



<b>PSHE</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Cycle A 2022/2023</b>	<p><b>Happy and Healthy Me</b></p> <p>Understand that bacteria and viruses affect health and following simple safe routines can reduce their spread</p> <p>Understand that medicines are drugs and the potential dangers of using incorrectly</p> <p>Understand which, why and how commonly available substances and drugs (including tobacco) could damage their immediate and future health and safety</p>	<p><b>Me and My Relationships</b></p> <p>To understand the human life cycle and how the body changes</p> <p>To introduce some basic physical changes for boys and girls that occur during puberty</p> <p>To consider how they have already changed and how they may look in the future</p> <p>To assure children that changes are a natural part of growing up</p> <p>To recognise and understand changing emotions as they grow up</p> <p>To learn strategies to express how they are feeling</p>	<p><b>Me and My Safety</b></p> <p>To differentiate between terms risk, danger and hazard</p> <p>Understand school rules about health and safety</p> <p>Understand other rules that adults follow</p> <p>Understand the importance of protecting personal information, including passwords, addresses and images</p> <p>Recognise their increasing independence brings increased responsibility to keep themselves and others safe</p>	<p><b>Me and My School</b></p> <p>Participate in the school's decision making process, relating it to democratic structures and processes such as council, parliaments, government and voting</p> <p>Understand the role of local councillors and the local MP</p>	<p><b>Me and other people</b></p> <p>Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom</p> <p>To respect equality and to be a productive member of a diverse community</p>	<p><b>Me in the World</b></p> <p>Understand that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment</p> <p>Recognise the range of jobs done by people they know and understand how they develop their skills to make contributions in the future</p> <p>Understand that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment</p>



		<p>To know that there are 'safe' and 'unsafe' touches</p> <p>To understand that people they know could be a potential threat</p> <p>To understand that loss and change are a natural part of life's experiences</p> <p>To think about how behaviour affects others</p> <p>To know how we must take responsibility for our actions</p> <p>+ for Y5s and 6s only) Puberty as in Cycle b</p>				
<p><b>Cycle B 2023/2024</b></p>	<p><b>Happy and Healthy Me</b></p> <p>Understand what makes a healthy lifestyle</p> <p>What positively and negatively affects their physical, mental and emotional health (including the media)</p>	<p><b>Me and My Relationships</b></p> <p>To explore the emotional and physical changes that occur during puberty</p> <p>To know why menstruation happens</p>	<p><b>Me and My Safety</b></p> <p>recognise different risks in different situations</p> <p>decide how to behave responsibly</p> <p>To recognise when and how to ask for help and use basic techniques for resisting pressure to</p>	<p><b>Me and My School</b></p> <p>recognise their worth as individuals, see their mistakes, make amends and set personal goals feel positive about themselves: e.g. by producing personal diaries, profiles and portfolios of achievements</p>	<p><b>Me and other people</b></p> <p>Reflect on spiritual, moral, social, cultural issues, understand other people's experiences using imagination</p> <p>Appreciate range of national, regional, religious, ethnic identities in the UK</p>	<p><b>Me in the World</b></p> <p>Know what democracy is and the basic institutions that support it locally and nationally</p> <p>Know why and how rules and laws are made and enforced, why different rules are needed in</p>



	<p>To research, discuss and debate topical issues, problems and events</p>	<p>To discuss concerns surrounding menstruation</p> <p>To know and discuss how to manage menstruation – you may wish to focus on this with a girl-only group To recognise and challenge gender stereotyping</p> <p>To understand the impact of the media on forming attitudes</p> <p>To know the importance of keeping clean during puberty</p> <p>To appreciate the value of friendship and the importance of building good friendships throughout life</p> <p>Secrets To discuss their feelings about secrets and friendship in class group; know that some secrets are</p>	<p>do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong</p> <p>To recognise people who are responsible for helping them stay healthy and safe and ways they can help these people</p>	<p>Participate: e.g. in the school’s decision making process, relating it to democratic structures and processes such as councils, parliaments, government and voting</p>		<p>different situations, how to take part in making and changing rules</p> <p>Look after money and realise that future wants and needs may be met through saving</p>
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		unhealthy and that it is OK to ask for help				
<b>Cycle C 2024/2025</b>	<p><b>Happy and Healthy Me</b></p> <p>To consolidate understanding of the emotional and physical changes that occur during puberty and how to manage them</p> <p>To be more familiar with the internal organs and their functions</p> <p>To consolidate understanding of menstruation and the menstrual cycle (y5 and 6 only)</p> <p>To provide factual information relating to conception</p> <p>To dispel myths related to how we are created ( Y 5 and 6 only)</p> <p>To understand what makes a healthy lifestyle, benefits of</p>	<p><b>Me and My Relationships</b></p> <p>To look at the attitudes and beliefs held by some people about the roles played by men and women in society</p> <p>To look at the attitudes and beliefs held by some people about race in society</p> <p>To look at the skills and strategies needed as they approach puberty (Y5 and Y6)</p>	<p><b>Me and My Safety</b></p> <p>Understand which commonly available substances and drugs are legal, some are restricted and some are illegal, to own, use and supply to others their effects and risks.</p> <p>that pressure to behave in unacceptable or ways can come from a variety of sources e.g. people they know, how to ask for help and use basic techniques for resisting pressure to do wrong understand basic emergency aid procedures and where to get help find information and advice e.g. through helplines; by understanding about welfare systems in society</p>	<p><b>Me and My School</b></p> <p>Recognise their worth as individuals, see their mistakes, make amends and set personal goals</p> <p>identify that there are different kinds of responsibilities, rights and duties at home, in school and in the community and sometimes they conflict with each other</p> <p>Identify that there are different kinds of responsibilities, rights and duties at how, in school and in the community and sometimes they conflict with each other</p>	<p><b>Me and other people</b></p> <p>to think about the lives of people living in other places and times, and those with different values and customs</p> <p>to recognise and challenge stereotypes consider social and moral dilemmas that they come across in life</p>	<p><b>Me in the World</b></p> <p>Understand the role of voluntary, community and pressure groups</p> <p>Understand some ways they can take responsibility for a particular activity or action</p>



	exercise, healthy eating, what affects mental health, how to make informed choices					
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