How do I know if I have made progress?	What is effort and what are the different stages of effort?	Which strategies are useful if someone has a fixed mindset? Can a mindset be changed?
Year 2 <i>Term 2</i> Physical & mental wellbeing Identity Health	How do myself and others feel?	Why do people feel differently in different situations?	How can I manage 'big' feelings?	Why do we need to keep our teeth clean?			How can I manage my 'big' feelings and how can I get help? How can I keep my teeth clean?
Year 2 <i>Term 3</i> Living in the wider world Identity Diversity & equality Rights Economic understanding	What does it mean to belong to a group?	What are my roles and responsibilities?	How are we the same and how are we different within our community?	How can I look after my money?			What does it mean to be a part of my community?
Year 2 <i>Term 4</i> Drugs education Health Risk	How is my body affected by different substances?	Who are the safe adults that I can talk to?	How can I keep safe in different environments?				What are the different ways to keep safe?
Year 2 <i>Term 5</i> Family & relationships Relationships Diversity & equality Power	How can I make friends and manage feeling lonely?	What is hurtful behaviour?	How can I resist pressure and get help?	How can we play co-operatively?	What things do we have in common? How are we different?		How can we play and work together and share our opinions? Why is it important to resist pressure and recognise hurtful behaviour?

Year 2 Term 6 Sex education Health	What is the difference between boys and girls?	What are the differences between males and females?	What are the names of our body parts?				What are the differences between males and females?
Year 3 Term 1 Growth Mindset Identity Resilience	How do you feel when you fail? What do we need to do to be able to try again?	What happens in your brain when you are learning something?	What are the characteristics of growth and fixed mindsets? Are we born to be good at something?	What do we learn from making mistakes?	What are our barriers to learning and how can we overcome them?	How can we overcome failure in different contexts?	What are the challenging areas and barriers to learning and how can we develop ways to overcome these?
Year 3 Term 2 Physical & mental wellbeing Identity Health	What are the different feelings and emotions that people experience?	What are the different ways to express feelings and emotions?	How can I manage my emotions and feelings in different situations?	Why is sleep important?			How can I express and manage my emotions in different situations? Why is sleep important?
Year 3 Term 3 Living in the wider world Diversity & equality Rights Economic understanding	What are rules and why do we need them?	What are my rights, freedoms and responsibilities?	What different jobs could I do, and what do I need to do them?				What are rights, freedoms and responsibilities?
Year 3 Term 4 Drugs education Health Risk Power	What makes a healthy lifestyle?	How does emotional and mental health link to a healthy lifestyle?	What choices can I make about social drugs such as tobacco?	What are the techniques I can use to make good choices?	How can I address unhelpful pressure?		How can I make good choices when it comes to a healthy lifestyle?
Year 3 Term 5 Family & relationships Relationships Diversity & equality	What makes a family?	What are personal boundaries?	Why do I need to respect personal boundaries?	What is respectful behaviour?			What are the features of family life? How can I be respectful of others and their

Rights							personal boundaries?
Year 3 <i>Term 6</i> Sex education Health Rights	What are the differences between males and females?	What are the correct scientific words for body parts?	What is personal space?	What rights does a person have to say what they like and dislike?			What are the differences between males and females? How can I manage my personal space?
Year 4 <i>Term 1</i> Growth Mindset Identity Resilience	Should we value failure? What does success mean?	How can we persevere and learn from our mistakes?	Can words restrict us as learners?	What makes an effective learner?	Are we born to be good at something?	What are the characteristics of an effective learner?	What happens when we fail? What factors can help me achieve?
Year 4 <i>Term 2</i> Physical & mental wellbeing Identity Health	How do emotions and feelings change? What helps people to feel good?	Why is it important to express feelings and emotions?	How can I get help, advice and support with my feelings and emotions?	How can we help keep our teeth healthy?			What are the different emotions and feelings people experience, and how do they change? How can I keep my teeth healthy?
Year 4 <i>Term 3</i> Living in the wider world Diversity & equality Rights Economic understanding	What is a community?	Why should we take shared responsibility for our community?	How can I make decisions about money?	How can I keep my money safe?			What makes a community? How can I look after my money?
Year 4 <i>Term 4</i> Drugs education Health Risk Power	What might influence me when making choices about smoking, alcohol and drugs?	Is alcohol a legal drug and what laws are in place to keep children and young people safe?	Why do I need to maintain a balanced lifestyle?				How are external forces there to keep me safe or to influence me?
Year 4 <i>Term 5</i>	Why are there similarities and	Why is important to recognise and	What are gender stereotypes?	What are the different jobs and careers in society?			How are we all connected?

