



PSHE Curriculum

Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me, my friends and belonging L1: Personal identity L2: What makes a good friend L3: Falling out with friends L4: Belonging to a community L5: Ground rules, rule! Keeping safe out and about L1: Managing risk in the sun L2: Road and rail safety	Keeping safe out and about L3: Canals and rivers L4: Flood alert L5: Firework safety Making choices online L1: Creating and managing passwords L2: Protecting your devices	Making choices online and news literacy L3: Films, what can we watch? L4: Can we choose what to watch? L5: Paying to play L6: How news affects feelings L7: Fake or real news? L8: Questioning images in the news	Building healthy habits and drinking habits L1: Healthier eating and drinking habits L2: Healthier eating – choices and influences L3: Ready, set, cook! L4: Exploring dental health L5: Physical activity	Looking out for each other L1: Allergies L2: Bites and stings L3: Calling for help L4: Bleeding L5: Burns and scalds L6: Asthma PSHE Day	Mental health and wellbeing L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses L6: Squashing the worry monster
Year 4	Forming respectful relationships L1: Valuing friendships L2: Friendship challenges L3: What is bullying? L4: Kindness L5: Friendships change L6: When should you keep a secret? L7: Making new friends	Exploring ways to manage risk L1: Cycle safety L2: Keeping safe at home L3: Road safety (walk around local area). Possibly after school? L4: Rail safety L5: Exploring risks in gambling L6: Medicines and household products	Families and growing together L1: Family relationships L2: Diverse families L3: Family changes L4: Marriage and partnership L5: What happens if families change? Pt1 L6: What happens if families change? Pt2	Money matters L1: What is money? L2: Money choices L3: How money is used L4: Making decisions about money L5: (Barclays lesson plan)	Mental health and wellbeing L1: Describing emotions L2: Understanding internal or external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm	Me, my body and growing up L1: Time to change L2: Puberty L3: Personal hygiene L4: Emotions and feelings L5: Building confidence L6: Foundations for wellbeing



		L7: Smoking, vaping and alcohol			L6: How do people manage change and loss PSHE Day	
Year 5	Friendships, stereotypes and bullying L1: Including others L2: Positive and respectful friendships L3: Bullying and its impact L4: Challenging stereotypes L5: Addressing extremism L6: A world of difference L7: Assistance dogs	Safe connections L1: Block him right good, Alfie! L2: Who's Magnus L3: They have fans, we have friends L4: Respectful relationships online L5: Socialising online L6: Making the right cyber choices L7: Cyber detectives	Positively engaging with our world L1: Managing feelings about the news L2: Spotting fake news L3: Understanding that news is targeted L4: Connecting with nature L5: Everyday actions in our local area (climate change) L6: Doing it together (climate change)	Mental health and wellbeing L1: Noticing and naming emotions L2: Directing attention and managing distractions L3: Changing thinking habits L4: Rumination and worry L5: Managing reactivity	Embedding healthy habits and learning first aid L1: Sunguarding L2: Confident mover L3: Team player L4: Head injuries L5: Choking L6: Basic life support PSHE Day	Respecting boundaries L1: Giving and seeking permission L2: Personal boundaries L3: Appropriate and inappropriate touch L4: How can the PANTS rule help us L5: Understanding consent
Year 6	Mental health and wellbeing L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress L6: Jealousy L7: How do people manage loss and support each other?	Managing money and online spending L1: Money and emotional wellbeing L2: Being a critical consumer L3: Chancing it! L4: Spending influences L5: Wellbeing and support L6: Enterprise L7: Stealing	Developing our AI literacy L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot? L4: The impact of generation AI L5: The ethics of AI images L6: Pick your pics	Drug education L1: Medicines L2: Legal and illegal drugs L3: Influences and pressure L4: Tobacco, vaping and alcohol in the media L5: Alcohol poisoning	Changes in puberty L1: Puberty recap L2: Puberty – change and becoming independent L3: Positive, healthy relationships L4: How a baby is made L5: Getting a good night's sleep L6: Healthier sleep habits (KS3) PSHE Day	Looking to the future L1: Job skills L2: Choosing a career L3: Career routes L4: Moving to secondary school L5: Time management



