

KS2 PSHE CURRICULUM FRAMEWORK: WHOLE SCHOOL OVERVIEW

Term	AUTUMN			SPRING			SUMMER		
Core theme	Health and Wellbeing (minimum of 12 lessons)			Relationships (minimum of 12 lessons)			Living in the wider world (minimum of 12 lessons)		
Topics	Healthy lifestyles	Growing and changing	Keeping Safe	Feelings and emotions	Healthy relationships	Valuing difference	Rights and responsibilities	Environment	Money
YEAR 5	What positively and negatively affects health and wellbeing (H1): making informed choices; benefits of a balanced diet; different influences on food; skills to make choices; hygiene and germs	Recognising what they are good at; setting goals; aspirations. Changes at puberty. Intensity of feelings, managing complex feelings. Coping with change and transition; bereavement and grief	Strategies for managing personal safety in the local environment; road, cycles, rail, water and fire; online safety; including sharing images; mobile phone safety	Keeping something confident or secret; when to break a confidence; Responding to feelings in others	Acceptable and unacceptable physical contact; solving disputes and conflicts among peers. Actions have consequences; working together; negotiation and compromise; giving feedback	Listen and respond effectively to others; share points of view. Listening to others; raise concerns and challenge.	Discuss and debate health and wellbeing issues. Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving differences; appreciating diversity	Different rights; responsibilities and duties	Role of money; managing money (saving and budgeting); what is meant by interest and loan
YEAR 6	Balance lifestyle choices; habits; images in the media and reality (true/false/fake); how this can affect how people feel; risks and effects of drugs	Recognising what they are good at; setting goals; aspirations (recap Y5 worksheets/ tasks). Changes at puberty (recap Y5) including menstruation and human reproduction; roles and responsibilities of parents	Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out; who is responsible for their health and safety; where to get help and advice	Confidentiality and when to break a confidence; recognise and manage dares.	Different types of relationships; positive and healthy relationships; maintaining relationships; recognising an unhealthy relationship; committed; loving relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to privacy.	Listening to others; raise concerns and challenge. What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying	Discuss and debate health and wellbeing issues. Human rights; the rights of children; cultural practices and British law. Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others	How resources are allocated; effect of this on individuals; communities and environment	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax Setting up an enterprise
KS2 Key words	balanced lifestyle, choices, health, wellbeing, balanced diet, food, influences, media, images, reality/fantasy, true/false, hygiene, habits, alcohol, medicines, caffeine	Achievements, aspirations, goals, strengths, target setting, conflicting emotions, feelings, managing feelings, change, transition, loss, separation, divorce, bereavement, puberty, physical and emotional changes, human reproduction, parents/carers	Risk, danger, hazard, responsibility, safety, pressure, managing pressure, influences, media, peer, emergency aid, help, safety, rules, bodies, roads, cycles, rail, water, fire, online safety, personal information, password, images, advice, phones support, responsibility	Feelings, empathy, recognising others' feelings, confidentiality, secrets, surprises, personal safety, dares, challenges	Friendships, families, couples, positive relationships, unhealthy relationships, pressure, committed relationships, civil partnerships, marriage, forced marriage, actions, behaviour, consequences, physical contact/touch, acceptable and unacceptable, working together, shared goals, disputes, conflict, support, negotiation, compromise, privacy, boundaries	Listening, viewpoints, opinions, respect, people, equality, identity, stereotypes, discrimination, bullying, aggressive behaviour	Discussion, debate, topical issues, problems, events, rules, laws, making and changing rules, human rights, children's rights, practices against human rights, anti-social behaviour, aggression, bullying, discrimination, duties, resolving difference, points of view, decisions, choices, communities, volunteers, pressure groups, health, diversity, identity, values, customs, media, social media, information, forwarding	Rights, duties, home, school, environment, resources, sustainability, economics, choices	Money, spending, saving, budgeting, interest, loan, tax, debt, resources, economics, choices, enterprise, enterprise skills, entrepreneurs