

High Ham Primary School Curriculum Plan PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us? Ourselves and others, similarities and differences, our bodies.	Who is special to us? People who care for us, groups we belong to and families.	What helps us stay healthy? Being healthy, hygiene, medicines and people who help us with health.	What can we do with money? Making choices and needs and wants.	Who helps to keep us safe? Keeping safe and people who help us.	How can we look after each other and the world? The world around us, caring for others and growing and changing.
Year 2	What makes a good friend? Friendships, feeling lonely and managing arguments.	What is bullying? Words, actions and respect for others.	What jobs do people do? People and jobs, money and role of the internet.	What helps us to stay safe? Recognising risk and understanding rules.	What helps us grow and stay healthy? Being healthy, eating, drinking, playing and sleeping.	How do we recognise our feelings? Times of change, loss and bereavement and growing up.
Year 3	How can we be a good friend? Making positive friendships, managing loneliness and dealing with arguments.	What keeps us safe? Our bodies, hygiene, medicines and household products.	What are families like? Family life and caring for each other.	What makes a community? Belonging to groups, similarities and differences, respect for others.	Why should we eat well and look after our teeth? Eating well and dental care.	Why should we keep active and sleep well? Keeping active and taking rests.
Year 4	What strengths, skills and interests do we have? Self-esteem, self-worth, personal qualities and goal setting.	How do we treat each other with respect? Courteous behaviour and human rights.	How can we manage our feelings? Expressing feelings and behaviour.	How will we grow and change? Growing and changing, puberty.	How can our choices make a difference to others and the environment? Caring for others, the environment, people and animals and making choices.	How can we manage risk in different places? Out and about, recognising and managing risks.
Year 5	What makes up a person's identity? Personal attributes and qualities, similarities and differences, individuality stereotypes.	What decisions can people make with money? Making decisions, spending and saving money.	How can we help in an accident or emergency? Basic first aid, accidents, dealing with emergencies.	How can friends communicate safely? Friendships, becoming independent, online safety.	How can drugs common to everyday life affect health? Drugs, alcohol and tobacco, healthy habits.	What jobs would we like? Aspirations, role models and the future.

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Year 6

How can we keep healthy as we grow?
Looking after ourselves, growing up and taking more responsibility.

How can the media influence people?
Media literacy and digital resilience, Influences and decision-making, online safety.

What will change as we become more independent? How do friendships change as we grow?
Different relationships, changing and growing, adulthood, independence and moving to secondary school.