Progression (taken from the Programme of Study for PSHE education)

	A1	A2	SP1	SP2	SU1	SU2
Y3	Me, my friends and belonging I know why friendships are important and how positive friendships support my wellbeing. I understand why everyone should be treated with respect and appreciate the benefits of living in a diverse community. I can show respect through good manners and understand that people from different cultures may show courtesy in different ways. I can listen carefully and respond respectfully to people whose beliefs, traditions or lifestyles are different from my own.	Keeping safe out and about I know how to stay safe in the sun and understand the risks of too much sun exposure. I can keep myself safe in familiar and unfamiliar places and when travelling with or without an adult.	Making choices online and News literacy I know my rights and responsibilities online, including how to protect my personal information and respect the privacy of others. I know why age restrictions are in place for apps, games, films and online content, and how they help to keep me safe. I can stay safe when gaming online by recognising risks such as scams, fraud and pressure to spend money. I can use privacy and location settings to help	Building healthy habits I know how to look after my teeth and why good oral hygiene is important. I understand what it means to be physically healthy and how healthy choices support my wellbeing. I know why regular physical activity is important for both my physical and mental health. I understand how healthy food choices and regular exercise help me to live a healthy lifestyle. I know what makes a balanced diet and why eating a variety of healthy foods is important.	Looking out for each other I know what first aid is and can use basic first aid skills to help with common injuries. I know when and how to call the emergency services and understand that reporting an emergency is more important than filming it. I know who my trusted adults are and when to ask them for help if I am worried about my health.	Mental health and wellbeing I can use strategies to help me focus and manage distractions to support my wellbeing. I know when and how to ask for help if I am worried about my own or someone else's mental health or wellbeing.



	I understand what makes me unique and how my identity is shaped by my culture, family, faith, interests and experiences.		keep my personal information safe online.	I understand how different foods and drinks affect my body, including the impact of eating too many unhealthy or ultra-processed foods. I can make healthy choices about what I eat and drink, even when others influence my decisions. I know some of the benefits of preparing healthy meals at home.		
Y4	Forming respectful relationships I know that healthy friendships help people feel included, safe and happy. I can recognise when I or others may feel lonely or left out and know how to include others. I know that friendships can change over time and that working through disagreements can make friendships stronger. I can resolve disagreements calmly, safely and respectfully by listening, compromising and avoiding physical aggression.	Exploring ways to manage risk I can predict, assess and manage risks in different situations. I know how rules and laws help to keep people safe. I can recognise hazards at home and know how to keep myself safe, including around electrical appliances and fire risks. I can respond safely and appropriately to adults I know and adults I do not know.	Families and growing together I know how families can be different and that every family should be respected and valued. I understand that families should provide love, care, protection and safety as children grow up. I know that there are different types of relationships, including friendships, families and romantic relationships. I understand that committed, stable relationships, including marriage and civil partnerships, are	Money matters and news literacy This is a non-compulsory unit to meet the needs of our context, no relevant assessment from the DfE guidance.	Mental health and wellbeing I know that everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing. I know the benefits of talking to someone I trust when I feel worried, lonely or sad. I can identify, name and describe a wide range of emotions. I understand why looking after my mental health is just as important as looking after my physical health.	Me, my body and growing up I know why good personal hygiene is important and how it helps prevent the spread of illness. I understand the physical and emotional changes that happen during puberty for both boys and girls. I know the facts about the menstrual cycle and how to manage periods confidently and safely. I know where to find advice and support about periods and menstrual wellbeing.



