

PHASE 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	In the Early Years we teach PSED as part of our continuous provision. The titles below relate to the stories that we use to teach each specific area. These areas are then built on within specific PSHE and RSHE topics through years 1-6.					
Reception	<p><a href="#">Pink Goes to School</a> This topic will support children with managing new experiences.</p> <p><a href="#">Pink Misses Mummy</a> This topic will support children with managing emotions.</p> <p><a href="#">Blue Learns to Share</a> This topic will support children with relationships.</p> <p><a href="#">Blue's Best Friend</a> This topic will support children with relationships and understanding emotions.</p> <p><a href="#">Blue's Indoor Voice</a> This topic will support children with understanding rules.</p> <p><a href="#">Red Needs the Toilet</a> This topic will support children with asking for help.</p> <p><a href="#">Green Gets Glasses</a> This topic will support children in understanding similarities and differences.</p>	<p><a href="#">Blue Explores Road Safety</a> This topic will support children with staying safe and understanding the world.</p> <p><a href="#">Purple the Passenger</a> This topic will support children in staying safe.</p> <p><a href="#">Blue Gets Lost</a> This topic will support children with staying safe and understanding emotions.</p> <p><a href="#">Orange Helps Out</a> This topic will support children with being responsible.</p> <p><a href="#">Yellow Wants to Play with Orange</a> This topic will support children with managing friendships.</p> <p><a href="#">Why Does Purple Play Differently?</a> This topic will support children with understanding similarities and differences.</p> <p><a href="#">Red's Hearing Aid</a> This topic will support children with understanding similarities and differences.</p>	<p><a href="#">Orange Brushes Her Teeth</a> This topic will support children with staying healthy and being responsible.</p> <p><a href="#">Green's Greens</a> This topic will support children with staying healthy.</p> <p><a href="#">Yellow's Bedtime</a> This topic will support children with staying healthy and understanding rules.</p> <p><a href="#">Yellow Learns About Germs</a> This topic will support children in staying healthy.</p> <p><a href="#">Red Visits the Dentist</a> This topic will support children in staying healthy and understanding people who help us.</p> <p><a href="#">Red's Nut Allergy</a> This topic will support children with staying healthy.</p>	<p><a href="#">Pink's Screen Time</a> This topic will support children in understanding how to stay safe online.</p> <p><a href="#">Pink is Feeling Sad</a> This topic will support children in managing emotions and seeking help.</p> <p><a href="#">Orange Feels Worried</a> This topic will support children in understanding emotions.</p> <p><a href="#">Rainbow Feels Angry</a> This topic will support children with understanding emotions.</p> <p><a href="#">Purple is Poorly</a> This topic will support children with staying healthy and understanding people who help us.</p> <p><a href="#">Rainbow's Day Out</a> This topic will support children in respecting the local environment.</p> <p><a href="#">Purple Watches the News</a> This topic will support children managing emotions.</p>	<p><a href="#">Red Goes Swimming</a> This topic will support children with staying safe near water.</p> <p><a href="#">Rainbow's Food Journey</a> This topic will support children in understanding the world.</p> <p><a href="#">Rainbow Helps at Home</a> This topic will support children with being responsible.</p> <p><a href="#">Green Stays in Hospital</a> This topic will support children with identifying people who help us.</p> <p><a href="#">Yellow Play Fights</a> This topic will support children in understanding rules.</p> <p><a href="#">Rainbow Visits the Seaside</a> This topic will support children with staying safe in the sun.</p>	<p><a href="#">Green Moves Up a Year</a> This topic will support children with changes and transitions.</p> <p><a href="#">Orange Moves House</a> This topic will support children with changes and transitions.</p> <p><a href="#">Green's Daddy Moves Out</a> This topic will support children with managing changes at home.</p> <p><a href="#">Pink Has a New Brother</a> This topic will support children in managing emotions.</p> <p><a href="#">Orange Sleeps Over</a> This topic will support children in understanding emotions.</p> <p><a href="#">Yellow Goes on Holiday</a> This topic will support children with understanding the world.</p> <p><a href="#">Purple's Pet Bird</a> This topic will support children with managing emotions.</p>
	Keeping and staying safe	Keeping and staying healthy	Relationships	Being responsible	Feelings and emotions	Our world

