



Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. PSHE education also helps pupils to achieve their academic potential. Most of PSHE education becomes statutory for all schools from September 2020 under the Children and Social Work Act 2017. This includes Relationships Education and Health Education at key stages 1 and 2.

**PSHE learning is based on 3 core themes:**

**CORE THEME**

**1: HEALTH AND WELLBEING CORE THEME**

**2: RELATIONSHIPS CORE THEME**

**3: LIVING IN THE WIDER WORLD**

**RSHE is part of PSHE.** The learning is based on

**Families and people who care for me**

**Caring friendships**

**Respectful relationships**

**Online relationships**

**Being safe**

**RSHE is part of PSHE:**

In RSHE pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact. The principles of positive relationships also apply online especially as, by the end of primary school, many children will already be using the internet.



EYFS: Reception	Building relationships		Managing self		
	Special relationships: <a href="#">L2 Special people</a> <a href="#">L3 Sharing</a> <a href="#">L4 I am unique</a> <a href="#">L6 Similarities and differences</a>	My family and friends: <a href="#">L1 Festivals</a> <a href="#">L2 Sharing</a> <a href="#">L3 What makes a good friend</a> <a href="#">L4 Being a good friend</a>	Taking on challenges: <a href="#">L1 Why do we have rules?</a> <a href="#">L2 Building towers</a> <a href="#">L5 Team races</a>	My wellbeing: <a href="#">L1 What is exercise?</a> <a href="#">L4 Being a safe pedestrian</a> <a href="#">L5 Eating healthily</a>	
	Family and relationships Core: Relationships RSHE	Health and wellbeing Core: Healthy and well being RSHE	Safety and the changing body Core: Health and Well being RSHE	Citizenship PSHE: Living in the outer world	Economic wellbeing PSHE: Living in the outer world
Year 1	<a href="#">What is family?</a> <a href="#">What are friendships?</a> <a href="#">Friendship problems</a> <a href="#">Healthy friendships</a> <a href="#">Gender stereotypes</a>	<a href="#">Understanding my emotions</a> <a href="#">L3</a> <a href="#">Ready for bed</a> <a href="#">Handwashing &amp; personal hygiene</a> <a href="#">Sun safety</a> <a href="#">Allergies</a>	<a href="#">Adults in school</a> <a href="#">Adults outside school</a> <a href="#">Making an emergency phone call</a> <a href="#">Appropriate contact</a> <a href="#">Safety with substances</a>	<a href="#">Rules</a> <a href="#">Similar, yet different</a>	<a href="#">Introduction to money</a> <a href="#">Saving and spending</a>
Year 2	<a href="#">Families are all different</a> <a href="#">Unhappy friendships</a> <a href="#">Introduction to manners and courtesy</a> <a href="#">Change and loss</a> <a href="#">Gender stereotypes:</a> <a href="#">Careers and jobs</a>	<a href="#">Experiencing different emotions</a> <a href="#">Developing a growth mindset</a> <a href="#">Healthy diet</a> <a href="#">Looking after our teeth</a>	<a href="#">Communicating online</a> <a href="#">L3</a> <a href="#">Secrets and surprises</a> <a href="#">Appropriate contact:</a> <a href="#">My private parts</a> <a href="#">Appropriate contact: My private parts are private</a> <a href="#">Staying safe with medicine</a>	<a href="#">Rules beyond school</a> <a href="#">Similar yet different- my local community</a> <a href="#">L7</a> <a href="#">Giving my opinion</a>	<a href="#">Wants and needs</a> <a href="#">Looking after money</a>



Year 3	<a href="#">Healthy families</a> <a href="#">Friendship conflicts</a> <a href="#">Friendship: conflict vs bullying</a> <a href="#">Learning who to trust</a> <a href="#">Respecting differences in others</a> <a href="#">Stereotyping gender</a>	<a href="#">My healthy diary</a> <a href="#">Health and wellbeing L5</a> <a href="#">Resilience: breaking down barriers</a> <a href="#">: Diet and dental health</a>	<a href="#">First Aid: emergencies and calling for help</a> <a href="#">Cyberbullying</a> <a href="#">Influences</a> <a href="#">Keeping safe out and about</a>	<a href="#">Rights of the child</a> <a href="#">Charity</a> <a href="#">Local democracy</a>	<a href="#">Ways of paying</a> <a href="#">Jobs and careers</a>

	<b>Family and relationships</b> Core: Relationships RSHE	<b>Health and wellbeing</b> Core: Healthy and well being RSHE	<b>Safety and the changing body</b> Core: Healthy and well being RSHE	<b>Citizenship</b> PSHE: Living in the outer world	<b>Economic wellbeing</b> PSHE: Living in the outer world
Year 4	<a href="#">Respect and manners</a> <a href="#">Healthy friendship</a> <a href="#">Bullying</a> <a href="#">Stereotypes: Disability</a> <a href="#">Change and loss</a>	<a href="#">Looking after our teeth</a> <a href="#">Celebrating mistakes</a> <a href="#">My happiness</a> <a href="#">Emotions</a> <a href="#">Mental health</a>	<a href="#">Internet safety: Age restrictions</a> <a href="#">Share aware</a> <a href="#">Privacy and security</a> <a href="#">Introducing puberty</a> <a href="#">Tobacco</a>	<a href="#">What are human rights?</a> <a href="#">Diverse communities</a>	<a href="#">Keeping track of money</a> <a href="#">Influences on career choices</a>



<b>Year 5</b>	<a href="#">Friendship skills</a> <a href="#">Marriage</a> <a href="#">Respecting myself</a> <a href="#">Family life</a> <a href="#">Bullying</a> <a href="#">Stereotypes: Race and religion</a>	<a href="#">The importance of rest</a> <a href="#">Taking responsibility for my feelings</a> <a href="#">Healthy meals</a> <a href="#">Sun safety</a>	<a href="#">Online friendships</a> <a href="#">Staying safe online</a> <a href="#">Puberty</a> <a href="#">Menstruation</a> <a href="#">First Aid: Bleeding</a> <a href="#">Alcohol, drugs and tobacco:</a> <a href="#">Making decisions</a>	<a href="#">Breaking the law</a> <a href="#">Parliament</a>	<a href="#">Risks with money</a>
<b>Year 6</b>	<a href="#">Respect</a> <a href="#">Respectful relationships</a> <a href="#">Challenging stereotypes</a> <a href="#">Resolving conflict</a> <a href="#">Change and loss</a>	<a href="#">Taking responsibility for my health</a> <a href="#">The impact of technology on health</a> <a href="#">Resilience toolkit</a> <a href="#">Immunisation</a> <a href="#">Physical Health concerns</a>	<a href="#">Alcohol</a> <a href="#">Social media</a> <a href="#">Physical and emotional changes of puberty</a> <a href="#">First Aid: Basic life support</a>	<a href="#">Human rights</a> <a href="#">Prejudice and discrimination</a> <a href="#">National democracy</a>	<a href="#">What jobs are available</a> <div><b>Identity</b></div> <a href="#">Identity and body image</a>