

PSHE KS2	Relationships			Living in the wider world			Health and Wellbeing		
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	How the internet is used, assessing information online	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 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	How data is shared and used	Making decisions about money, using and keeping money safe	Maintaining a balanced lifestyles, oral hygiene and dental care	Physical and emotional changes in puberty, external genitalia, 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	Protecting the environment, compassion towards others	How the information online is targeted, their role and impact	Identifying job interests and aspirations, what influences career choices, workplace stereotypes	Healthy sleep habits, sun safety, medicines, vaccinations, immunisations and allergies	Personal identity, recognising individual and different qualities; mental well being	Keeping safe in different situations, including responding in emergencies and first aid
Year 6	Family and relationships – respect. Understanding stereotypes.	Recognising and managing pressure, consent in different situations How to resolve conflict. What grief is and how we can get help to cope with it	Health and Wellbeing – to identify goals for the future. To manage our wellbeing through mindfulness and healthy eating	Citizenship – understanding human rights, Valuing diversity, challenging discrimination and stereotypes	Evaluating media sources: sharing things online	Human reproduction and birth, increasing independence, managing transition	Influences to attitudes and money; money and financial risks	What affects mental health and ways to take care of it: managing change, loss and bereavement, managing time online	Keeping personal information safe, regulations and choices; drug use and the law: drug use and the media