

PSHE Topic List

	YEAR	TOPIC NAME	CURRICULUM COVERAGE	What children need to be able to do by the end
EYFS	RECEPTION	Health and Wellbeing	To understand how to lead a safe and healthy	• Recognising a range of emotions, i.e. happy, sad, excited • Recalling names • Recognising what make them special Recognising similarities and differences between people in the class • Recognising what children can do • Setting and achieving simple goals • To identify the qualities of a good friend • To identify and respond to bullying Link to Anti-Bullying week • To describe how to make friends and play with other children • To understand the importance of keeping clean, including handwashing • To explain why exercise is good for our body and mind • To understand the importance of keeping teeth clean
		Living in the Wider World	To understand how to lead a safe and healthy life.	• PANTS – keeping safe • Top recognise what makes us proud • To recognise our achievements • To celebrate the achievements of others • To explore assertive skills • To explain who we are similar and different To explore gender stereotypes • To explore different types of families • Understanding how to stay safe online Explaining who to tell if you are worried or scared • To identify, manage and express a range of emotion • To explain what charity is and explain why people donate to charities

KEY STAGE 1	YEAR 1	Relationships		- To understand the terms fair and unfair and identify what is fair and unfair - To explore different types of families - To identify special people in our lives and explain why these people are special - To begin to break gender stereotypes - To begin to challenge gender stereotypes - To explain how to use medicine safely - To identify how things can change - To begin to prepare for change - To explain why - To explain how and why to keep clean - To identify people in their family change is good
		Health and Wellbeing	Autumn 1: Setting goals and being physically healthy (teeth, healthy foods, medicine) Autumn 2: Emotional health, risk (inc Anti Bullying) and voting	- Explain how to keep your teeth healthy and how our teeth change as we grow - Explain why voting is important, especially in school - Explain how to take medicines safely - Explain what bullying looks like - Why is voting important? - What is bullying? - Name 2 positive emotions - Name 2 negative emotions
		Living in the Wider World	Autumn 1: Charity and fundraising Autumn 2: Online safety and being safe at home	- What is a charity? - Why do charities need money? - What is the difference between wants and needs? - Give me 2 wants and 2 needs - What is personal information? - Who makes you feel safe and where are your safe places? - Why do you feel safe in your classroom and at home? - What are 'bad' secrets?
		Relationships	Autumn 1: Friendships and safe places	- What makes a good friend? - Why is it important to compliment others? - What makes you special?

			Autumn 2: Hygiene and families	• What are you proud of? • What makes a good friend? • How can you keep yourself clean and healthy? • How have you changed since you were a baby? • Who can you go to your help?
	YEAR 2	Health and Wellbeing	Autumn 1: Setting goals and being physically healthy (food groups and harmful substances) Autumn 2: Parliament, Risk (inc Anti Bullying) and conflict	• Explain why a healthy diet is important for our teeth • Name the five food groups • How do you know if an item is hazardous? • Name three reasons why smoking is harmful • What is democracy and why is it important? • What is bullying and how does it make people feel? • Are all arguments bad? Explain your thinking • How can we deal with an argument that has gotten out of hand?
		Living in the Wider World	Autumn 1: Charity and fundraising, life in different countries Autumn 2: Online safety, being safe at home and fire safety, gender stereotypes	• To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explain the difference between wants and needs • To explore life in different countries • To explain how their life is different to the lives of children in other countries • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To explain how to keep safe around fire • To explain the risks associated with fire • To explore gender stereotypes
		Relationships	Autumn 1: Friendships and PANTS rule	• To identify the qualities of a good friend ° To explain how to

Autumn 2:
Male/female differences
and importance of being
proud

keep ourselves safe Link to
PANTS rule

- To understand what pride is and identify what makes us proud
- To explain why it is important to feel proud
- To explain what makes us proud of other people
- To understand what makes a good friend
- To identify how we can be a good friend to others
- To understand emotions
- To explain how to talk about feelings and emotions
- To name private parts of their body using correct vocabulary
- To explain who is in their family, while recognising families are different

LOWER KEY STAGE 2

YEAR 3

YEAR	TOPIC NAME	CURRICULUM COVERAGE	What children need to be able to do by the end
YEAR 3	Health and Wellbeing	Autumn 1: Setting goals and being physically healthy (food groups, drugs/passive smoking) Autumn 2: Risk (inc Anti Bullying), conflict resolution and physical health	- name the 5 food groups and name a food that belongs to each of these groups - Name 4 ways in which you can reduce sugar in your diet - Name 2 drugs and why they are harmful - What is caffeine and how does it affect our bodies? - Explain why democracy is important - Give a definition of what bullying is and two examples of bullying - Explain what conflict is and what you can do to resolve it - Explain why exercise is important
	Living in the Wider World	Autumn 1: Charity, fundraising Autumn 2: Online safety, being safe at home/fire safety and gender stereotypes	- To understand what charity is and explain why people donate to charity - To fundraise money for a charity - To explain the difference between wants and needs - To explore life in different countries - To explain how their life is different to the lives of children in other countries - To explain how to keep safe online - To identify who to talk to if you are worried or scared about something - To explain how to keep safe around fire - To explain the risks associated with fire - To explore gender stereotypes
	Relationships	Autumn 1: Friendships, male/female body parts and saying 'no', different families Autumn 2: Dementia and gender stereotypes	- To identify the qualities of a good friend - To identify positive thoughts and how positive thoughts can affect us - To explore the concept of self-talk and identify how this can help us - To identify what makes a healthy relationship and explain what makes a good friend - To understand peer pressure and saying no - To discuss personal boundaries - To explain who is in their family, while recognising families are different

