PSHE Curriculum

Some aspects of PSHE are taught in a cross curricular way through subjects such as: RE, PE, RSE, and Science. As well as through the Catholic Life and Prayer Life of the school. However it is essential that all aspects of the PSHE curriculum are taught. Objectives have been split into topics areas and mapped out on the Long Term Plan. Below is a guide to the topic areas on the plan and the core objectives that need to covered, appropriate to the age and stage of the children.

Key	Stage	1

YEAR 1	YEAR 2
TEAM (Together Everyone Achieves	TEAM (Together Everyone Achieves
More)	More)
R21. about what is kind and unkind	R10. that bodies and feelings can be
behaviour, and how this can affect others	hurt by words and actions; that people can say hurtful things online
R22. about how to treat themselves	, 5
• • • • • • • • • • • • • • • • • • • •	R11. about how people may feel if they
and others with respect; how to be	experience hurtful behaviour or
polite and courteous	bullying
R23. to recognise the ways in which	R12. that hurtful behaviour (offline
they are the same and different to others	and online) including teasing, name- calling, bullying and deliberately
R24. how to listen to other people and	excluding others is not acceptable; how
play and work cooperatively	to report bullying; the importance of
R25. how to talk about and share their	telling a trusted adult
opinions on things that matter to them	
DENTAL CARE AND HYGIENE	MEDICINES
H7. about dental care and visiting the	H4. about why sleep is important and
dentist; how to brush teeth correctly;	different ways to rest and relax
food and drink that support dental	H5. simple hygiene routines that can
health	stop germs from spreading
H1. about what keeping healthy means;	H6. that medicines (including
different ways to keep healthy	vaccinations and immunisations and
H2. about foods that support good	those that support allergic reactions)
health and the risks of eating too	can help people to stay healthy
much sugar	H8. how to keep safe in the sun and
H3. about how physical activity helps	protect skin from sun damage
us to stay healthy; and ways to be	H9. about different ways to learn and

physically active everyday	play; recognising the importance of knowing when to take a break from time online or TV H10. about the people who help us to stay physically healthy H37. about things that people can put into their body or on their skin; how these can affect how people feel
DIGITAL WELLBEING AND SAFE RELATIONSHIPS	MANAGING THOUGHTS AND FEELINGS
R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private R14. that sometimes people may behave differently online, including by pretending to be someone they are not R15. how to respond safely to adults they don't know R16. about how to respond if physical contact makes them feel uncomfortable or unsafe R17. about knowing there are situations when they should ask for permission and also when their permission should be sought R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary	H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

MONEY MATTERS	DIGITAL WELLBEING AND SAFER RELATIONSHIPS
L10. what money is; forms that money	R17. about knowing there are
comes in; that money comes from	situations when they should ask for
different	permission and also when their
sources	permission should be sought
L11. that people make different	R18. about the importance of not
choices about how to save and spend	keeping adults' secrets (only happy
money	surprises that others will find out
L12. about the difference between	about eventually)
needs and wants; that sometimes	R19. basic techniques for resisting
people may	pressure to do something they don't
not always be able to have the things	want to do and which may make them
they want	unsafe
L13. that money needs to be looked	R20. what to do if they feel unsafe or
after; different ways of doing this	worried for themselves or others; who
	to ask for help and vocabulary to use
	when asking for help; importance of
	keeping trying until they are heard
DIVERSITY- BRITAIN (LOCAL)	MONEY MATTERS
L4. about the different groups they	L10. what money is; forms that money
belong to	comes in; that money comes from
L5. about the different roles and	different sources
responsibilities people have in their	L11. that people make different
community	choices about how to save and spend
L6. to recognise the ways they are the	money
same as, and different to, other people	L12. about the difference between
	needs and wants; that sometimes
	people may not always be able to have
	the things they want
	L13. that money needs to be looked
	after; different ways of doing this
THINKING POSITIVE	DIVERSITY- GLOBAL
H11. about different feelings that	L5. about the different roles and
humans can experience	responsibilities people have in their
H12. how to recognise and name	community
different feelings	L6. to recognise the ways they are the

