






Year 1 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: Fun times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety 	<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others 	<p>Science Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of family and how their home-life is special. <i>(Some children have two mummies, some have two daddies, some might have just a mum or just a dad. Reference will always be made to what Islam and Christianity teach.)</i> • 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 
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home 	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	<p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 

Year 2 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: What keeps me healthy?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines 	<p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe <p>about the different jobs people do</p>	<p>Science (KS1 Statutory): Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p><i>Scientific vocabulary taught:</i> <i>Penis, Breasts, Vagina, male and female, sex (as in gender).</i></p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety 	<p>Mental health and emotional wellbeing: Friendship</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships 	<p>Drug, alcohol and tobacco education: Medicines and me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why medicines are taken • where medicines come from • about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • 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
<p>Physical health and wellbeing: What helps me choose?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 	<p>Identity, society and equality: Celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 	<p>Science (KS2 Statutory): Growing up and changing</p> <p>Pupils learn</p> <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the external physical changes associated with puberty • strategies to deal with feelings in the context of relationships. <p><i>Scientific vocabulary taught:</i> <i>Penis, Breasts, Vagina, testicles, hormones, periods, pubic hair, male and female, sex as in gender.</i></p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Bullying – see it, say it, stop it</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to recognise bullying 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 • Recognise that there are different types of bullying – including racial hatred, homophobic.  • Reflect on the importance of equality and tolerance. 	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with set-backs 	<p>Drug, alcohol and tobacco education: Tobacco is a drug</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p>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 </p>

Year 4 - PSHE




Autumn 1	Spring 1	Summer 1 and 2
<p>Physical health and wellbeing: What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 	<p>Identity, society and equality: Democracy</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council 	<p>Science (KS2 Statutory Curriculum): Growing up and changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • to answer each other’s questions about puberty with confidence, to seek support and advice when they need it. <p><i>Scientific vocabulary taught:</i></p> <p><i>Penis, Breasts, Vagina, testicles, wet dreams, menstruation, hormones, periods, ovum, sperm, pubic hair, male and female, sex as in gender.</i></p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p>Revisit from Y2</p> <ul style="list-style-type: none"> • Recognise that there are different types of bullying – including racial hatred, homophobic. • Reflect on the importance of equality and tolerance. • Link to Racial and hatred and homophobic bullying on line. 	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people’s choices about spending and saving money • how people can keep track of their money • about the world of work 	<p>Drug, alcohol and tobacco education: Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 <p>Asthma lesson for Year 2, 3 or 4</p> <p>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</p>

Year 5 - PSHE

Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: In the media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 	<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about stereotyping, including gender stereotyping ● workshop from Diversity Role Models or Equaliteach ● about prejudice and discrimination and how this can make people feel and the impact on social cohesion and communities. ● How we can live well together, despite differences – link to school values. <p>Vocabulary taught: Stereotypes, gender, diversity, tolerance, equality, homosexual, homophobic, racial hatred, homosexual, LGBTQ: Lesbian, gay, bisexual, transgender, queer/questioning.</p>	<p>Science (KS2 Statutory): Healthy relationships / How a baby develops in the uterus</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the changes that occur during puberty ● about human reproduction in the context of the human lifecycle, only covers the development of the foetus in the uterus. ● how a baby is made and grows (conception and pregnancy) ● about roles and responsibilities of carers and parents  <p><i>Scientific vocabulary taught:</i> <i>Penis, Breasts, Vagina, testicles, wet dreams, menstruation, hormones, periods, ovum, sperm, pregnant, pregnancy, gestation, erection, testicles, foetus, fertilisation, pubic hair, male and female, sex as in gender.</i></p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: When things go wrong</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about keeping safe online ● that violence within relationships is not acceptable ● about problems that can occur when someone goes missing from home  	<p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 	<p>Drug, alcohol and tobacco education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 

Year 6 - PSHE

Autumn 1 and 2	Spring 1	Summer 1
<p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● that money can be borrowed but there are risks associated with this ● about enterprise ● what influences people's decisions about careers 	<p>Identity, society and equality: Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about people who have moved to Bradford from other places, (including the experience of refugees) ● about human rights and the UN Convention on the Rights of the Child ● about homelessness 	<p>Science (KS2 statutory): Healthy relationships / How a baby is made</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 ● to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it <p><i>Scientific vocabulary taught:</i></p> <p><i>Penis, Breasts, Vagina, testicles, wet dreams, menstruation, hormones, periods, ovum, sperm, pregnant, pregnancy, gestation, erection, testicles, foetus, fertilisation, pubic hair, male and female, sex as in gender.</i></p> <p><i>Other vocabulary taught:</i></p> <p>homosexual, LGBTQ: Lesbian, gay, bisexual, transgender, queer/questioning.</p> <p>Sex Education <i>Parents can withdraw children from these lessons – please consider the guidance in our policy before doing so and the process for doing so.</i></p> <ul style="list-style-type: none"> ● some myths and misconceptions about HIV, who it affects and how it is transmitted ● about how the risk of HIV can be reduced ● that contraception can be used to stop a baby from being conceived. ● How some cultures adopt the practise of FGM and the impact on women's health. How this practise is illegal in the UK. Children will understand this is a cultural practice that is undertaken by a very small minority of Muslims in Africa and that it is not a teaching of Islam. <p><i>Additional non-statutory Scientific vocabulary taught*:</i></p>

		<p><i>Contraception, conception, sexual intercourse, sexually transmitted disease, HIV, clitoris. Female genital mutilation (FGM)</i></p> <p>*Reference will always be made to what Islam and Christianity teach.</p> 
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Keeping safe - out and about</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about feelings of being out and about in the local area with increasing independence ● about recognising and responding to peer pressure (include homophobia and stereotyping – link to Y5) ● about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>FGM</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the importance for girls to be protected against FGM 	<p>Mental health and emotional wellbeing: Healthy minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 	<p>Drug, alcohol and tobacco education: Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● 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 <p>about ways to manage risk in situations involving drug use</p> 