



PHSE CURRICULUM 2021/2022

	Autumn	Spring	Summer							
EYFS	<p>FS1 Accept the needs of others Select resources with help from an adult. Circle time sessions with Talkative Toad. Aware of own feelings and knows that some actions words can hurt others' feelings. Firework safety What makes us special? Classroom helpers. Enjoys responsibility of carrying out small tasks. I can tell you something that is positive about me. Getting ready for FS2. Adapting behaviours to different events, social situations and changes in routines.</p>		<p>FS2 Initiates play. Aware of boundaries set and of behavioural expectations of the setting. Continue to play in groups and extend and elaborate play ideas. Ask questions of others. Talk about self and their abilities confidently. Resolving conflicts. Say when they do or don't need help. Understands that own actions effect other people. Transition to year 1.</p>							
Year 1	<p>It's Not Ok To introduce the 'It's not ok' poster.</p>	<p>Beginning and Belonging Making friends How my behaviour affects others</p>	<p>Friends and Family Roles of different people.</p>	<p>Anti-Bullying How to recognise risky or negative relationships including all forms of bullying</p>	<p>Diversity and Communities Learning about different groups and communities</p>	<p>Healthy Me Oral Health Keeping our bodies clean</p>	<p>Changing Me Keeping our bodies clean</p>	<p>Personal Safety Ways of keeping physically and emotionally safe E Safety</p>	<p>Managing Change How am I changing as I grow up</p>	<p>Relationships How to recognise and manage emotions within a range of relationships</p>
Year 2	<p>The use of 'no.' To discuss consent: When someone says no or stop.</p>	<p>Rights, Rules and Responsibilities How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</p>	<p>My Emotions How to recognise and manage emotions within a range of relationships</p>	<p>Working Together About respect for self and others and the importance of responsible behaviours and actions</p>	<p>Drug Education What is meant by a healthy lifestyle? The roles of doctors, nurses and hospitals.</p>	<p>Changing Me Growing older: How I have changed since I was a baby.</p>	<p>Healthy Me How to manage risks to physical and emotional health and well being Oral Health</p>	<p>Managing Risk Ways of keeping physically and emotionally safe E Safety</p>	<p>Healthy Lifestyles How to make informed choices about health and wellbeing and to recognise sources of help with this</p>	
Year 3	<p>Personal space</p>	<p>Beginning and Belonging To develop an understanding of belonging and empathy for others</p>	<p>Friends and Family Personal boundaries; safely responding to others.</p>	<p>Diversity and Communities About the importance of respecting others and protecting the environment</p>	<p>Healthy Me Drug Education Oral Health Importance of Sleep</p>	<p>Changing Me Physical and emotional changes in puberty</p>	<p>Personal Safety How to manage risks to physical and emotional health and well being E Safety</p>	<p>Managing Change How to recognise and manage emotions when we deal with change in our lives</p>		



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Year 4		Rights, Rules and Responsibilities Responding to hurtful behaviour	My Emotions How to maintain physical, mental and emotional wellbeing Positive friendships, including online.		Working Together How to respect equality and diversity in relationships	Economic Wellbeing About where money comes from, keeping it safe and the importance of managing it effectively The part money plays in peoples' lives	Healthy Me How to maintain physical, mental and emotional health and wellbeing	Managing Risk Understanding the risks to my safety and who I can go to for help E Safety	Personal Safety Ways of keeping physically and emotionally safe	Healthy Lifestyles To identify different influences on health and wellbeing	
Year 5		Beginning and Belonging How do we build positive relationships?	Friends and Family How to respect equality and diversity in relationships Physical contact and feeling safe		Diversity and Communities Different groups and communities	Healthy Me How to make informed choices about health and wellbeing and to recognise sources of help with this	Personal Identity Recognising individuality and our different qualities	Personal Safety Ways of keeping physically and emotionally safe E Safety	Managing Change The different changes we may experience that effect our emotions or relationships		
Year 6		Rights, Rules and Responsibilities About respect for self and others and the importance of responsible behaviour and actions	My Emotions How to recognise and manage emotions within a range of contexts		Working Together To respect diversity and equality and how to be a productive member of a diverse community	Drug Education How to make informed choices about health and wellbeing	Economic Wellbeing About where money comes from, keeping it safe and the importance of managing it effectively	Sex Education Human reproduction and birth	Managing Risks How to manage risks to physical and emotional health and well being E Safety	Safety Contexts Ways of keeping physically and emotionally safe	Healthy Me What is meant be healthy lifestyle? Oral Health