Family & relationships Relationships Diversity & equality	differences between people?	challenge prejudice?					
Year 4 <i>Term 6</i> Sex education Health	What is the human lifecycle?	What are the basic facts of puberty?	Why do children change into adults?				How do babies become adults and what is the human lifecycle?
Year 5 <i>Term 1</i> Growth Mindset Identity Resilience	How do we use different mindsets and what our strengths?	What is a stereotype and can this affect our mindset?	What are the characteristics of a successful teacher?	How does my brain work?	How do the characteristics of the mindsets affect being successful or being a failure?	What happens when we learn? Do we go through the same journey?	What does being successful mean? What are the hidden factors that contribute to success?
Year 5 <i>Term 2</i> Physical & mental wellbeing Identity Health	What does mental health mean?	How are our feelings and emotions affected?	What are the common feelings and anxieties that children face when moving to secondary school?	What are healthy sleep habits?			What is mental health and how can we take care of it? What are healthy sleep habits?
Year 5 <i>Term 3</i> Living in the wider world Diversity & equality Rights Economic understanding	Why should I protect the environment?	How can I show compassion towards others?	What are my job interests?	What are workplace stereotypes?			How can I care for my community? What are my job aspirations?
Year 5 <i>Term 4</i> Drugs education Health Risk Power	Why do children and young people take risks and try new things?	What are and why do we have medicines, vaccinations and allergies?	How can I keep safe in the sun?				Why do people take risks? What substances keep us safe?
Year 5 <i>Term 5</i>	Why is it important to understand and	How can I agree or disagree with	How can I recognise risky	How can I stand up for myself and not follow the crowd			How can I be assertive in the

Family & relationships Relationships Diversity & equality Risk Power	respect others' opinions (online and offline)?	reasoning (online and offline)?	choices (online and offline)?	(online and offline)?			right way, both online and offline?
Year 5 Term 6 Sex education Health	What physical and emotional changes happen during puberty?	What are the male and female reproductive organs?	What is the menstrual cycle?	How is sperm made?			What happens during puberty, and how will it affect me physically and emotionally?
Year 6 Term 1 Growth Mindset Identity Resilience	What is the impact of words and phrases on mindsets? How can we give effective learning feedback?	What is important to me as a learner?	What are my barriers to learning and how can I overcome them?	Is a calculator better than the brain? Do we all agree?	Can mistakes help us learn? How do we respond to them?	How can we define and explain learning?	What is important to me as a learner? What are my barriers and how might I overcome them?
Year 6 Term 2 Physical & mental wellbeing Identity Health	How can we take care of our mental health?	How can we manage our emotions and feelings in changing and challenging times?	How can we manage feelings and anxieties when starting secondary school?				What are the everyday behaviours that we can do to support our mental health? When might we experience conflicting emotions and how can we manage them?
Year 6 Term 3 Living in the wider world Diversity & equality Rights Economic understanding Risk	Why should we value diversity?	How can I challenge discrimination and stereotypes?	What are the financial risks I might face in the future?				How can we celebrate diversity and challenge discrimination? How can I be safe with my money in the future?

Year 6 Term 4 Drugs education Health Risk Power	Which drugs are illegal, and what effect can they have on the body?	What choices can I make about drugs, and what might influence those choices?	What skills do I need to make good choices?				What information do I need to help me make the right choices about drugs?
Year 6 Term 5 Family & relationships Identity Relationships Diversity & equality	How do people identify differently across the UK?	What different types of relationships are there?	What is stereotyping and judgement?	How can I deal with friendships online and offline?	What are the putdowns and conflicts I might find online and offline?		What is my identity? Why is it important to manage my friendships, online and offline, in the correct way?
Year 6 Term 6 Sex education Health Risk Relationships	Why is puberty important for reproduction?	What are the names of the reproductive organs?	How is physical and emotional behaviour important in relationships?	What is the process of conception and pregnancy?			How is puberty and reproduction linked? How does my behaviour and the behaviour of others affect relationships?