

Core topics as recommended by PSHE Association PoS Guidelines and Planning framework		Autumn 1 Relationships	Autumn 2 Health and Wellbeing	Spring 1 Living in a wider world	Spring 2 Relationships	Summer 1 Health and Wellbeing	Summer 2 Living in a wider world
Primary	2020-2021	Ourselves <i>Making choices, likes and dislikes, similarities and differences</i>	How do I feel today? Recognising emotions <i>Exploring emotions beyond 'happy and sad'. How do we express feelings appropriately?</i>	Responsibilities, rules and laws <i>At home, school and within the wider community. Recognising the difference between doing 'the right thing' and obeying laws</i>	Growing and changing (including puberty) <i>Baby to now, body parts, hygiene, development</i>	Making healthy choices <i>Healthy food, exercise, playing outside, personal hygiene</i>	People around me <i>Friends, family, people in our local community, stranger danger</i>
	2021-2022	Helping others Emotions <i>Caring for others, recognising emotions in others, fair play, sharing, inclusion</i>	People who help us <i>In school, at home and in the community. How can we help others?</i>	In the news <i>Discussing topical issues and feelings towards world events, understanding empathy, tolerance</i>	My friends and Family <i>Family relationships, challenging stereotypes, how to be a friend, how to manage conflict</i>	Keeping safe and responding to emergencies <i>Road safety, avoiding accidents in the home and community, how to deal with an emergency, safeguarding</i>	Valuing money <i>Earning money, saving money, spending money, looking after our money, jobs</i>
	2022-2023	New Beginnings and Friendships <i>My feelings and other people, managing friendships, coping with arguments</i>	Healthy Eating <i>Identifying different food groups, need for balanced diet, understanding the difference between food we like and food that is good for us</i>	Our community <i>Thinking about others, making rules, facilities in our local community, road safety</i>	Bullying (including e-safety) <i>What is bullying? What do we do if we are being bullied? How to be a good friend, how to protect ourselves when online</i>	Medicines and Drugs <i>'good and bad' drugs, tobacco alcohol, household chemicals, peer pressure</i>	Caring for our environment <i>Looking after plants, putting rubbish away, identifying things we like and don't like in our local environment, special places (next cycle swap with summer 2)</i> Recycling <i>Why we recycle, what can we recycle, how we recycle, looking after our world</i>
Secondary / Post 16	2020-2021	Feelings and opinions <i>Identifying and respecting similarities and differences</i>	Personal Hygiene and taking care of myself <i>Personal hygiene, appearance, beauty, fashion, making choices, valuing ourselves</i>	Responsibilities, rules and laws <i>At home, school and within the wider community. Recognising the difference between doing 'the right thing' and obeying laws</i>	Sexual relationships and puberty <i>how our bodies are changing, sexual relationships, consent, protection, pregnancy, STDs</i>	Recognising my needs (including sex ed) <i>Physical and emotional needs, sex and relationships, protection and contraception</i>	Charities <i>Research different charities, how do they support others, what work do they do, how do they raise money (organise a fund raising event?)</i>
	2021-2022	Helping others <i>Caring for people, treating others with respect and kindness, challenging</i>	Changes (incl. sex ed) <i>How our bodies and feelings are changing, emotions relating to love and physical desire,</i>	Topical issues <i>Find out about key stories in the world or local news. Discuss feelings towards world events</i>	Changing relationships <i>bereavement, separation, divorce, break ups</i>	Taking risks & staying safe <i>Protecting ourselves,</i>	Economic wellbeing (enterprise) <i>The working world, work ethics,</i>

		<i>stereotypes, how to recognise negative relationships</i>	<i>private and public behaviour and awareness, how to protect ourselves</i>	<i>e.g. terrorism, war, natural disasters. How to protect ourselves against 'grooming'</i>		<i>identifying and learning how to assess the risk, what to do if we are in a situation where we don't feel safe, peer pressure, saying 'no'</i>	<i>earning money, looking after money, leadership and relationship skills</i>
2022-2023	Feelings and actions <i>Developing skills to develop and maintain healthy relationships</i>	Healthy lifestyles <i>Making choices about food, exercise, lifestyle. What is good and bad for us</i> Exercise and Leisure <i>Identify different types of exercise and leisure, making choices, trying new activities (next cycle - swap with summer 1)</i>	Communities and cultures <i>Identifying similarities and differences between different cultures in our local community. Learning about tolerance and respect</i>	Bullying (including e-safety) <i>How to protect ourselves against bullying, who can help us, being a good friend, e-safety, mobile phones, stranger danger</i>	Medicines and Drugs <i>'good and bad' drugs, tobacco alcohol, household chemicals, peer pressure</i>	Our world - what improves and harms our environment <i>How to look after our environment, litter, recycling, caring for nature, improving our environment</i>	