



## Subject: PSHE

RECEPTION			YEAR 1			YEAR 2			YEAR 3			YEAR 4			YEAR 5			YEAR 6		
AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER
Getting to know each other	When I grow up	How to be a palaeontologist	Who is in my family?	Is it kind or unkind? Is teasing ever ok?	When should I wash my hands? Why are teeth important?	Why should I exercise?	Is it right or wrong?	Who can I trust?	What are my rights and responsibilities?	What happens if I break a rule?	What's a community? How can we be different?	Growth Mindset	Should I own up? (TP9)	How do I compromise? (TP3)	Can I set goals for me?	How do I make a choice?	Why is change so scary?	What affects my mental health?	Should I send/post something I'm not comfortable with?	Are images in the media real?
Class and school rules	Discussing behaviour in traditional tales	Our achievements in Reception	Who are my important people? What makes a person?	What should I do if I don't like it?	Why are teeth important? What should I do with money?	What if I don't like vegetables?	How can I compromise?	How can I save the planet?	What do I do when my friend is sad? What is restorative justice?	Why should I tell the truth? What does honesty really mean?	Who lives in my region? Who else lives in the UK?	Am I at risk? (TP5)	How do I do emergency first aid? (TP4)	How does alcohol damage my health? Can my mind get ill?	How does peer pressure affect me? What is peer pressure? What if I'm uncomfortable?	Should my heart rule my head? What is peer pressure? What if I'm uncomfortable?	Is my relationship unhealthy? What's a relationship commitment? What is a stereotype?	Will sad things happen to me? How do I break a habit? Should I give in to peer pressure?	How do I break a habit? Should I give in to peer pressure?	Should I join in an argument? Am I a cyber bully? Have I trolled someone? How should I manage my money?
Magical me	What to do if I get lost?	Moving up to Year 1	What makes me happy? What does sad feel like? Why do we have rules?	What does worry feel like? How do I keep safe? What should I do in an emergency?	What did I need as a baby? How can I be more grown up? Do I have to be the best?	Are medicines always good?	How do I contribute?	Should I keep a secret?	What can affect my health? What's a balanced lifestyle? What is Health and Safety? Who can help me be safe? How does smoking damage my health?	Who does honesty really mean? Who do my actions affect? What are my relationship rights and responsibilities? How do I raise my concerns?	Am I safe on my mobile phone? (TP7)	Am I safe on my mobile phone? (TP7)	What does it mean to be anti-social? (TP15)	What worries me in the world? (TP13)	Can I set goals for me? How does alcohol damage my health? Can my mind get ill?	How do I make a choice? Should my heart rule my head? What is peer pressure? What if I'm uncomfortable?	Why is change so scary? Is my relationship unhealthy? What's a relationship commitment? What is a stereotype? What is prejudice? How do I challenge someone's views? What is a debt? Who pays tax? Who runs our country? Can I save money and the environment?	How do I break a habit? Should I give in to peer pressure?	How do I break a habit? Should I give in to peer pressure?	Should I join in an argument? Am I a cyber bully? Have I trolled someone? How should I manage my money? Sex education. Transition to secondary school
Bonfire safety	Healthy eating					Can I stop myself getting ill?	Do I know my body?	Am I safe online?			Transition to Year Four	Am I safe on my mobile phone? (TP7)	Is it ok to hug? (TP10)	Can my mind get ill?						
Staying safe in the dark	Looking after pets					What does angry feel like?	What does private really mean?	What should I aim for?				What does it mean to be anti-social? (TP15)	What is discrimination? (TP14)	Can my mind get ill?						
Feeling afraid	Endangered animals (Courageous Advocacy)					How do I make you feel?		Transition to Year Three.				How do I support my community? (TP16)	What do I do when my friend is cross? (TP2)	Puberty lessons						

### Alvey Values:

PSHE and Relationships are taught as a discrete subject but they are also taught through other subject areas.

We want our pupils to have the ability and willingness to do the following eight things:

- Try New Things
- Work Hard
- Concentrate
- Push Themselves
- Imagine
- Improve
- Understand Others
- Not give up