H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things H16. about ways of sharing feelings; a range of words to describe feelings	same as, and different to, other people
	KEEPING SAFE
	H28. about rules and age restrictions
	that keep us safe
	H29. to recognise risk in simple
	everyday situations and what action to
	take to minimise harm
	H30. about how to keep safe at home
	(including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)
	H31. that household products (including medicines) can be harmful if not used correctly
	H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely
	H33. about the people whose job it is to help keep us safe
	H34. basic rules to keep safe online, including what is meant by personal
	information and what should be kept private; the importance of telling a
	trusted adult if they come across
	something that scares them
	H35. about what to do if there is an
	accident and someone is hurt

H36. how to get help in an emergency
(how to dial 999 and what to say)

<u>Lower Key Stage 2</u>

YEAR 3	YEAR 4
TEAM (Together Everyone Achieves	MANAGING BEHAVIOUR AND
More)	RELATIONSHIPS
TEAM (Together Everyone Achieves	MANAGING BEHAVIOUR AND
	for one another R7. to recognise and respect that
	there are different types of family structure (including single parents, same-sex parents, step-parents,

	blended families, foster parents); that families of all types can give family members love, security and stability R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support
SHARED RESPONSIBILITIES	KEEPING SAFE
L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws L2. to recognise there are human rights, that are there to protect everyone L3. about the relationship between rights and responsibilities L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others L5. ways of carrying out shared	H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming H38. how to predict, assess and manage risk in different situations H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe H40. about the importance of taking

responsibilities for protecting the	medicines correctly and using
environment in school and at home; how	household products safely, (e.g.
everyday choices can affect the	following instructions carefully)
environment (e.g. reducing, reusing,	H41. strategies for keeping safe in the
recycling; food choices)	local environment or unfamiliar places
	(rail, water, road) and firework safety;
	safe use of digital devices when out
	and about
	H42. about the importance of keeping
	personal information private;
	strategies for keeping safe online,
	including how to manage requests for
	personal information or images of
	themselves and others; what to do if
	frightened or worried by something
	seen or read online and how to report
	concerns, inappropriate content
	and contact
	H43. about what is meant by first aid;
	basic techniques for dealing with
	common injuries
	H44. how to respond and react in an
	emergency situation; how to identify
	situations that may require the
	emergency services; know how to
	contact them and what to say
DIGITAL WELLBEING	HEALTHY BODIES
R22. about privacy and personal	H1. how to make informed decisions
boundaries; what is appropriate in	about health
friendships and wider relationships	H2. about the elements of a balanced,
(including online);	healthy lifestyle
R23. about why someone may behave	H3. about choices that support a
differently online, including pretending	healthy lifestyle, and recognise what
to be someone they are not; strategies	might influence these
for recognising risks, harmful content	H4. how to recognise that habits can
and contact; how to report concerns	have both positive and negative
R24. how to respond safely and	effects on a healthy lifestyle
appropriately to adults they may	H5. about what good physical health

encounter (in all contexts including	means; how to recognise early signs of
online) whom they do not know	physical illness
R25. recognise different types of	H6. about what constitutes a healthy
physical contact; what is acceptable	diet; how to plan healthy meals;
and unacceptable; strategies to	benefits to health and wellbeing of
respond to unwanted physical contact	eating nutritionally rich foods; risks
R26. about seeking and giving	associated with not eating a healthy
permission (consent) in different	diet including obesity and tooth decay.
situations	H7. how regular (daily/weekly)
R27. about keeping something	exercise benefits mental and physical
confidential or secret, when this	health (e.g. walking or cycling to
should (e.g. a birthday surprise that	school, daily active mile); recognise
others will find out about) or should	opportunities to be physically active
not be agreed to, and when it is right	and some of the risks associated with
to break a confidence or share a	an inactive lifestyle
secret	H8. about how sleep contributes to a
R28. how to recognise pressure from	healthy lifestyle; routines that support
others to do something unsafe or that	good quality sleep; the effects of lack
makes them feel uncomfortable and	of sleep on the body, feelings,
strategies for managing this	behaviour and ability to learn
R29. where to get advice and report	H9. that bacteria and viruses can
concerns if worried about their own or	affect health; how everyday hygiene
someone else's personal safety	routines can limit the spread of
(including online)	infection; the wider importance of
	personal hygiene and how to maintain it
	H10. how medicines, when used
	responsibly, contribute to health; that
	some diseases can be prevented by vaccinations and immunisations; how
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POSITIVE THINKING	allergies can be managed UNDERSTANDING MONEY
H15. that mental health, just like physical health, is part of daily life;	L17. about the different ways to pay for things and the choices people have
the importance of taking care of	about this
mental health	L18. to recognise that people have
H16. about strategies and behaviours	different attitudes towards saving and
that support mental health — including	spending money; what influences
how good quality sleep, physical	people's decisions; what makes
now good quaity sleep, physical	people's decisions, what makes

exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing H17. to recognise that feelings can change over time and range in intensity H18. about everyday things that affect feelings and the importance of expressing feelings H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others	something 'good value for money' L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) L20. to recognise that people make spending decisions based on priorities, needs and wants L21. different ways to keep track of money L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe
ASPIRATIONS	DIGITAL WELLBEING
L25. to recognise positive things about themselves and their achievements;	R22. about privacy and personal
	boundaries; what is appropriate in friendships
set goals to help achieve personal outcomes	friendships and wider relationships (including online);
L26. that there is a broad range of	R23. about why someone may behave
different jobs/careers that people can	differently online, including pretending
have; that people often have more than	to be someone they are not; strategies
one career/type of job during their	for recognising risks, harmful content
life	and contact; how to report concerns
L27. about stereotypes in the	R24. how to respond safely and
workplace and that a person's career	appropriately to adults they may
aspirations should not be limited by	encounter (in all contexts including
· · ·	
them	online) whom they do not know

populate designed about a job on the physical contact; what is accontable
people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation L31. to identify the kind of job that they might like to do when they are older L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact R26. about seeking and giving permission (consent) in different situations R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secretR28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

<u>Upper Key Stage 2</u>

	blanded families faster
	blended families, foster
	parents); that families of all types can
	give family members love, security and
	stability
	R8. to recognise other shared
	characteristics of healthy family life,
	including commitment, care, spending
	time together; being there for each
	other in times of difficulty
	R9. how to recognise if family
	relationships are making them feel
	unhappy or unsafe, and how to seek
	help or advice
	R19. about the impact of bullying,
	including offline and online, and the
	consequences of hurtful behaviour
	R20. strategies to respond to hurtful
	behaviour experienced or witnessed,
	offline and online (including teasing,
	name-calling, bullying, trolling,
	harassment or the deliberate
	excluding of others); how to report
	concerns and get support
	R21. about discrimination: what it
MANAGING THOUGHTS AND	means and how to challenge it KEEPING SAFE
FEELINGS	REEPING SAFE
H15. that mental health, just like	H37. reasons for following and
physical health, is part of daily life;	complying with regulations and
the importance of taking care of	restrictions (including age
mental health	
	restrictions); how they promote
H16. about strategies and behaviours	personal safety and wellbeing with
that support mental health — including	reference to social media, television
how good quality sleep, physical	programmes, films, games and online
exercise/time outdoors, being involved	gaming
in community groups, doing things for	H38. how to predict, assess and
others, clubs, and activities, hobbies	manage risk in different situations
and spending time with family and	H39. about hazards (including fire

friends can support mental health and	risks) that may cause harm, injury or
wellbeing	risk in the home and what they can do
H17. to recognise that feelings can	to reduce risks and keep safe
change over time and range in intensity	H40. about the importance of taking
H18. about everyday things that	medicines correctly and using
affect feelings and the importance of	household products safely, (e.g.
expressing feelings	following instructions carefully)
H19. a varied vocabulary to use when	H41. strategies for keeping safe in the
talking about feelings; about how to	local environment or unfamiliar places
express feelings in different ways;	(rail, water, road) and firework safety;
H20. strategies to respond to feelings,	safe use of digital devices when out
including intense or conflicting	and about
feelings; how to manage and respond to	H42. about the importance of keeping
feelings appropriately and	personal information private;
proportionately in different situations	strategies for keeping safe online,
H21. to recognise warning signs about	including how to manage requests for
mental health and wellbeing and how to	personal information or images of
seek support for themselves and	themselves and others; what to do if
others	frightened or worried by
H22. to recognise that anyone can	something seen or read online and how
experience mental ill health; that most	to report concerns, inappropriate
difficulties can be resolved with help	content and contact
and support; and that it is important to	H43. about what is meant by first aid;
discuss feelings with a trusted adult	basic techniques for dealing with
H23. about change and loss, including	common injuries
death, and how these can affect	H44. how to respond and react in an
feelings; ways of expressing and	emergency situation; how to identify
managing grief and bereavement	situations that may require the
H24. problem-solving strategies for	emergency services; know how to
dealing with emotions, challenges and	contact them and what to say
change, including the transition to new	H45. that female genital mutilation
schools	(FGM) is against British law, what to
	do and whom to tell if they think they
	or someone they know might be at risk
DIGITAL WELLBEING	DIGITAL WELLBEING
L11. recognise ways in which the	L11. recognise ways in which the
internet and social media can be used	internet and social media can be used
both positively and negatively	both positively and negatively

