

Year 1 - PSHE

Autumn 1	Spring 1	Summer 1
Physical health and wellbeing: Fun times Pupils learn: • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety	Keeping safe and managing risk: Feeling safe Pupils learn: • safety in familiar situations • about personal safety • about people who help keep them safe outside the home	Drug, alcohol and tobacco education: What do we put into and on to bodies? Pupils learn: • 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 •
Autumn 2	Spring 2	Summer 2
Identity, society and equality: Me and others Pupils learn: • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others	Mental health and emotional wellbeing: Feelings Pupils learn: • about different types of feelings • about managing different feelings • about change or loss and how this can feel	Careers, financial capability and economic wellbeing: My money Pupils learn: • 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

Year 2 - PSHE

Autumn 1	Spring 1 and 2	Summer 1
Physical health and wellbeing: What keeps me healthy? Pupils learn: • about eating well • about the importance of physical activity, sleep and rest • about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well	Relationships and health education: Boys and girls, families Pupils learn: • 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	Keeping safe and managing risk: Indoors and outdoors Pupils learn: • about keeping safe in the home, including fire safety • about keeping safe online, including the benefits of going online • about keeping safe outside • about road safety
Autumn 2		Summer 2
Mental health and emotional wellbeing: Friendship Pupils learn: • about the importance of special people in their lives • about making friends and who can help with friendships (on and offline) • about solving problems that might arise with friendships (on and offline)		Drug, alcohol and tobacco education: Medicines and me Pupils learn: • why medicines are taken • where medicines come from • about keeping themselves safe around medicines Asthma lesson for Year 2, 3 or 4 • 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

Year 3 - PSHE

Autumn 1	Spring 1	Summer 1
Physical health and wellbeing: What helps me choose? Pupils learn: • 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	Mental health and emotional wellbeing: Strengths and challenges Pupils learn: • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks	Identity, society and equality: Celebrating difference Pupils learn: • 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
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Bullying – see it, say it, stop it Pupils learn: • to recognise bullying (including online) 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	Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn: • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work	Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn: • 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 Asthma lesson for Year 2, 3 or 4 • 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

Year 4 - PSHE

Autumn 1	Spring 1	Summer 1 and 2
Identity, society and equality: Democracy Pupils learn: • about Britain as a democratic society • about how laws are made • learn about the local council	Physical health and wellbeing: What is important to me? Pupils learn: • 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) • about the importance of getting enough sleep	Relationships and health education: Growing up and changing Pupils learn: • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with this • to answer each other's questions about puberty with confidence, to seek support and advice when they need it
Autumn 2	Spring 2	
Drug, alcohol and tobacco education: Making choices Pupils learn: • 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 Asthma lesson for Year 2, 3 or 4 • 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	Keeping safe and managing risk: Playing safe Pupils learn: • 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	

Year 5 - PSHE

Autumn 1	Spring 1	Summer 1
Physical health and wellbeing: In the media Pupils learn: • 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	Drug, alcohol and tobacco education: Different influences Pupils learn: • 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	Identity, society and equality: Stereotypes, discrimination and prejudice Pupils learn: • about stereotyping, including gender stereotyping • workshop from Diversity Role Models or Equaliteach • about prejudice and discrimination and how this can make people feel
Autumn 2	Spring 2	Summer 2
Keeping safe and managing risk: Making safer choices Pupils learn: • about keeping safe online • how to keep safe when communicating with other people online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home	Mental health and emotional wellbeing: Dealing with feelings Pupils learn: • 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	Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn: • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers

Year 6 - PSHE

Autumn 1	Spring 1	Summer 1 and 2
Identity, society and equality: Human rights Pupils learn: • about people who have moved to Islington from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child • about homelessness	Mental health and emotional wellbeing: Healthy minds Pupils learn: • 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	Relationships and health education: Healthy relationships Pupils learn: • about the changes that occur during puberty including menstruation and wet dreams • 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 parents and carers • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it Additional lessons: (schools will want to consider including these lessons, as part of RSE policy development) Pupils learn: • some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted • that contraception can be used to stop a baby from being conceived
Autumn 2	Spring 2	
Drug, alcohol and tobacco education: Weighing up risk Pupils learn: • 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	Keeping safe and managing risk: Keeping safe - out and about Pupils learn: • 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) FGM (female genital mutilation) Pupils learn: • about the importance for girls to be protected against FGM	