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Key Vocabulary

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	Autumn				Spring			Summer		
EYFS	It's Not Ok FS Safe, right, wrong, ok	Beginning and Belonging Rules, friends,	Family Mum, dad, sister, brother, baby	My Emotions Happy, sad, angry, worried	Community People, places, school, home	Healthy me Teeth, food, drink, toothbrush, dentist	Changing me Feelings, understanding, friendships	Personal Safety Unfamiliar, people, no, risks, safe, unsafe, road safety	Responsibiliti es Environment, animals, nature, litter, respect	Managing Change Feelings, worry, embarrassed, new, scared
Year 1	Year 1 Feelings, help, private, uncomfortabl e, safe, unsafe, permission	Beginning and Belonging Behaviour, school, kind, feelings, respect, polite, rules, sharing	Friends and Family Friends, teachers, parents, sibling, grandparent s, relatives, families	Anti- Bullying Bullying Falling out Bully Emotions Help, unkind, support, feelings	Diversity and Communiti es Rules, care, environment , recycling, differences	Healthy Me Healthy, hygiene, care, unhealthy, balance, safe	Changing Me Unique, special, same, different	Personal Safety Safe, restrictions, online, trust, feelings	Managing Change Feelings, recognise, emotions	Relationships Friends, family, care, trust
Year 2	Year 2 Feelings, differences, secrets, worried	Rights, Rules and Responsibiliti es Listening, friends, inclusion	My Emotions Arguments, help, honesty, kindness	Differences Physical Empathy Racism	Working Together Classmates, groups, roles, trams, community.	Drug Education Medicines, safety, unsafe, danger, accident, emergency	Changing Me Life cycle, human bodies, goals, changes	Healthy Me Mental health, growing, teeth, dentist, bereaveme nt	Managing Risk Recognise, responsibilities	Healthy Lifestyles Routines, goals
Year 3	Year 3 Boundaries, respect, behaviour Year 4 Harmful, pretending,	Beginning and Belonging Respect, help, self-respect, polite	Friends and Family Class mates, love, support, caring, stability	Unacceptab le Acceptance Mental health Cyber bullying	Diversity and Communiti es Society, cultures, laws, human rights, police, rights	Healthy Me Choices, healthy, unhealthy, lifestyle	Changing Me Physical, habits, valuable, contributions, self- worth, set backs	Personal Safety Influence, hazards, risks, alarms, environment	Managing Change Challenges, identity	



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Year 4	dares, pressure Year 5 Permission, contact, unacceptable, concerned	Rights, Rules and Responsibilities Experiences, confidence, values, respect	My Emotions Positive, healthy, compassion	Bystander Courage	Working Together Belonging, differences, community, gender, race, include, faith	Economic Wellbeing Budgets, value, important, payment, charities, adverts	Healthy Me Balance, illness, support, care, dental health, puberty	Managing Risk Digital devices, online, contact, communicating, fact and fiction	Personal Safety Medicines, drug, cigarettes vaping, online	Healthy Lifestyles Hygiene, information	
Year 5	Year 6 Guidance, support	Beginning and Belonging Treated, equally, respect, discrimination	Friends and Family Influence, support, peer		Witness, power, control	Diversity and Communities Protecting, actions, resources, compassion	Healthy Me Cleanliness, illness, sleep, sun safety, allergies, virus	Personal Identity Identity, gender, recognise, respect, express, well being	Personal Safety Unsafe, emergency, risk, injuries	Managing Change Friendships, physical, advice	
Year 6		Rights, Rules and Responsibilities Values, behaviours, respect, disagreements conflict, views, listen	My Emotions Attraction, commitment, love, marriage			Working Together Prejudice, discrimination, challenge, stereotype, influence	Drug Education Pressure medicine cigarette, vape.	Economic Wellbeing Work, finances, role, value	Sex Education Puberty, changes, gender, stereotyping, age, religion, reproduction, human life cycle, reproductive organs, conception pregnancy menstruation, periods, parents, vagina, contraception womb uterus, egg, ovum, sex.	Managing Risks Risk, gambling, images, appropriate, text, drugs, laws	Safety Contexts Social media, age restrictions, connecting, contacting