L12. how to assess the reliability of	L12. how to assess the reliability of
sources of information online; and how	sources of information online; and how
to make safe, reliable choices from	to make safe, reliable choices from
search results	search results
L13. about some of the different ways	L13. about some of the different ways
information and data is shared and	information and data is shared and
used online, including for commercial	used online, including for commercial
purposes	purposes
L14. about how information on the	L14. about how information on the
internet is ranked, selected and	internet is ranked, selected and
targeted at specific individuals and	targeted at specific individuals and
groups; that connected devices can	groups; that connected devices can
share information	share information
L15. recognise things appropriate to	L15. recognise things appropriate to
share and things that should not be	share and things that should not be
shared on social media; rules	shared on social media; rules
surrounding distribution of images	surrounding distribution of images
L16. about how text and images in the	L16. about how text and images in the
media and on social media can be	media and on social media can be
manipulated or invented; strategies to	manipulated or invented; strategies to
evaluate the reliability of sources and	evaluate the reliability of sources and
identify misinformation	identify misinformation
COMMUNITIES	HEALTHY BODIES
L6. about the different groups that	H1. how to make informed decisions
make up their community; what living in	about health
a community means	H2. about the elements of a balanced,
L7. to value the different	healthy lifestyle
contributions that people and groups	H3. about choices that support a
make to the community	healthy lifestyle, and recognise what
L8. about diversity: what it means; the	might influence these
benefits of living in a diverse	H4. how to recognise that habits can
community; about valuing diversity	have both positive and negative
within communities	effects on a healthy lifestyle
L9. about stereotypes; how they can	H5. about what good physical health
negatively influence behaviours and	means; how to recognise early signs of
attitudes towards others; strategies	physical illness
for challenging stereotypes	H6. about what constitutes a healthy
L10. about prejudice; how to recognise	diet; how to plan healthy meals;

behaviours/actions which discriminate	benefits to health and wellbeing of
	eating nutritionally rich foods; risks
	associated with not eating a healthy
	diet including obesity and tooth decay.
	H7. how regular (daily/weekly)
	exercise benefits mental and physical
	health (e.g. walking or cycling to
	school, daily active mile); recognise
	opportunities to be physically active
	and some of the risks associated with
	an inactive lifestyle
	H8. about how sleep contributes to a
	healthy lifestyle; routines that support
	good quality sleep; the effects of lack
	of sleep on the body, feelings,
	behaviour and ability to learn
	H9. that bacteria and viruses can
	affect health; how everyday hygiene
	routines can limit the spread of
	infection; the wider importance of
	personal hygiene and how to maintain it
	H10. how medicines, when used
	responsibly, contribute to health; that
	some diseases can be prevented by
	vaccinations and immunisations; how
	allergies can be managed
	H11. how to maintain good oral hygiene
	(including correct brushing and
	flossing); why regular visits to the
	dentist are essential; the impact of
	lifestyle choices on dental care (e.g.
	sugar consumption/acidic drinks such
	as fruit juices, smoothies and fruit
	teas; the effects of smoking)
	H12. about the benefits of sun
	exposure and risks of overexposure;
	how to keep safe from sun damage and
	sun/heat stroke and reduce the risk of

	skin cancer H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
ASPIRATIONS	UNDERSTANDING MONEY
ASPIRATIONS L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid	UNDERSTANDING MONEY L17. about the different ways to pay for things and the choices people have about this L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money' L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) L20. to recognise that people make spending decisions based on priorities, needs and wants L21. different ways to keep track of money L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations L24. to identify the ways that money
L30. about some of the skills that will help them in their future careers e.g.	can impact on people's feelings and emotions

teamwork, communication and	
negotiation	
L31. to identify the kind of job that	
they might like to do when they are	
older	
L32. to recognise a variety of routes	
into careers (e.g. college,	
apprenticeship,	
university)	