


# PSHE Roadmap

Onto  
Secondary  
school 

**Health & Wellbeing Relationships Living in the Wider World**

**Year 5 & 6**

Children will learn about:

- Strategies to take care of mental health, and where to get support.
- Physical and emotional changes surrounding puberty, including how babies are conceived and born.
- The risks and affects of legal drugs.

Children will learn about:

- Different types of attraction, gender identity and sexual orientation.
- Acceptable and unacceptable physical contact and how to respond to it.
- Respecting others and their points of view, including challenging something they disagree with.

Children will learn about:

- Prejudice and how to respond to it.
- Rules surrounding distribution of images on social media.
- Risks associated with money, including saving and gambling.
- A variety of routes into careers.

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**Year 3 & 4**

Children will learn about:

- What makes a healthy diet, including exercise and sleep.
- How feelings can be affected, and how to express them.
- Their individuality and personal qualities.
- How to keep themselves safe, including online.

Children will learn about:

- Different types of relationships, and how to keep them positive.
- The impact of bullying and how to respond.
- Personal boundaries, and how to respond safely.
- Respecting similarities and differences between people.

Children will learn about:

- How to show care and concern for others, and the environment.
- What it means to live in a community.
- Positives and negatives of the internet and social media.
- Choices surrounding money, jobs and skills.

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**Year 1 & 2**

Children will learn about:

- How diet and physical activity can help us to stay healthy.
- To recognise feelings within themselves and others, and how to manage them.
- Names of key body parts.
- How to keep safe in a range of environments, and what to do if someone is hurt.

Children will learn about:

- Different types of families and about healthy friendships.
- Hurtful behaviour, both online and offline, and how to identify and report it.
- How to respect privacy, including which parts of their bodies are private.

Children will learn about:

- The importance of rules and responsibilities.
- How people can be the same and different to others.
- How the internet can be used safely.

**Health & Wellbeing Relationships Living in the Wider World**

Teaching, in line with the EYFS statutory framework, will introduce children to key foundations through Personal, Social and Emotional Development. Children will be supported to learn how to understand and manage their feelings, form and maintain safe, supportive relationships, and to look after their bodies and manage their personal needs.

**EYFS**

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. Relationships Education is to be taught throughout the academic year and, where relevant, will be taught alongside the Science curriculum.