

# Personal, Social, Health and Economic (PSHE) Curriculum – Primary

UNIT	YEAR 3	YEAR 4	YEAR 5	YEAR 6
1.1	Safety First: Act Responsibly	VIPs: Family and Friends	Digital Well-being: My Digital Life	Safety First: You are responsible
1.2	Risks, hazards and danger	Fabulous friends	Staying safe, healthy and happy online	What are the risks?
1.3	Under Pressure	Is this a good relationship?	Online relationships	Making your mind up
1.4	Safety when out and about	Falling out	Social media	In an emergency
1.5	Dangerous substances	What is bullying?	Saying no to online bullying	Home safe and sound
1.6	Injuries and Emergencies	Stand up to bullying	Fake news	Outdoors - playing it safe
2.1	Digital Well-being: The Digital World	TEAM: A new start	Aiming High: You can achieve anything!	Think Positive: The Cognitive Triangle
2.2	Digital Kindness	Together everyone achieves more	Breaking down barriers	Thoughts are not facts
2.3	Do I know you?	Working together	Future Focus	Face your feelings
2.4	Online information	Being considerate	Equal opportunities	Keep calm and relax
2.5	Keep it private	When things go wrong	The World of Work	Being present
2.6	My Digital Wellness	Responsibilities	Onwards and upwards	Yes, I can!
3.1	Aiming High: Achievements	It's my body: My body, my choice	Together everyone achieves more, respect and personal behaviour	Respecting Rights: Know your rights
3.2	Goals	Fit as a Fiddle	Communication and teamwork	Do Human rights apply to everyone?
3.3	Always learning	Good night, good day	Compromise and Collaboration	Are Everyone's rights met?
3.4	Jobs and skills	Cough, splutter, sneeze!	Caring and Friendships	Are you rights-respecting?
3.5	No limit: career ambitions	Drugs - healing or harmful	Unkind behaviour	Do Human rights change?
3.6	When I grow up	Choices everywhere!	Shared responsibilities	Human Rights Heroes
4.1	Be Yourself: Pride	Growing up: Human reproduction	Be Yourself: You are unique	Very Important People: People we love
4.2	Feelings	Changes in boys	Let it out! Sharing thoughts and feelings	Think before you act
4.3	Express Yourself	Changes in girls	Uncomfortable Feelings	It's ok to disagree
4.4	Know your mind	Changing emotions	The confidence trick	You decide
4.5	Media-wise	Relationships and families	Do the right thing	Secrets
4.6	Making it right	Where do I come from?	Making amends	False friends
5.1	Think Positive: Happy minds	Money Matters: Where does money come from?	It's my body: Your body is your own	One World: Global citizens
5.2	Thoughts and feelings	Ways to pay	Exercise right, sleep tight	Global warming
5.3	Changes	Reasons to borrow	Taking care of our bodies	Energy
5.4	Keep calm and relax	Spending decisions	Harmful substances	Water
5.5	You are the Boss	Advertising	How we think and feel about our bodies	Biodiversity
5.6	Always learning	Keeping track	Healthy choices	In our hands
6.1	Diverse Britain: My School	One World: Different cultures - story of life in Malawi - Chiwa and Kwende	Money Matters: Look after it!	Growing Up: Changing Bodies
6.2	My Community	Chiwa's dilemma 1	Critical Consumers	Changing emotions
6.3	My Neighbourhood	Chiwa's dilemma 2	Value for money and ethical spending	Just the way you are
6.4	My Country	Chiwa's sugar	Budgeting	Relationships
6.5	British People	Chiwa's world	Borrowing and saving	Reproduction and health
6.6	What makes me proud of Britain?	Charity for Chiwa	Money in the wider world	Human Reproduction