Year 1	<u>Road safety</u> <ul style="list-style-type: none"> <li>• understand why it is important to stay safe when crossing the road</li> <li>• be able to recognise a range of safe places to cross the road</li> <li>• understand the differences between safe and risky choices</li> <li>• know different ways to help us stay safe</li> </ul>	<u>Washing Hands</u> <ul style="list-style-type: none"> <li>• understand why we need to wash our hands</li> <li>• know how germs are spread and how they can affect our health</li> <li>• be able to practise washing your hands</li> <li>• know the differences between healthy and unhealthy choices</li> </ul>	<u>Friendship</u> <ul style="list-style-type: none"> <li>• understand how to be a good friend</li> <li>• be able to recognise kind and thoughtful behaviours</li> <li>• understand the importance of caring about other people's feelings</li> <li>• be able to see a situation from another person's point of view</li> </ul>	<u>Water Spillage</u> <ul style="list-style-type: none"> <li>• know how you can help people around you</li> <li>• understand the types of things you are responsible for</li> <li>• know how and understand the importance of preventing accidents</li> <li>• be able to recognise the differences between being responsible and being irresponsible</li> </ul>	<u>Jealousy</u> <ul style="list-style-type: none"> <li>• be able to recognise and name emotions and their physical effects</li> <li>• know the difference between pleasant and unpleasant emotions</li> <li>• learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>• understand that feelings can be communicated with and without words</li> </ul>	<u>Growing in Our World</u> <ul style="list-style-type: none"> <li>• understand the needs of a baby</li> <li>• be able to recognise what you can do for yourself now you are older</li> <li>• be able to describe the common features of family life</li> <li>• be able to recognise the ways in which your family is special and unique</li> </ul>
	PHASE 2					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Keeping and staying safe	Keeping and staying healthy	Relationships	Being responsible	Feelings and emotions	Our world

Year 2	<p><u>Tying Shoelaces</u></p> <ul style="list-style-type: none"> <li>• know the reasons to make sure your laces are tied</li> <li>• learn how to tie up laces properly</li> <li>• know rules to keep yourself and others safe</li> <li>• understand the differences between safe and risky choices</li> </ul>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> <li>• know that food is needed for our bodies to be healthy and to grow</li> <li>• understand that some foods are better for good health than others</li> <li>• be able to list different types of healthy food</li> <li>• understand how to keep yourself and others healthy</li> <li>• know the differences between healthy and unhealthy choices</li> </ul> <p><u>Brushing Teeth</u></p> <ul style="list-style-type: none"> <li>• understand why we need to brush our teeth</li> <li>• be able to practise brushing your teeth</li> <li>• know the differences between healthy and unhealthy choices</li> <li>• be able to develop strategies to help you remember to brush your teeth</li> </ul> <p>owhen you forget, are tired, or busy</p>	<p><u>Bullying</u></p> <ul style="list-style-type: none"> <li>• be able to name a range of feelings</li> <li>• understand why we should care about other people's feelings</li> <li>• be able to see and understand bullying behaviours</li> <li>• know how to cope with these bullying behaviours</li> </ul> <p><u>Body Language</u></p> <ul style="list-style-type: none"> <li>• be able to recognise and name a range of feelings</li> <li>• understand that feelings can be shown without words</li> <li>• be able to see a situation from another person's point of view</li> <li>• understand why it is important to care about other people's feelings</li> </ul>	<p><u>Practice Makes Perfect</u></p> <ul style="list-style-type: none"> <li>• be able to name ways you can improve in an activity or sport</li> <li>• understand the importance of trying hard and not giving up</li> <li>• be able to see the benefits of practising an activity or sport</li> <li>• be able to learn ways to set goals and work to reach them</li> </ul> <p><u>Helping Someone in Need</u></p> <ul style="list-style-type: none"> <li>• know how you can help other people</li> <li>• be able to recognise kind and thoughtful behaviours and actions</li> <li>• understand the risks of talking to people you don't know very well in the community</li> <li>• be able to identify the differences between being responsible and being irresponsible</li> </ul>	<p><u>Worry</u></p> <ul style="list-style-type: none"> <li>• be able to recognise and name emotions and their physical effects</li> <li>• know the difference between pleasant and unpleasant emotions</li> <li>• learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>• understand that feelings can be communicated with and without words</li> </ul> <p><u>Anger</u></p> <ul style="list-style-type: none"> <li>• be able to recognise and name emotions and their physical effects</li> <li>• know the difference between pleasant and unpleasant emotions</li> <li>• learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>• understand that feelings can be communicated with and without words</li> </ul>	<p><u>Living in Our World</u></p> <ul style="list-style-type: none"> <li>• understand why we should look after living things</li> <li>• be able to identify how we can look after living things both inside and outside of the home</li> <li>• recognise why it is important to keep our communities and countryside clean</li> <li>• be able to encourage others to help keep their communities and countryside clean</li> </ul> <p><u>Working in Our World</u></p> <ul style="list-style-type: none"> <li>• understand different ways we can receive money</li> <li>• know how to keep money safe</li> <li>• be able to describe the skills you may need in a future job or career</li> <li>• be able to recognise the differences between wants and needs</li> </ul>
