Stoke By Nayland CofE Primary School
4 Year Rolling Programme PSHE KS2

Cycle 1		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Families and Friendships		Living in the Wider World		Health and Well Being	
	Topic	**Families and Friendships**	**Respecting Ourselves and Others**	**Belonging to a Community**	**Money and Work**	**Physical Health and Mental Well Being**	**Keeping Safe**
	KS2	What makes a family; features of family life Managing friendships and peer influence	Recognising respectful behaviour; the importance of self respect; courtesy and being polite Responding respectfully to a wide range of people; recognising prejudice and discrimination	The values of rules and laws Compassion towards others	Different jobs and skills, job stereotypes; setting personal goals Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Health choices and habits; what affects feelings; expressing feelings Healthy sleep habits, sun safety; medicines, vaccinations, immunisations and allergies	Risks and hazards; safety in the local environment and unfamiliar places Keeping safe in different situations including responding in emergencies

Cycle 2		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	**Families and Friendships**	**Safe Relationships**	**Belonging to a community**	**Media Literacy and digital resilience**	**Physical health and Mental well being**	**Growing and changing**
	KS2	Positive friendships including online Attraction to others; romantic relationships	Personal boundaries; safely responding to others Physical contact and staying safe online	What makes a community Compassion towards others	How the internet is used – Fake news How information online is targeted	Maintaining a balanced lifestyle; oral hygiene and dental care What affects mental health and ways to take care of it	Personal strengths and achievements; managing and reframing set backs Human reproduction and birth; increasing independence; managing transition

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Cycle 3		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	**Respecting ourselves and others**	**Safe relationships**	**Money and work**	**Media Literacy and digital resilience**	**Keeping safe**	**Physical health and mental well being**
	KS2	Respecting similarities and differences; discussing difference sensitively Expressing opinions and respecting other points of view, including discussing topical issues	Personal boundaries; safely responding to others; the impact of hurtful behaviour Physical contact and feeling safe	Making decisions about money; using and keeping money safe Influences and attitudes to money; money and financial risks	How data is shared and used Evaluating media sources; sharing things online	Medicines and household products; drugs common to everyday life Keeping personal information safe regulations and choices	Maintaining a balanced lifestyle What affects mental health and ways to take care of it

Cycle 4		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	**Families and Friendships**	**Respecting ourselves and others**	**Belonging to a community**	**Media literacy and digital resilience**	**Keeping safe**	**Growing and changing**
	KS2	Features of family life Civil partnerships and marriage	Responding to hurtful behaviour managing confidentiality Recognising and managing pressure; consent in different situations	Rights freedoms and responsibilities Protecting the environment	How data is shared and used Evaluating media sources: sharing things online	FGM First aid Drug use First Aid	Physical and emotional changes in puberty personal hygiene Personal identity individuality and different qualities mental well being transition