

Trannack School PSHE Rolling Programme (based on PSHE association guidance for curriculum planning)



Term	Autumn			Spring			Summer		
Core theme	Health and Wellbeing			Relationships			Living in the Wider World		
Topics	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and Emotions	Healthy Relationships	Valuing difference	Rights and Responsibilities	Environment	Money
Year 1	What keeps bodies healthy? Hygiene routines	What are we good at? Change, loss and associated feelings.	Keeping safe at home and outside. How to ask for help if we are worried.	How do we show our feelings? Recognising our own and others' feelings; sharing feelings.	Secrets and keeping safe; people who are special to us	Respecting our similarities and differences; sharing our ideas and opinions	Group and class rules; we are both unique and similar	Looking after our environment *	Where does money come from? How to use, save and spend.
Year 2 Cycle A	Healthy choices; managing different feelings	What are we good at?; Setting goals; growing independence; changing (including correct name for external genitalia)	Keeping safe in a variety of situations; asking for help; privacy in different contexts	Behaviour - our bodies and feeling can be hurt.	Listening to others; cooperating; Appropriate touch; teasing and bullying	Respecting our similarities and differences; sharing our ideas and opinions	Group and class rules; respecting our own and others' needs; groups and communities we belong to; people who work in the community; getting help in an emergency	Looking after the environment *	Where money comes from; saving and spending money; making choices; keeping track of money spent/saved
Year 3 Cycle B	What makes a balanced diet; opportunities for making own choices with food; what influences our food choices; habits	Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings	School rules on health and safety; basic emergency aid; people who help them stay healthy and safe	Recognising feelings in others; responding to how others are feeling	Positive; healthy relationships and friendships; maintaining friendship; actions affect ourselves and others; working collaboratively	Recognising and responding to bullying	Discuss and debate health and wellbeing issues. Being a part of the community and who works in the community	Responsibilities; rights and duties	Enterprise; what it means; developing skills in enterprise *
Year 4 Cycle A	What makes a balanced lifestyle?;	Recognising what they we	How to keep safe in local area and	Keeping something confidential or	Acceptable and unacceptable physical	Listen and respond effectively to	Discuss and debate health and wellbeing issues.	Sustainability of the environment	Role of money; managing money (saving

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	making choices; drugs common to everyday life; hygiene and germs	good at; setting goals; changes at puberty; changes that happen in life and feelings associated with change	online; people who help us stay healthy and safe	secret; when to break a confidence; recognising and managing dares	contact; solving disputes and conflicts amongst peers	people; share points of view	Appreciating difference and diversity in the UK and around the world	across the world	and budgeting); what is meant by interest
Year 5 Cycle B	What positively and negatively affects health and wellbeing?; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices	Recognising what we are good at; setting goals; aspirations; intensity of feelings; managing complex feelings; coping with change and transition; bereavement and grief	Strategies for managing personal safety in the local environment; online safety; including sharing images; mobile phone safety	Responding to feelings in others	Actions have consequences of actions; working collaboratively; negotiation and compromise; giving feedback	Listening to others; how to 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	Different rights; responsibilities and duties	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax
Year 6 Cycle C	Images in the media and reality; how this can affect how people feel; risks and effects of drugs	Recognising what they are good at; setting goals; aspirations. Changes at puberty (<i>recap Y4</i>); 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 (including against FGM); who is responsible	Confidentiality and when to break a confidence; managing dares	Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy (including forced marriage); committed; loving	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 child; 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	Enterprise; setting up an enterprise *



			for their health and safety; where to get help and advice		relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to privacy				
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*Possible cross year group/keystage projects

These subjects will be taught only to year 6 and will be taught each year .

All topics will be sensitively approached and careful consideration and differentiation will be used to ensure that delivery is at the right level for pupils, regardless of their year group when participating in each cycle.