

Personal, Social, Health and Economic (PSHE) Education – Coverage Document

7 core themes:

1. Sex and relationship education
2. Drug, alcohol and tobacco education
3. Keeping safe and managing risk
4. Mental health and emotional wellbeing
5. Physical health and wellbeing
6. Careers, financial capability and economic wellbeing
7. Identity, society and equality

Each topic consists of three lessons per half term and teachers are expected to teach a minimum of three lessons in each half term.



Year Group	Half term	Learning objectives and school value link (individuality, responsibility or community)
Year 1	Aut 1	<p><u>Core theme:</u> Physical health and wellbeing – Fun Times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety <p>School value link: Responsibility – What can I do to keep myself safe in the sun?</p>
	Aut 2	<p><u>Core theme:</u> Keeping safe and managing risk – Feeling Safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home <p>School value link: Community – Who helps to keep me safe in the community?</p>
	Spr 1	<p><u>Core theme:</u> Identity, society and equality – Me and Others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others

		School value link: Individuality – What makes me special?
	Spr 2	<p><u>Core theme:</u> Drug, alcohol and tobacco education – What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel <p>School value link: Responsibility – How can we keep our bodies safe?</p>
	Sum 1	<p><u>Core theme:</u> Mental health and emotional wellbeing – Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel <p>School value link: Community – How can I help a friend who is upset?</p>
Year 2	Sum 2	<p><u>Core theme:</u> Careers, financial capability and economic wellbeing – My Money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do <p>School value link: Responsibility – How can I keep my money safe?</p>
	Aut 1	<p><u>Core theme:</u> Physical health and wellbeing – What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines <p>School value link: Community – Who helps me to stay healthy?</p>
	Aut 2	<p><u>Core theme:</u> Mental health and emotional wellbeing – Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives

		<ul style="list-style-type: none">• about making friends and who can help with friendships• about solving problems that might arise with friendships <p>School value link: Responsibility – What can I do to solve a problem with a friendship?</p>
	Spr 1	<p><u>Core theme:</u> Sex and relationship education – Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none">• to understand and respect the differences and similarities between people• about the biological differences between male and female animals and their role in the life cycle• the biological differences between male and female children• about growing from young to old and that they are growing and changing• that everybody needs to be cared for and ways in which they care for others• about different types of family and how their home-life is special <p>School value link: Individuality – How am I different or similar to others? What is unique about my family?</p>
	Spr 2	
	Sum 1	<p><u>Core theme:</u> Keeping safe and managing risk – Indoors and Outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none">• about keeping safe in the home, including fire safety• about keeping safe outside• about road safety <p>School value link: Responsibility – How can I keep myself safe inside and outside?</p>
	Sum 2	<p><u>Core theme:</u> Drug, alcohol and tobacco education – Medicines and Me</p> <p>Pupils learn:</p> <ul style="list-style-type: none">• why medicines are taken• where medicines come from• about keeping themselves safe around medicines <p>School value link: Community – Who else helps to keep me safe around medicines and how do they do it?</p>
Year 3	Aut 1	<p><u>Core theme:</u> Drug, alcohol and tobacco education – Tobacco is a Drug</p> <p>Pupils learn:</p>

		<ul style="list-style-type: none"> • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and second-hand smoke • about the help available for people to remain smoke free or stop smoking • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use <p>School value link: Community – What help is available to help people in the community remain smoke free or stop smoking?</p>
	Aut 2	<p><u>Core theme:</u> Keeping safe and managing risk – Bullying – see it, say it, stop it</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to recognise bullying and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying <p>School value link: Responsibility – What should I do if I witness bullying?</p>
	Spr 1	<p><u>Core theme:</u> Mental health and emotional wellbeing – Strengths and Challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with set-backs <p>School value link: Individuality – What achievement have I celebrated recently and what personal goals have I got?</p>
	Spr 2	<p><u>Core theme:</u> Identity, society and equality – Celebrating Difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups <p>School value link: Community – What groups do you belong to in your community?</p>
	Sum 1	<p><u>Core theme:</u> Careers, financial capability and economic wellbeing – Saving, Spending and Budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people’s choices about spending and saving money • how people can keep track of their money

