

PSHCE/SRE

	Autumn 1	Autumn 2	Spring	Spring	Summer 1	Summer 2
KS1 Cycle 1	BEING ME IN MY WORLD Listening & sharing views Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Differences & similarities Respectful relationships	RELATIONSHIPS Special people in my life Importance of families and healthy family characteristics	HEALTHY ME My amazing body Being healthy, feeling happy	DREAMS AND GOALS Feelings of success and celebration	CHANGING ME Respect for my body Understand which parts are private
KS1 Cycle 2	BEING ME IN MY WORLD Rights and Responsibilities Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Being unique Courtesy and manners	RELATIONSHIPS Caring friendships Solving conflict	HEALTHY ME Healthy diet Dental health and personal hygiene	DREAMS AND GOALS Recognise and talk about different emotions	CHANGING ME Privacy and keeping secrets Appropriate physical contact
LKS2 Cycle 1	BEING ME IN MY WORLD My school community and the part I play Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Respect for self and respect for others Use of words and compliments	RELATIONSHIPS Recognise that not all families are the same.	HEALTHY ME How to be safe from people, places and things. Peer pressure	DREAMS AND GOALS My learning process and targets Sharing successes with others	CHANGING ME Y3: Identify differences between male and female body parts Y4: Identify how bodies change on the inside Appropriate friendships
LKS2 Cycle 2	BEING ME IN MY WORLD Attitudes and actions Democracy and group decisions Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Identify types of bullying Impact on others Bystander responsibilities	RELATIONSHIPS Healthy friendships Repairing a friendship Wider influences	HEALTHY ME Risks associated with unhealthy eating Sun safety	DREAMS AND GOALS Resilience and positive attitudes Setting goals	CHANGING ME Y3: Identify differences between male and female body parts Y4: Identify how bodies change on the inside Appropriate friendships
UKS2 Cycle 1	BEING ME IN MY WORLD Personal challenges and setting goals Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Direct and indirect bullying How to support those being bullied	RELATIONSHIPS Using technology safely Recognise peer pressure and how to stand up for myself	HEALTHY ME Respect and value my body Role of food in people's lives Y5: Signs of physical illness/vaccinations Y6: Drugs, alcohol and tobacco	DREAMS AND GOALS Y5: How/where to ask for advice How to report concerns or abuse Y6: Basic First Aid	CHANGING ME Y5: Puberty and the changing body Menstrual cycle Y6: Sex education Respectful relationships
UKS2 Cycle 2	BEING ME IN MY WORLD Making choices Rights and Responsibilities Online Relationships Internet Safety and harm	CELEBRATING DIFFERENCE Types of bullying Stereotypes Impact of bullying on mental wellbeing	RELATIONSHIPS Caring friendships Trust Managing difficult situations	HEALTHY ME Y5: Signs of physical illness/vaccinations Y6: Drugs, alcohol and tobacco	DREAMS AND GOALS Y5: How/where to ask for advice How to report concerns or abuse Y6: Basic First Aid	CHANGING ME Y5: Puberty and the changing body Menstrual cycle Y6: Sex education Respectful relationships