

Year 1 PSHE Lessons

Autumn 1	Spring 1	Summer 1
<p>Citizenship: roles and responsibilities at home and school</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about people that are special to them and what they do 2. about the roles of different people in the school 3. about things they are responsible for at home and school 	<p>Keeping safe and well: looking after myself</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about personal safety and who they can talk to for help 2. about germs and the importance of personal hygiene 3. about people who help us to stay healthy and well (eg. dentists, doctors, nurses) 	<p>Mental health: good feelings / not so good feelings</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about times when people feel joyful / happy 2. about losing something special and how it feels 3. how people feel when someone or something special dies and what can help them to feel better
Autumn 2	Spring 2	Summer 2
<p>Fun, food and fitness: fun times</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about special foods and drinks that are associated with different cultures, customs and celebrations 2. how different active playground games make them feel and to make choices about which they enjoy 	<p>Drugs, alcohol and tobacco education: What goes into and onto bodies?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what can go <u>into</u> bodies and how it can make people feel 2. about what can go <u>onto</u> bodies and how it can make 	<p>Financial capability: money</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. where money comes from and the importance of keeping money safe 2. to make simple choices about how they spend their money 3. about saving money

Year 2 PSHE Lessons

Autumn 1	Spring	Summer 1
<p>Fun, food and fitness: what keeps me healthy?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what makes a balanced diet 2. about the importance of eating fruit and vegetables (as part of a balanced diet) 3. about ways of being physically active throughout the day (60 minutes a day) 	<p>Sex and relationship education: boys and girls, families</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. to understand and respect the differences and similarities between people 2. about the biological differences between male and female animals and their role in the life cycle 3. the biological differences between male and female children 4. about growing from young to old and that they are growing and changing 5. that everybody needs to be cared for and ways in which they care for others 6. about different types of family and how their home-life is special 	<p>Mental health: working and playing together</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about being co-operative with others 2. how to solve simple arguments with peers 3. that teasing or bullying is unacceptable and what to do if they experience
Autumn 2		Summer 2
<p>Keeping safe: at home and outside</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about keeping safe in the home, including fire safety 2. about keeping safe outside, including road safety 3. about people who help keep us safe (including police, fire services) and how to ask for help 		<p>Drug, alcohol and tobacco education: medicines and me</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. why medicines are taken and that there can be alternatives to taking medicines 2. what medicines look like and how they are used 3. safety rules about using and storing medicines

Year 3 PSHE Lessons

Autumn 1	Spring 1	Summer 1
<p>Mental health: friendship</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about similarities and differences between themselves and others 2. about what makes a good friend 3. about dealing with issues that might arise in friendships 	<p>Mental health: dealing with feelings</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about different emotions and how to manage these 2. that people can experience conflicting emotions at different times, such as times of loss or change 3. about the process of grief and bereavement 	<p>Fun, food and fitness: edible and active</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the range of sources their food comes from 2. that their food comes from a range of countries around the world 3. about some of the challenges people might experience around keeping physically active
Autumn 2	Spring 2	Summer 2
<p>Keeping safe: What is bullying?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. what bullying is, the different types of bullying and why it is unacceptable 2. about recognising bullying 3. about what to do if they witness or experience bullying 	<p>Drugs, alcohol and tobacco education: What is a drug?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. the definition of a drug and that drugs (including medicines) can be helpful or harmful 2. about tobacco and its effects on the body 3. about the help available for people to remain smoke free or quit smoking 4. (optional) that medicines can be used to manage and treat medical conditions and the importance of this being done correctly 	<p>Financial capability: saving, spending and borrowing</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what influences people's choices about spending and saving money 2. about why people might borrow money and that borrowed money must be paid back 3. about different jobs that people do to earn money and the role of charities