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Year 3	<u>Staying Safe</u> <ul style="list-style-type: none"><li>• know ways to keep yourself and others safe</li><li>• be able to recognise risky situations</li><li>• be able to identify trusted adults around you</li><li>• understand the differences between safe and risky choices</li></ul> <u>Leaning Out of Windows</u> <ul style="list-style-type: none"><li>• be able to recognise a range of warning signs</li><li>• be able to spot the dangers we may find at home</li><li>• know the importance of listening to our trusted adults</li><li>• be able to understand ways we can keep ourselves and others safe at home</li><li>• know the differences between safe and risky choices</li></ul>		<u>Medicine</u> <ul style="list-style-type: none"><li>• know, understand, and be able to practise simple safety rules about medicine</li><li>• understand when it is safe to take medicine</li><li>• know who we can accept medicine from</li><li>• understand the differences between healthy and unhealthy choices</li></ul>	<u>Touch</u> <ul style="list-style-type: none"><li>• understand the difference between appropriate and inappropriate touch</li><li>• know why it is important to care about other people’s feelings</li><li>• understand personal boundaries</li><li>• know who and how to ask for help</li><li>• be able to name human body parts</li></ul>	<u>Stealing</u> <ul style="list-style-type: none"><li>• understand the differences between borrowing and stealing</li><li>• be able to describe how you might feel if something of yours is borrowed and not returned</li><li>• know why it is wrong to steal</li><li>• be able to understand the differences between being responsible and irresponsible</li></ul>	<u>Grief</u> <ul style="list-style-type: none"><li>• be able to recognise and name emotions and their physical effects</li><li>• know the difference between pleasant and unpleasant emotions</li><li>• learn a range of skills for coping with unpleasant/uncomfortabl e emotions</li><li>• understand that feelings can be communicated with and without words</li></ul>	<u>Looking After Our World</u> <ul style="list-style-type: none"><li>• be able to explain the meaning of reduce, reuse, and recycle</li><li>• recognise how we can help look after our planet</li><li>• be able to identify how to reduce the amount of water and electricity we use</li><li>• understand how we can reduce our carbon footprint</li></ul>
	PHASE 3						
	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Keeping and staying safe	Keeping and staying healthy	Feelings and emotions	Being responsible	Growing and changing	The working world	A world without judgement

Year 4	<p><u>Cycle Safety</u></p> <ul style="list-style-type: none"> <li>• identify strategies we can use to keep ourselves and others safe</li> <li>• recognise the impact and possible consequences of an accident or incident</li> <li>• identify what is a risky choice</li> <li>• create a set of rules for and identify ways of keeping safe</li> </ul>	<p><u>Healthy Living</u></p> <ul style="list-style-type: none"> <li>• explain what is meant by a balanced diet and plan a balanced meal</li> <li>• recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older</li> <li>• understand nutritional information on packaged food and explain what it means</li> <li>• describe different ways to maintain a healthy lifestyle</li> </ul>	<p><u>Jealousy</u></p> <ul style="list-style-type: none"> <li>• recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good</li> <li>• describe how we can support others who feel lonely, jealous, or upset</li> <li>• recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people</li> <li>• demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as loneliness and jealousy</li> </ul>	<p><u>Coming Home on Time</u></p> <ul style="list-style-type: none"> <li>• recognise the importance of behaving in a responsible manner in a range of situations</li> <li>• describe a range of situations where being on time is important</li> <li>• explain the importance of having rules in the home</li> <li>• describe ways that behaviour can be seen to be sensible and responsible</li> </ul>	<p><u>Appropriate Touch</u></p> <ul style="list-style-type: none"> <li>• identify the different types of relationships we can have and describe how these can change as we grow</li> <li>• explain how our families support us and how we can support our families</li> <li>• identify how relationships can be healthy or unhealthy</li> <li>• explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable</li> </ul>	<p><u>Chores at Home</u></p> <ul style="list-style-type: none"> <li>• identify ways in which we can help those who look after us</li> <li>• explain the positive impact of our actions</li> <li>• describe the ways in which we can contribute to our home, school, and community</li> <li>• identify the skills we may need in our future job roles</li> </ul>	<p><u>Breaking Down Barriers</u></p> <ul style="list-style-type: none"> <li>• recognise positive attributes in others</li> <li>• explain why being different is okay</li> <li>• recognise your own strengths and goals, and understand that these may be different from those around you</li> <li>• identify some of the ways we can overcome barriers and promote equality</li> </ul>
