Whitby Heath PSHE curriculum overview

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|  | Relationships | Living in the world | Health and well being |
| Families and friendships  | Safe relationships | Respecting ourselves and others | Belonging to a community  | Media literacy and digital resilience | Money and work | Physical health and Mental wellbeing  | Growing and changing  | Keeping safe |
| Year 1 | Roles of different people; families; feeling cared for  | Recognising privacy; staying safe; seeking permission  | How behaviour affects others; being polite and respectful | How rules and age restrictions help us; keeping safe online | Taught all year through computing | Strengths and interests; jobs in the community  | Keeping healthy; food and exercise, hygiene routines; sun safety  | Recognising what makes them unique and special; feelings; managing when things go wrong | What rules are; caring for others’ needs; looking after the environment |
| Year 2 | Making friends; feeling lonely and getting help  | Managing secrets; resisting pressure and getting help; recognising hurtful behaviour  | Recognising things in common and differences; playing and working cooperatively; sharing opinions | Safety in different environments; risk and safety at home; emergencies | Taught all year through computing | what money is; needs and wants; looking after money  | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help  | Growing older; naming body parts; moving class or year  | Belonging to a group; roles and responsibilities; being the same and different in the community |
| Year 3 | What makes a family; features of family life  | Personal boundaries; safely responding to others; the impact of hurtful behaviour  | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite  | The value of rules and laws; rights, freedoms and responsibilities | Taught all year through computing | Different jobs and skills; job stereotypes; setting personal goals  | Health choices and habits; what affects feelings; expressing feelings  | Personal strengths and achievements; managing and reframing setbacks  | Risks and hazards; safety in the local environment and unfamiliar places |
| Year 4  | Positive friendships, including online  | Responding to hurtful behaviour; managing confidentiality; recognising risks online  | Respecting differences and similarities; discussing difference sensitively  | What makes a community; shared responsibilities | Taught all year through computing | Making decisions about money; using and keeping money safe  | Maintaining a balanced lifestyle; oral hygiene and dental care  | Physical and emotional changes in puberty; personal hygiene routines; support with puberty  | Medicines and household products; drugs common to everyday life |
| Year 5 | Managing friendships and peer influence  | Physical contact and feeling safe  | Responding respectfully to a wide range of people; recognising prejudice and discrimination | Personal identity; recognising individuality and different qualities; mental wellbeing | Taught all year through computing | Identifying job interests and aspirations; what influences career choices; workplace stereotypes  | Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies  | Protecting the environment; compassion towards others | Keeping safe in different situations, including responding in emergencies, first aid |
| Year 6 | Attraction to others; romantic relationships; civil partnership and marriage  | Recognising and managing pressure; consent in different situations | Human reproduction and birth; increasing independence; managing transition | Valuing diversity; challenging discrimination and stereotypes | Taught all year through computing | Influences and attitudes to money; money and financial risks  | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online | Expressing opinions and respecting other points of view, including discussing topical issues | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media |