Year 4 PSHE Lessons

Autumn 1	Spring 1	Summer
<p>Fun, food and fitness: making healthy choices</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about choosing healthy snacks and what influences people's decisions 2. that their leisure time activity choices can be very active or less active and how this can impact on a person's health 	<p>Drugs, alcohol and tobacco education: drugs common to everyday life</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about drugs that are common to everyday life and why people choose to use them 2. about different types of drug use (social, habitual, addiction and overloading) 3. about alcohol and its effects on the body 	<p>Sex and relationship education: growing up and changing</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the way we grow and change throughout the human lifecycle 2. about the physical changes associated with puberty 3. about menstruation and wet dreams
Autumn 2	Spring 2	
<p>Keeping safe: online / offline</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about behaviour – online and offline – what is acceptable and unacceptable 2. about the importance of keeping personal information secure 3. how to be safe in their computer gaming habits 	<p>Citizenship: local2global (citizenship / history / geography project)</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. some facts about Islington (past and present) 2. about people who have moved to Islington from other places 3. about the experiences of refugees 4. how shopping for food links us to other parts of the world and about fair trade 5. about how Islington has changed in the last 100 years 6. about children's rights 7. about what is positive and negative in Islington's environment 8. about some significant people who have lived in Islington 	<ol style="list-style-type: none"> 4. about the impact of puberty in personal hygiene and strategies for managing this 5. how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty 6. strategies to deal with feelings in the context of relationships 7. to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Year 5 PSHE Lessons

Autumn 1	Spring 1	Summer 1
<p>Fun, food and fitness: influences on fun food and fitness</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the factors that influence people's choices about the food they buy and eat 2. that messages given on food adverts can be misleading 3. about how the media influences people's ideas about fun, food and fitness 	<p>Financial capability: value for money?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what is meant by 'value for money' and being a critical consumer 2. about some of the risks involved in borrowing money 3. about what makes someone enterprising 	<p>Mental health: stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about stereotyping, including gender stereotyping 2. about prejudice and discrimination (in relation to homophobia) and how this can make people feel
Autumn 2	Spring 2	Summer 2
<p>Keeping safe: out and about</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about keeping safe near roads, rail, water, building sites and around fireworks 2. about what to do in an emergency and basic emergency first aid procedures 3. about problems that can occur when someone goes missing from home 	<p>Drugs, alcohol and tobacco education: influences</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the risks associated with smoking drugs (cigarettes, e-cigarettes, shisha and cannabis) 2. about the conflicting messages portrayed in the media concerning alcohol and tobacco 3. strategies to resist pressure concerning drug use 	<p>Citizenship: democracy</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the role of the local council 2. about the role of the government, the main political parties and how laws are made 3. about voluntary and community pressure groups

Year 6 PSHE Lessons

Autumn	Spring 1	Summer 1
<p>Sex and relationship education: healthy relationships / How is a baby made?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the changes that occur during puberty 2. to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact 3. what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships 4. about human reproduction in the context of the human lifecycle 5. how a baby is made and grows (conception and pregnancy) 6. about roles and responsibilities of parents and carers 7. to answer each other's questions about sex and relationships with confidence, where to find support and advice if they need it <p>Additional lessons: (schools will want to consider including these lessons as part of SRE policy development)</p> <ol style="list-style-type: none"> 8. some myths and misconceptions about HIV, who it affects and how it is transmitted 9. about how the risk of HIV can be reduced 10. that contraception can be used to stop a baby from being conceived 	<p>Drug, alcohol and tobacco education: situations</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the effects and risks related to legal and illegal drugs 2. about the risks associated with drug use in different situations 3. how to respond to drug use in different situations 	<p>Keeping safe: out and about</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about feelings of being out and about in the local area with increasing confidence 2. about recognising and responding to peer pressure 3. about the consequences of anti-social behaviour (including gangs and gang related behaviour)
	Spring 2	Summer 2
	<p>Mental health: healthy minds</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. what mental health is 2. what can affect mental health and about the stigma that surrounds it (including using appropriate language) 3. what people can do to support their mental health and where people can get help 	<p>Fun, food and fitness: making decisions for the future</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. that consumers choose how to prepare their meals and what influences this 2. about choices they have around remaining physically active as they become more independent <p>Moving on: transition to secondary school: Pupils learn about moving on to secondary school and how this feels</p>