

Humshaugh C of E (Aided) First School PSHE Long term curriculum

Autumn: Relationships				Spring: Living in the wider world			Summer: 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 well-being	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.	What rules are; caring for others' needs; looking after the environment.	Using the internet and digital devices; communicating online.	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.	How rules and age restrictions help us; keeping safe online.
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 co-operatively; sharing opinions.	Belonging to a group; roles and responsibilities; being the same and different in the community.	The internet in everyday life; Online content and information.	What money is; needs and wants; looking after money.	Why is sleep important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	Growing older; naming body parts; moving class or year.	Safety in different environment; risk and safety at home; emergencies.
Year 3	What makes a family; features of a 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 re-framing setbacks.	Risks and hazards; safety in the local environment and unfamiliar places.
Year 4	Positive friendships, including on-line.	Responding to hurtful behaviour; managing confidentiality; recognising risks online.	Respecting differences and similarities; discussing differences 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 lifestyle; oral hygiene and dental care.	Emotional support during transition to Middle School, personal hygiene routine preparing for the changing adolescent body.	Medicines and household products; drugs common to everyday life.

Humshaugh C of E (Aided) First School PSHE Long term curriculum