		<ul style="list-style-type: none"> • about the world of work <p>School value link: Responsibility – Why is it important to save money?</p>
	Sum 2	<p><u>Core theme:</u> Physical health and wellbeing – What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this <p>School value link: Individuality – What challenges do <u>you</u> face when trying to keep active?</p>
Year 4	Aut 1	<p><u>Core theme:</u> Identity, society and equality – Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council <p>School value link: Community – What is the role of our local council and how does it help the community?</p>
	Aut 2	<p><u>Core theme:</u> Drug, alcohol and tobacco education – Making Choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use <p>School value link: Responsibility – What should I do if someone needs immediate help due to drug or alcohol use?</p>
	Spr 1	<p><u>Core theme:</u> Physical health and wellbeing – What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)

		<ul style="list-style-type: none"> • about the importance of getting enough sleep <p>School value link: Individuality/Responsibility – How should I treat people who make different food choices to me? Why?</p>
	Spr 2	<p><u>Core theme:</u> Keeping safe and managing risk – Playing Safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures <p>School value link: Responsibility – How can I keep myself safe when playing computer games?</p>
	Sum 1	<p><u>Core theme:</u> Sex and relationship education – Growing Up and Changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • strategies to deal with feelings in the context of relationships • to answer each other's questions about puberty with confidence, to seek support and advice when they need it <p>School value link: Individuality – How does puberty affect people differently?</p>
	Sum 2	
Year 5	Aut 1	<p><u>Core theme:</u> Physical health and wellbeing – In the Media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality <p>School value link: Community – Which good role models in the community promote being healthy?</p>

	Aut 2	<p><u>Core theme:</u> Identity, society and equality - Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • about role models who promote diversity • about prejudice and discrimination and how this can make people feel <p>School value link: Responsibility – What can I do to make sure I don’t discriminate people based on their differences?</p>
	Spr 1	<p><u>Core theme:</u> Keeping safe and managing risk – When Things Go Wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home <p>School value link: Community – How does it affect the community when someone goes missing?</p>
	Spr 2	<p><u>Core theme:</u> Mental health and emotional wellbeing – Dealing with Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement <p>School value link: Individuality – How do I feel during times of change?</p>
	Sum 1	<p><u>Core theme:</u> Drug, alcohol and tobacco education – Different Influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p>School value link: Responsibility – What can I do to resist peer pressure linked to drugs and alcohol?</p>
	Sum 2	<p><u>Core theme:</u> Careers, financial capability and economic wellbeing – Borrowing and Earning Money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this

		<ul style="list-style-type: none"> • about enterprise • what influences people's decisions about careers <p>School value link: Community – What do people in the community have to think about when making decisions about careers?</p>
Year 6	Aut 1	<p><u>Core theme:</u> Sex and relationship education – Healthy relationships / How a baby is made</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of carers and parents • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it <p><i>OPTIONAL: Additional lessons:</i></p> <ul style="list-style-type: none"> • some myths and misconceptions about HIV, who it affects and how it is transmitted • about how the risk of HIV can be reduced • that contraception can be used to stop a baby from being conceived <p>School value link: Individuality – What values would be important to me in a relationship?</p>
	Aut 2	
	Spr 1	<p><u>Core theme:</u> Drug, alcohol and tobacco education – Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • about assessing the level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use <p>School value link: Responsibility – How can I keep myself safe if I find myself in a situation involving drug use?</p>
	Spr 2	<p><u>Core theme:</u> Identity, society and equality – Human Rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the experience of refugees • about human rights and the UN Convention on the Rights of the Child

		<ul style="list-style-type: none"> • about homelessness <p>School value link: Community – What can we do to help homeless people in our community?</p>
	Sum 1	<p><u>Core theme:</u> Mental health and emotional wellbeing – Healthy Minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health <p>School value link: Responsibility – What can I do everyday to look after my mental health?</p>
	Sum 2	<p><u>Core theme:</u> Keeping safe and managing risk – Out and About</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>School value link: Community – What impact does anti-social behaviour have on the community?</p>

Topics are from 'Islington primary scheme of work for PSHE education'