

Subject Rolling Programme – PSHE (and learning sequence)

	<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
<p>Reception (22-23) Reception (23-24) Follows a single year cycle</p>	<p>Planting Our Food x2 Cities, Towns, Land and Sea x2 Gentle Hands and Hearts x2 Taking Good Care of Myself x2 Being Curious x2 Managing Feelings x2</p>	<p>Sleep x 2 The Great Outdoors x2 Trusted Adults x2 Animals x2 Fire Safety x2 Water Safety x2</p>	<p>Follow My Lead x2 Making Mistakes x2 Road Safety x2 Sharing x2 Marching to the Beat of your Own Drum x 2 Technology x2</p>
<p>Year 1/2 (22-23) (Lifewise Year 1 planning)</p>	<p>Being Happy x 2 Being Mindful x 2 First Aid and CPR x 2 What is Friendship Getting your sleep x 2 Hygiene and Me x 2 Understanding Difficult Feelings x 2 Kind vs Unkind</p>	<p>A Problem Shared is a Problem Halved x 2 Communication x 2 Trust x 2 What Makes A Family My Growing Body Respecting Others x 2 Water Safety x 2</p>	<p>Braving the Weather x 2 Emergency Services x 2 Food Safety and What Not to Eat x 2 Wildlife Road Safety x 2 Safety Symbols x 2 Signalling & Sign Language x 2</p>
<p>Year 1/2 (23-24) (Lifewise year 2 planning)</p>	<p>Screen Time Safety x 2 Feeling Sad x 2 Happiness x 2 Positive Friendships It's Okay not to be Okay x 2 Medicines and Drugs x 2 Understanding Peer Pressure Relaxation x 2</p>	<p>My Private Body Respecting All Families Dealing With Loss x 2 Fight or Flight x 2 Desert Island x 2 Environment x 2 Navigation x 2</p>	<p>Cyber Safety x 2 Fire Safety x 2 Forest Survival x 2 The Art of Failure Personal Goal Setting x 2 Protecting our Planet x 2 Adapting to Change x 2</p>
<p>Year 3/4 (22-23) (Lifewise year 3 planning)</p>	<p>Personal Hygiene Vaccinations and Diseases Anger, Fear and Mindfulness Anxiety, Stress and Mindfulness Exercise Safety with Household Meds</p>	<p>Power of Words: STOP Social Media Body Confidence Gender Fairtrade: Working Together</p>	<p>Helping Others to Get Help x 2 Who Can We Trust x 2 Staying Safe Online x 2 Separation and Divorce Growth Mindset x 2</p>

	<p>Change is Good My Body, Your Body - Keeping Healthy Self-Worth x 2 Self-Image x 2 Autism Different, Not Less Different Kinds of Friendship</p>	<p>Global Warming - What Can We Do To Help? Celebrating Women in History: Traditional Roles BV Democracy and Law x 2 BV Culture and Liberty x 2 Relationships with Others x 2</p>	<p>Sun Safety The World of Work Problem Solving & Time Management x 2</p>
<p>Year 3/4 (23-24) (Lifewise year 4 planning)</p>	<p>Healthy Eating and a Balanced Diet x2 The Importance of Physical Activity x 2 Relaxing to Recharge x 2 The Recreational Drugs of Alcohol and Nicotine My Body, Your Body - Keeping Safe Sleep x 2 Screentime x 2 Autism: Aspergers What's Love?</p>	<p>Bullying x 2 Everything Will Be Alright All About Tik-Tok Identity and Gender Fairtrade: Change Through Choice BV Government and Rules x 2 BV Freedom in Beliefs x 2 Family Relationships x 2</p>	<p>Consent Where Does My Food Come From? Respect x 2 Being Responsible x 2 Earning Money Problem Solving and Resourcefulness x 2 Try and Try Again x 2 Leadership x 2</p>
<p>Year 5/6 (22-23) (Lifewise year 5 planning)</p>	<p>Junk Food x 2 Nutritional Values x2 The Human Body x 2 Caffeine - Helpful or Harmful? Keeping My Body The Same x 2 My Body Changes x 2 Autism – Neurodivergence Expressing Love Differently As You Grow What is Marriage?</p>	<p>Power of Words - Mouldy Rice Social Media - Being Confident Responsibility and Inspiration x 2 Homophobic Language in Schools Fairtrade: Same Storm, Different Boat BV Laws and Parliament x 2 BV Freedom of Speech and Movement x 2 Respecting Others' Boundaries and Beliefs x 2</p>	<p>The Digital World x 2 Supporting the Community x 2 Communicating Effectively x 2 Learning Part 1 Learning Part 2 Borrowing Money x 2 Dealing With Adversity x 2 The NHS x 2</p>
<p>Year 5/6 (23-24) (Lifewise year 6 planning)</p>	<p>First Aid x 2 Alcohol, Smoking and Vaping Drugs Illegal Drugs Recognising and Controlling Anger Organisation of Life My Amazing Body x 2 Self-Perception x 2 Autism Do Say, Don't Say The Power of Love - Inequality Within Relationships</p>	<p>The Power of Words - Clean up Your Speech Social Media - Tik Tok Identity, Gender and Sexuality Fair Trade - The Shirt Off Your Back Global Warming - Issues and Prevention Celebrating Women in History - Forgotten Achievements BV Lawmakers and Activists x 2 BV Rights and Radicalisation x 2</p>	<p>Consent Feeling Anxious x2 Ageism x 2 The Power of Negotiation X 2 Transition x 2 Learning to Working x 2 Law x 2 Tax x 2 Banks x 2 Pensions x 2</p>

What is Forced Marriage?

The Government X 2

How to Write a CV x 2
Entrepreneurship, Enterprise and
Business x 2