

PSHE Sequence of Learning – Why this, Why now?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Unit of work	Being Me in My World Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week	Dreams and Goals Children’s Mental Health Week	Healthy Me	Relationships	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter
Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education Health Education	Relationships and Sex Education Health Education Personal Safety
Reception Vocabulary	feelings responsible kindness team work opinion rights	friend celebrate strengths special solution anti-bullying	achieve encourage experience proud attempt mental health	exercise diet (N.B. as in balanced diet) stranger exhausted healthy	unkind impact loyal hurt (N.B. as in feelings) caring	dress/undress clean smelly items relating to cleaning names of family members
Year 1 Unit of work	Being Me in My World Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week	Dreams and Goals Children’s Mental Health Week	Healthy Me	Relationships	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter
Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education Personal Safety	Relationships and Sex Education Health Education Personal Safety
Year 1 Vocabulary	rights member successful views disappointed safe Unicef	similar different unique bullying included listener anti-bullying	stretch proud goal challenge stepping stones success mental health	healthy unhealthy balanced germs medicine green cross code	family caring qualities physical greeting appreciate	clean grow change similar different family
Year 2 Unit of work	Being Me in My World Rights Respecting Morning/Afternoon	Celebrating Difference Anti-bullying Week	Dreams and Goals Children’s Mental Health Week	Healthy Me	Relationships	Changing Me – Growing and Caring for Ourselves

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	World Mental Health Day					Teaching SRE with Confidence – Christopher Winter
Aspect of PSHE	Relationships Education Personal Safety Health Education	Relationships Education Personal Safety Health Education	Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education Personal Safety	Relationships and Sex Education
Year 2 Vocabulary	consequences choices praise actions rights Unicef	stereotype deliberate stand up for diversity anti-bullying	realistic achievable strengths team work sharing mental health	lifestyle choices relaxed tense food groups nutritious	relationship acceptable conflict point of view secrets	Similar/ different male / female offspring gender stereotypes penis / vagina
Year 3 Unit of work	Being Me in My World Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week	Dreams and Goals Children’s Mental Health Week	Healthy Me	Relationships	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter
Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education Personal Safety	Relationships and Sex Education Personal Safety
Year 3 Vocabulary	personal goal acknowledge worth solutions support actions decisions viewpoint rights Unicef	connected conflict resolve bystander witness impact hurtful compliment anti-bullying	obstacles aspirations motivated enthusiastic hinder frustration evaluate review mental health	calories oxygen saturated fat intake drugs risk harmful complex	unisex roles social media strategies private messaging global connected justice equality	similar different male female private parts penis & testicles vagina & womb fostering & adoption

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Year 4 Unit of work	Being Me in My World Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week	Dreams and Goals Children’s Mental Health Week	Healthy Me	Relationships	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter English Unit – Caught in the Web – Barney and Echo – Internet Safety
Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education	Relationships and Sex Education Health Education Personal Safety
Year 4 Vocabulary	attitude included cooperate community democracy consequence contribution voting rights Unicef	assumption judgement influence opinion first impressions bullying trolling characteristics anti-bullying	resilience future-self setback reflection self-belief commitment collaboration contributions mental health	friendship group leaders followers assertive peer pressure passive smoking anxiety disease	jealousy emotions loss memento compromise growing apart circumstances relationship	puberty lifecycle reproduction physical emotional breasts sperm egg (ovum) pubic hair internet safety
Year 5 Unit of work	Being Me in My World Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week	Dreams and Goals Safer Internet Day Children’s Mental Health Week	Healthy Me	Relationships Knife Crime Awareness Week	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter Careers’ Week

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Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Economic Wellbeing Careers & Enterprise Relationships Education Health Education Personal Safety	Health Education Personal Safety	Relationships Education Health Education Personal Safety	Relationships and Sex Education Economic Wellbeing Careers & Enterprise
Year 5 Vocabulary	motivation appreciation empathise citizen wealth poverty prejudice individual rights Unicef	culture belonging racism discrimination race homophobic indirect developing world anti-bullying	lifestyle salary profession society prospects career culture communication mental health	healthy behaviour informed decision recovery position procedure emergency self-respect social media motivation	personal qualities age limit appropriate grooming trolled screen time device vulnerable awareness anxious victim perpetrator escalation crime consequences offender joint enterprise	puberty physical emotional menstruation / periods sanitary towels / tampons erection semen pubic hair sexual feelings career qualifications salary

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Year 6 Unit of work	Being Me in My World Positive Minds Rights Respecting Morning/Afternoon World Mental Health Day	Celebrating Difference Anti-bullying Week Positive Minds	Dreams and Goals Safer Internet Day Children’s Mental Health Week	Healthy Me	Relationships Knife Crime Awareness Week	Changing Me – Growing and Caring for Ourselves Teaching SRE with Confidence – Christopher Winter Careers’ Week
Aspect of PSHE	Relationships Education Health Education	Relationships Education Personal Safety Health Education	Economic Wellbeing Careers & Enterprise Relationships Education Health Education Personal Safety	Health Education Personal Safety Relationships Education	Relationships Education Health Education Personal Safety	Relationships and Sex Education Economic Wellbeing Careers & Enterprise Health Education Personal Safety
Year 6 Vocabulary	value global rights community responsibility contribution acknowledge lawful participation Unicef	ability perception fairness impairment diversity harassment recipient accolade anti-bullying	realistic motivate steps to success hardship worldwide concern recognition compliment empathy mental health	wellbeing prevention exploited anti-social behaviour reputation mental health triggers strategies	stress anxiety support bereavement mourning authority judgement warning signs awareness anxious victim perpetrator escalation crime consequences offender joint enterprise	womb egg sperm conception fertilisation pregnancy sexual intercourse relationship communication career qualifications salary

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