PSHE LEARNING JOURNEY

Years 5&6

- What will change as we become more independent? How do friendships change as we grow? Spring 2024/25
- How can the media influence people? Autumn 2024/25
- How can we keep healthy as we grow? Autumn 2024/25
- What jobs would we like? Summer 2025/26
- How can drugs common to everyday life affect health? Summer 2025/26
- How can friends communicate safely? Spring 2025/26
- How can we help in an accident or emergency? Spring 2025/26
- What decisions can people make with money? Autumn 2025/26
- What makes up a person's identity? Autumn 2025/26
- How can we manage risk in different places? Summer 2022/3
- How will we grow and change? Summer 2024/25
- How can our choices make a difference to others and the environment? Spring 2022/3
- How can we manage our feelings? Spring 2024/25

Years 3&4

- How do we treat each other with respect? Autumn 2024/25
- What strengths, skills and interests do we have? Autumn 2024/25
- How can we be a good friend? Summer 2025/26
- Why should we keep active and sleep well? Summer 2025/26
- What makes a community? Spring 2025/26
- What are families like? Spring 2025/26
- What keeps us safe? Autumn 2025/26
- Why should we eat well and look after our teeth? Autumn 2025/26
- What helps us grow and stay healthy? Summer 2024/25
- What helps to stay safe? Spring 2024/25
- What jobs do people do? Spring 2024/25
- What makes a good friend? Autumn 2024/25
- How can we look after each other and the world? Summer 2025/26
- How do we recognise our feelings? Summer 2024/25
- What is bullying? Autumn 2024/25

Years 1&2

- What is the same and different about us? Autumn 2025/26
- Who is special to us? Autumn 2025/26
- Who helps to keep us safe? Spring 2025/26
- What helps us stay healthy? Spring 2025/26
- What can we do with money? Summer 2025/26

EYFS PSED

- Growing and Changing Seasons Summer 2024/25
- Being My Best Summer 2024/25
- Rights and Responsibilities Summer 2024/25
- Keeping Myself Safe Spring 2024/25
- Valuing differences Spring 2024/25
- Me and My relationships Autumn 2024/25
- All about Me! Transition to a new school Autumn 2024/25

The curriculum has three strands: **Health and well-being** **Relationships** **Living in the Wider World**