

PSHE

Hollywell Primary School



SKILLS	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Belonging to a Community	Positive attitudes towards difference; developing a willingness to listen to the ideas of others	What rules are; caring for others' needs; looking after the environment	Belonging to a group; being the same and different in the community	The value of rules and laws; rights freedoms and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
Families and Friendships	Special people, what makes them special and how special people care for one another	Roles of different people; families; feeling cared for	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships – including online	Managing friendships and peer influence	Attraction to others; romantic relationships; civil partnership and marriage

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Respecting Ourselves and Others	Developing a sense of fair play and a willingness to take turns and share	How behaviour affects others; being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting differences and similarities; discussing differences sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues
Physical Health and Wellbeing	Recognising the importance of basic and personal hygiene	Keeping healthy; food and exercise; hygiene routines; sun safety	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online

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Safe Relationships	Recognising the concept of privacy, including the right to keep things private	Recognising privacy; staying safe; seeking permission	Managing Secrets; resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure; consent in different situations
Keeping Safe	Understanding the concept of rules (in class and in school) and how these rules help us.	How rules and restrictions help us; keeping safe online	Keeping safe in different environments; risk and safety at home; emergencies	Risk and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life	Keeping safe in certain situations including responding in emergencies and first aid	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

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Growing and Changing	Developing their awareness of self and their own uniqueness.	Recognising what makes them unique and special; feelings; managing when things go wrong	Growing older; naming body parts; moving classes next year	Personal strengths and achievements; managing and reframing set backs	Brief overview of physical and emotional changes in puberty; naming external genitalia	Personal identity; recognising individuality and different qualities; mental wellbeing Physical and emotional changes in puberty; personal hygiene routines; support with puberty	Human reproduction and birth; increasing independence; managing transition

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Media Literacy and Digital Resilience	Using different types of technology such as a recordable book, a camera, a tablet or computer to express and record ideas and complete simple tasks	Using the internet and digital devices; communicating online	The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared and used	How information online is targeted; different media types; their role and impact	Evaluating media sources; sharing things online
Money and Work	Begin to understand that jobs help people to earn money and pay for things. Talk about different jobs that people they know do.	Strengths and interests; jobs in the community	What money is; needs and wants; looking after your money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Influences and attitudes to money; money and financial risks