

PSHE spiral curriculum

Access materials to support assessment [here](#)

Theme	Topic	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships, families, and friends	Friendships	How can I make friends?	What should friends do if they feel upset with each other?	How can I build positive friendships?	What do online friendships look like?	How might friendships change over time?	What is the impact of loneliness?
		60m 	60m	60m 	60m	60m 	60m
	Hurtful behaviour and bullying	What is unkind behaviour?	What is bullying?	Can I spot unkind behaviour and bullying?	What is cyberbullying?	What is the impact of bullying?	What is discrimination?
		60m 	60m	60m	60m	60m	60m
	Families and close relationships	Why is family important?	How are all families different?	What are different types of relationships?	What does a healthy family look like?	What does diversity in relationships look like?	What does a healthy committed relationship look like?
		60m	60m	60m	60m	60m	60m
Staying safe	Online safety	What do people use the internet for?	Should people believe everything online?	Is the internet a good thing?	What is personal data and how is it shared online?	How can people use social media safely?	What's real and what's fake online?
		60m 	60m	60m	60m	60m	60m
	Safety in and outside the home	How can people stay safe and happy at home?	Who keeps us safe?	What hazards are at home and how do we make them safe?	What keeps you safe when you go out?	How do rules and restrictions keep people safe?	What should people do in an accident or emergency?
		60m 	60m	60m	60m	60m	60m
		How can people stay safe and happy out and about?	What are age restrictions and why are they important?				
	Safe relationships	What is privacy and what should be private?	Which adults are safe to talk to?	What makes a respectful relationship?	What are personal boundaries and what is consent?	What are the risks of online relationships?	How can pressure put people in danger?
60m		60m	60m	60m	60m	60m 	
What are personal boundaries?		How can people stay safe when someone talks to them online?					

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		60m	60m				
Health and wellbeing	Physical health	Why are exercise and sleep good for us?	How can we stay safe in the sun?	How do exercise and sleep improve our health?	What makes a healthy diet?	How can healthy habits help us?	How do good hygiene and medical care support our health?
		60m 	60m	60m	60m 	60m	60m
		Which foods are good for us?	How can we stop germs from spreading?				
		60m	60m 				
	Mental health and drug education	What are the names of different feelings?	How can people get help with their feelings?	How can feelings change over time?	How can people look after their mental health?	What support is available for mental health?	How do people manage transitions?
		60m 	60m 	60m 	60m	60m	60m
		What harms and helps people's bodies and minds?	What things can people do to feel better?	How do people manage difficult emotions?	How does loss impact people's emotions?	Why are smoking, vaping, and alcohol harmful?	How do drugs impact people?
		60m	60m	60m	60m	60m	60m
Personal development and social responsibility	Money	What is money?	What do people do with their money?	How do people choose to spend their money?	What are the risks of gambling?	How do people use money sensibly?	How do people budget and look after their money?
		60m	60m 	60m	60m	60m	60m
	Growing and changing	What are the names of the different body parts?	What changes happen as we grow up?	What are my personal responsibilities as I grow up?	What happens during puberty?	What is reproduction?	How can my identity help me in a new school?
		60m	60m 	60m 	60m	60m 	60m
	Respecting ourselves and	How are people the same and different?	How can people be kind?	How do people show respect?	How can I respectfully manage conflicts?	Why does being different make the world interesting?	How do we respectfully disagree?
		60m 	60m	60m	60m	60m 	60m

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	Communities and others	What does it mean to be in a group? 60m	What is a community? 60m 	Why is diversity in a community a good thing? 60m	Why should we respect living things? 60m	How do stereotypes and prejudices impact people? 60m	What is the difference between rules, rights, and laws? 60m
	World of work	Covered in the Careers Lesson Pack , with six lessons for each year group					