

Our Lady of Lourdes Catholic Primary & Nursery School



PSHE (Cycle A)

	AUTUMN TERM: Relationships			SPRING TERM: Living in the Wider World			SUMMER TERM: Health and Wellbeing		
	Families and Friendship	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy & digital resilience	Money and work	Physical health b& mental wellbeing	Growing and changing	Keeping safe
EYFS	Me and my relationships		Being my best	Valuing difference		Rights and responsibilities	Growing and changing		Keeping myself safe
Year 1 & 2	Roles of different people; families; feeling cared for	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	How behaviour affects others; being polite and respectful	Belonging to a group; roles and responsibilities; being the same and different in the community	Using the internet and digital devices; communicating online	What money is; needs and wants; looking after money	Keeping healthy; food and exercise, hygiene routines; sun safety	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3 & 4	What makes a family; features of family life	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	What makes a community; shared responsibilities	How the internet is used; assessing information online	Making decisions about money; using and keeping money safe	Health choices and habits; what affects feelings; expressing feelings	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Risks and hazards; safety in the local environment and unfamiliar places
Year 5 & 6	Managing friendships and peer influence	Recognising and managing pressure; consent in different situations	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Valuing diversity; challenging discrimination and stereotypes	How information online is targeted; different media types, their role and impact	Influences and attitudes to money; money and financial risks	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Human reproduction and birth; increasing independence ; managing transition	Keeping safe in different situations, including responding in emergencies, first aid and FGM

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PSHE (Cycle B)									
	AUTUMN TERM: Relationships			SPRING TERM: Living in the Wider World			SUMMER TERM: Health and Wellbeing		
	Families and Friendship	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy & digital resilience	Money and work	Physical health b& mental wellbeing	Growing and changing	Keeping safe
EYFS	Me and my relationships		Being my best	Valuing difference		Rights and responsibilities	Growing and changing		Keeping myself safe
Year 1 & 2	Making friends; feeling lonely and getting help	Recognising privacy; staying safe; seeking permission	Recognising things in common and differences; playing and working cooperatively; sharing opinions	What rules are; caring for others' needs; looking after the environment	The internet in everyday life; online content and information	Strengths and interests; jobs in the community	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Recognising what makes them unique and special; feelings; managing when things go wrong	Safety in different environments; risk and safety at home; emergencies
Year 3 & 4	Positive friendships, including online	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Respecting differences and similarities; discussing difference sensitively	The value of rules and laws; rights, freedoms and responsibilities	How data is shared and used	Different jobs and skills; job stereotypes; setting personal goals	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal strengths and achievements; managing and reframing setbacks	Medicines and household products; drugs common to everyday life
Year 5 & 6	Attraction to others; romantic relationships; civil partnership and marriage	Physical contact and feeling safe	Expressing opinions and respecting other points of view, including discussing topical issues	Protecting the environment; compassion towards others	Evaluating media sources; sharing things online	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media