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Year 5	<p><u>Peer Pressure</u></p> <ul style="list-style-type: none"> <li>• identify strategies we can use to keep ourselves and others safe</li> <li>• recognise ways to manage peer pressure</li> <li>• explain the potential outcomes that may happen when we take risks</li> <li>• recognise the impact and possible consequences of an accident or incident</li> </ul>	<p><u>Smoking</u></p> <ul style="list-style-type: none"> <li>• explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.</li> <li>• describe how smoking can affect your immediate and future health and wellbeing</li> <li>• give reasons why someone might start and continue to smoke</li> <li>• identify and use skills and strategies to resist any pressure to smoke</li> </ul>	<p><u>Anger</u></p> <ul style="list-style-type: none"> <li>• recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant</li> <li>• explain how feelings can be communicated with or without words</li> <li>• recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> <li>• demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger</li> </ul>	<p><u>Looking Out for Others</u></p> <ul style="list-style-type: none"> <li>• recognise why we should take action when someone is being unkind</li> <li>• describe caring and considerate behaviour, including the importance of looking out for others</li> <li>• demonstrate why it is important to behave in an appropriate and responsible way</li> <li>• identify how making some choices can impact others' lives in a negative way</li> </ul>	<p><u>Puberty</u></p> <ul style="list-style-type: none"> <li>• explain what puberty means</li> <li>• describe the changes that boys and girls may go through during puberty</li> <li>• identify why our bodies go through puberty</li> <li>• develop coping strategies to help with the different stages of puberty</li> <li>• identify who and what can help us during puberty</li> </ul>	<p><u>Enterprise</u></p> <ul style="list-style-type: none"> <li>• understand and explain why people might want to save money</li> <li>• identify ways in which you can help out at home</li> <li>• budget for items you would like to buy</li> <li>• recognise ways to make money and the early stages of enterprise</li> </ul>	<p><u>Inclusion &amp; Acceptance</u></p> <ul style="list-style-type: none"> <li>• identify some of the ways in which we are different and unique</li> <li>• explain some of the elements which help us to have a diverse community</li> <li>• describe strategies to overcome barriers and promote diversity and inclusion</li> </ul>
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Year 6	<u>Water Safety</u> <ul style="list-style-type: none"> <li>• identify a range of danger signs</li> <li>• develop and name strategies that can help keep ourselves and others safe</li> <li>• recognise the impact and possible consequences of an accident or incident</li> </ul>	<u>Alcohol</u> <ul style="list-style-type: none"> <li>• identify what is a risky choice</li> <li>• identify the risks associated with alcohol</li> <li>• describe how alcohol can affect your immediate and future health</li> <li>• develop and recognise skills and strategies to keep safe</li> </ul>	<u>Worry</u> <ul style="list-style-type: none"> <li>• recognise our thoughts, feelings, and emotions</li> <li>• identify how we can reduce our feeling of worry</li> <li>• explain how we can support others who feel worried</li> <li>• recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> </ul>	<u>Stealing</u> <ul style="list-style-type: none"> <li>• explain what consent means</li> <li>• recognise the importance of being honest and not stealing</li> <li>• explain why it is important to have a trusting relationship between friends and family</li> <li>• identify how making some choices can impact others' lives in a negative way</li> </ul>	<u>Conception</u> <ul style="list-style-type: none"> <li>• explain the terms 'conception' and 'reproduction'</li> <li>• describe the function of the female and male reproductive systems</li> <li>• identify the various ways adults can have a child</li> <li>• explain various different stages of pregnancy</li> <li>• identify the laws around consent</li> </ul>	<u>In-App Purchases</u> <ul style="list-style-type: none"> <li>• know and understand various money-related terms</li> <li>• recognise some of the ways in which we can spend money via technology</li> <li>• describe the potential impact of spending money without permission</li> <li>• identify strategies to save money</li> </ul>	<u>British Values</u> <ul style="list-style-type: none"> <li>• understand that there are a wide range of religions and beliefs in the UK</li> <li>• explain each of the British values</li> <li>• create a range of values for your educational setting</li> <li>• explain how all religions can live in cohesion</li> </ul>
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Computer safety is covered by our ICT curriculum.