	YEAR	TOPIC NAME	CURRICULUM COVERAGE	What children need to be able to do by the end
LOWER KEY STAGE 2	YEAR 4	Health and Wellbeing	Autumn 1: Setting goals and being physically healthy (nutrients, smoking/alcohol) Autumn 2: Bullying, physical health.	• Name the British Values and what each value means • Explain where people get their energy from • Explain why nutrients are important • Explain the negative effects of smoking and drinking alcohol • Why is it important to ask questions? • Explain what victims, bullies and bystanders are • Give 4 reasons why we should be physically active • Explain how images are changed online and why

Living in the Wider World	Financial awareness, charity and expressing emotions. Online safety and awareness and stereotypes	• To understand what charity is and explain why people donate to charity • To fundraise money for a charity ° To explain how to save and the benefits of saving • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To understand how stereotypes can label people • To explain how to break gender stereotypes • To explain how and why to share emotions • To explain how to keep your mind healthy • To explain trust online • To explain critical thinking skills
Relationships	Friendships, puberty Positive friendships, growth mindset and dementia.	• To identify the qualities of a good friend • To understand a growth mind-set and how it can affect us • To understand rights in a friendship and to explain why it is important to know these rights • To understand responsibilities in a friendship and explain why it is important to know these responsibilities • To understand healthy friendships and saying no • To explain how to keep your mind healthy • To explain who is in their family, while recognising families are different • To begin to understand the basic changes that happen during puberty

		YEAR	TOPIC NAME	CURRICULUM COVERAGE	What children need to be able to do by the end
UPPER KEY STAGE 2		YEAR 5	Health and Wellbeing	Setting goals and being physically healthy (RDAs and food labels) Emotional health, risk (inc Anti Bullying, drugs and peer pressure)	• To set a goal • To explain what makes a healthy meal ° To explain the importance of nutrients and fibre • To explain the importance of hydration • To understand the importance of portion control • To interpret and understand information on feed labels • To explain what makes a situation fair or unfair. • To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying. Link to Anti-Bullying week • To explore the risks associated with drug useTo challenge misconceptions about drug users • To explain what peer pressure is and how to challenge it • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle

			Living in the Wider World	Charity, fundraising, finance and budgeting Migration, safety online, cycling safety and stereotypes	• To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To understand deductions that are taken from payslips • To explain what budgeting is and why it is important • To explain what migration is • To explain why people need to migrate • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To understand mental health • To understand how to talk about feelings • To understand how to look after our mental health • To explain why it is important to challenge gender stereotypes
			Relationships	Friendships, puberty and reproduction Risk assessment online, peer pressure, critical thinking	• To identify the qualities of a good friend • To understand online pressure • To explain how to use games and apps safely • To understand peer pressure and saying no online • To understand healthy friendships • To understand how to identify good friendships • To understand benefits of a growth mind-set and explain how to develop a growth mind-set • To explain who is in their family while recognising families are different • To understand the physical and emotional changes that happen during puberty

UPPER KEY STAGE 2

YEAR 6

YEAR	TOPIC NAME	CURRICULUM COVERAGE	What children need to be able to do by the end
	Health and Wellbeing	Setting goals and being physically healthy (importance of exercise) Risk (inc Anti Bullying, drugs and alcohol) and parliamentary debate	• To set a goal • To understand the importance of exercise • To explain the risks associated with alcohol • To understand the risks associated with cannabis and volatile substance abuse • To understand how a parliamentary debate takes place in the House of Commons • To understand explain difference and similarities. Link to AntiBullying week • To develop critical think skills about information available inline. This includes thinking critically about information, people who may try to talk to you and images online • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle
	Living in the Wider World	Charity, fundraising, homelessness and finances Safety online, risks/worries and stereotypes	• To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explore the anxieties around transition • To understand mental health and how to talk about feelings • To understand the importance of sleep • To understand the reasons people may be homeless • To explain what hidden homelessness is • To challenge stereotypes associated with homelessness • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To identify risks that they may faceTo understand what risky behaviours are • To challenge gender stereotypes

		Relationships	Friendships, puberty/reproduction Positive/negative relationships, first aid, online friendships	• To identify the qualities of a good friend • To understand how to develop positive self-talk • To explore positive friendships and explain what makes a friendship successful • To gain basic first aid skills • To explain who is in their family, while recognising families are different • To understand the physical and emotional changes that happened during puberty • To understand healthy on and offline friendships • If covering sex education: • To understand human reproductive system
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