



P.S.H.E. Plan

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Review Cycle:	Annual

Year Group	Term 1 Relationships	Term 2 Health & Wellbeing	Term 3 Living In The Wider World	Term 4 Relationships	Term 5 Health & Wellbeing	Term 6 Living In The Wider World
Year 1	<p>Feelings-name a variety of emotions, speak about how we can regulate them and give examples.</p> <p>Blue Sky Rules- Making the right choices</p>	<p>How feelings can keep us safe- explore how my body behaves when I have different emotions.</p> <p>Growth mind set- I can name things I can do independently.</p>	<p>Rights & Responsibilities – I can explain what I can do to look after myself and the environment</p> <p>Valuing Difference- I can say how people are different.</p>	<p>Getting help- I know when I need help and can identify a range of adults I can turn to.</p>	<p>Growing & Changing- I can name some body parts both inside and out.</p> <p>Keeping healthy- I can tell you what my body needs to be healthy. I can name some healthy foods and explain food groups.</p>	<p>Developing tolerance- I can say what is fair or unfair and explain why sometimes things seem unfair to others.</p>
Year 2	<p>Feelings/ self-Regulation- I am learning to express my feelings in a safe way.</p> <p>Being a good friend-I can tell you some things that make a good friend.</p> <p>Growth mind set- I can set a goal to help my learning.</p>	<p>Appropriate touch- I can give examples of touches I like and touches I do not like.</p> <p>Medicine safety-I can explain what medicine is for.</p> <p>Life cycles- can tell you some things that help us grow.</p>	<p>Being kind/helping others-I can say how I can get help from someone if I'm being left out.</p> <p>Cooperation and self-Regulation-I can give examples of things that help me get settled and calm.</p>	<p>Bullying- I can tell you the difference between bullying and teasing and give examples. I can tell you our rules on bullying.</p> <p>Looking at my body- I can say some things that I can do to keep healthy.</p>	<p>Safe and unsafe secrets- I can say the difference between a surprise or secret that is safe and one that is unsafe.</p> <p>Dealing with loss- I can give examples of how it feels to lose someone.</p> <p>Being supportive- I can give examples of how to support others.</p>	<p>Listening skills- I can give examples of good listening skills and put them to use to solve problems.</p>
Year 3	<p>Friendships- I can tell you some things that I do to be a good friend.</p> <p>I can give examples of ways that I have helped others.</p>	<p>Managing risk- I can give examples of risky situations.</p> <p>Celebrating/ developing my skills-explain my talents and skills.</p> <p>Keeping safe-. I understand basic first aid and how to apply my skills.</p>	<p>Recognising and respecting diversity-I can give examples of different types of families.</p> <p>Skills we need to develop as we grow-I can give examples of fact or opinion.</p>	<p>Cooperation-I can sometimes listen to others and accept that we might disagree without falling out.</p> <p>Keeping myself healthy-I can explain what 'Responsibility' means and give examples relating to my health.</p>	<p>Staying safe online- I can tell you about keeping my personal details safe & why it's important.</p> <p>Drugs and their risks- I can say some of the risks of cigarettes and alcohol.</p> <p>Menstruation-I can tell you what is needed to make a new human being.</p>	<p>Helping & being helped- I can explain that as I get older, I take on more responsibility for keeping myself safe and give examples.</p> <p>Being respectful & tolerant- I understand what tolerance and respect mean.</p>

<p>Year 4</p>	<p>Recognise feelings- I can name something that shows someone is worried by their body language.</p> <p>Assertive skills- I can give examples of saying 'No' to someone without being unkind.</p>	<p>Managing risk- I can give examples of risky situations and what I can do to make them less risky</p> <p>Taking care of the environment and others- I can give examples of how to help the environment and how to make a difference to the environment and others.</p> <p>Relationships including marriage- I can tell you who can get married and how old they have to be.</p>	<p>Recognise & celebrate difference- I can give examples on how others are different besides their looks.</p> <p>Decisions about money- I can explain how money is a limited resource and how we have choices on how to spend it.</p>	<p>Bullying- I can explain the difference between bullying and teasing.</p> <p>Choices about my health- I can tell you a choice I can make to keep me healthy.</p>	<p>Cigarette & alcohol use- I can give an example of a risk of smoking and drinking alcohol.</p> <p>Influences- I understand the term 'influence' including media.</p> <p>Body changes during puberty- I can label some body parts that both boys and girls have.</p> <p>Difficult feeling- I can name difficult feelings during puberty.</p>	<p>Understanding and challenging stereotypes- I can recognise people are labelled and that these are often wrong.</p>
<p>Year 5</p>	<p>Feelings- I can give examples of our emotional needs.</p> <p>Assertive skills- I can give examples on how to stand up for myself.</p>	<p>Norms around use of legal drugs- I can explain fewer people smoke than people think.</p> <p>Managing difficult feelings- I can explain why we have good and bad feelings.</p>	<p>Recognising & celebrating differences including religion and culture- I can give examples of different groups of people is something to celebrate.</p> <p>Rights and responsibilities- I can explain why people have rights and responsibilities & give examples</p> <p>Lending, borrowing and spending- explain how local councils spend money on services where I live and give an example.</p>	<p>Friendships- I can give examples of good friendships.</p> <p>Growing independent – I can explain why increasing independence brings increasing responsibility</p>	<p>Influence and pressure of social media. Staying safe online and media awareness- I can explain what people post on social media doesn't always give a full picture of themselves. I can give examples of staying safe online.</p>	<p>Managing change- I can list some ways which we can experience change such as puberty, moving, family break ups.</p>

Year 6

Assertiveness- I can tell some assertive behaviours.

Managing risk- I can tell you that risks can be physical or emotional.

Keeping safe- I can give examples of a secret that can be kept private (confidential) and one that should be shared with a trusted adult.

Emotional needs- I can explain I have emotional needs as well as physical.

Drug norms I can explain the norms regarding young people's use of alcohol.

Self- esteem- I can give an example of something that we can do or say to others to make them feel good about themselves

Understanding bystander behaviour- I can explain what a 'bystander' is in a bullying situation.

Caring communities- I can give some different things that have an impact on the environment and groups of people in the community help to do this.

Earning and saving money- I can say different ways of saving money.

Cooperation- I can explain what is meant by compromise.

Aspirations and goal setting- I can tell you an aspiration and goal I have and the steps I need to take.

Staying safe online- I can give examples of how mobile phones can be both positive and negative and how to keep safe while using them.

Safe and unsafe touch- I can explain what appropriate touch is and give examples.

Body image- I can tell you what the word 'puberty' means and give examples.

Recognising and reflecting on prejudice-based bullying- I can give examples of prejudice bullying.

Understanding media bias including social media- I can explain how people's social profiles often give a biased view.