	I can manage disappointment and frustration when things do not go my way. I know the different types of bullying, how bullying affects everyone involved and what I should do if I see or experience bullying.		important for many people. I understand that families experience changes and challenges and can support one another through these. I know who to speak to if I am worried about my family or if I ever feel unsafe at home.			I understand the difference between public and private and know why privacy is important.
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Y5	Friendships, stereotypes and bullying	Mental Health and wellbeing	Positively engaging with our world	Safe connections	Embedding healthy habits and learning first aid	Respecting boundaries
	I know how to build and maintain caring, respectful friendships by showing kindness, listening and respecting boundaries. I understand that healthy friendships are based on trust and respect and are never controlling or possessive. I understand that having different friendships can bring different positive experiences. I can balance my own needs with being kind and considerate to others. I can recognise when a friendship is making me feel unsafe or unhappy and know how to ask for help. I understand that stereotypes can be unfair and can lead to discrimination or bullying. I know what prejudice and discrimination are and can respond appropriately by seeking help when needed.	I know the everyday habits that help me stay physically and mentally healthy. I can use strategies to manage my feelings, thoughts and reactions in different situations. I can manage my emotions when things happen that are outside my control. I recognise when strong or long-lasting feelings may affect my wellbeing and know that support is available.	I understand that we all have a responsibility to care for other people and living things.	I understand how information is shared, used and targeted online, including for commercial purposes. I know the minimum age requirements for social media and understand why they are there to protect children. I understand the benefits of limiting my screen time and choosing online activities carefully. I can make safe choices online and resist pressure to share personal information or images.	I know the role of adults and healthcare professionals in helping people stay healthy. I can recognise the early signs of illness and know who to ask for help if I am worried about my health. I know what first aid is and can use basic first aid skills to deal with common injuries. I know how to manage common health conditions, including allergies and asthma, with support from trusted adults.	I know what personal boundaries are and how to set and respect them in friendships and other relationships. I know how to respect other people's boundaries as well as my own. I can respond safely if someone makes me feel uncomfortable, worried or unsafe through physical contact. I understand when it is important to share a secret with a trusted adult and know who I can talk to if I am worried. I know who my trusted adults are and how to report concerns about inappropriate or unwanted contact. I know who to talk to if I feel worried or unsafe around an adult.



Y6	Mental health and wellbeing I can use self-regulation strategies to manage my thoughts, feelings and behaviour in different situations. I understand that change, loss and bereavement affect people differently and know healthy ways to manage these experiences I know who my trusted adults are and how to ask for help if I am worried about my own safety or someone else's. I know that I should keep asking for help until I am listened to and feel safe.	Managing money and online spending This is a non-compulsory unit to meet the needs of our context, no relevant assessment from the DfE guidance.	Developing our AI literacy I understand how AI chatbots work and know the difference between information from AI and information from people.	Drug education; assessing risk and managing influences I know the facts about common legal drugs, including alcohol, caffeine, tobacco, vapes, nicotine pouches and medicines. I understand that there are laws about legal and illegal drugs and why these laws help to keep people safe. I recognise the different influences that may encourage or discourage people from using drugs. I know that support is available for people who need help with alcohol, nicotine or other drugs. I can recognise pressure from others to do something unsafe and use strategies to resist it. I can recognise and manage peer influence and understand that I do not have to follow the crowd. I know how medicines can help keep people healthy when they are used safely and responsibly.	Changes in puberty I recognise the signs of healthy, unhealthy and abusive relationships and know how to get help. I know how to report concerns if I am worried that a relationship is harmful, dangerous or abusive. I know how good quality sleep supports my physical health, mental wellbeing and ability to learn. I know the names and functions of the external genitalia and internal reproductive organs in males and females. I understand that people may develop romantic feelings or be attracted to people of the same sex or a different sex. I know how human reproduction happens, how babies are conceived and born, and that there are ways to prevent pregnancy.	Looking to the future I understand how to prepare for the opportunities and challenges of moving to secondary school.
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Alexandria Park Junior School

To Learn, Be Happy and Achieve Our Best

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					I understand how babies grow and develop and the care they need after they are born.	
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