



Year A	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being my Best	Summer 2 Growing and Changing
Reception Key Themes	Feelings Getting help	Recognising and valuing difference Being kind and caring	Asking for help Keeping healthy Staying safe around medicines	Taking care Making choices	Making healthy choices Being persistent	Life cycles Girls and boys
Year 1/2 Key Themes	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance	How our feelings can keep us safe Keeping healthy Medicine safety	Looking after things	Keeping healthy Growth mindset	Getting help Becoming independent Body parts
Year 3/4 Key Themes	Cooperation Friendships	Recognising and respecting diversity Being respectful and tolerant	Managing risk Staying safe online Drugs and their risks	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Keeping safe Relationships Menstruation (Y3) Body change during puberty (Y4)
Year 5/6 Key Themes	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference (including religion and cultural difference) Influence and pressure of social media	Managing risks including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Decisions about lending, borrowing and spending Rights and responsibilities relating to my health Rights and responsibilities	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Getting help Managing change



Year B	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being my Best	Summer 2 Growing and Changing
Reception Key Themes	Feelings Getting help	Recognising and valuing difference Being kind and caring	Asking for help Keeping healthy Staying safe around medicines	Taking care Making choices	Making healthy choices Being persistent	Life cycles Girls and boys
Year 1/2 Key Themes	Feelings, self-regulation Being a good friend Bullying and teasing Our school rules about bullying	Being kind and helping others Listening skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation and self-regulation	Looking after my body Growth mindset	Being supportive Dealing with loss Life cycles
Year 3/4 Key Themes	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural differences) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Decisions about spending money Media influence Making a difference (different ways of helping others of the environment)	Having choices and making decisions about my health	Managing difficult feelings Relationships including marriage Menstruation (Y3) Body changes during puberty (Y4)
Year 5/6 Key Themes	Cooperation Assertiveness Safe / unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding bystander behaviour	Staying safe online Drugs: norms and risks (including the law) Emotional needs	Earning and saving money Understanding media bias (including social media) Caring: communities and the environment	Managing risk Aspiration and goal setting	Self esteem Keeping safe Body image



Wool CE Primary School
PHSE Unit Overview

