



# PSHE Coverage Map

	Autumn Term	Spring Term	Summer Term
KS1 Year 1	Families and Friendships – roles of different people: families, feeling cared for	Belonging to a Community – what rules are, caring for others’ needs, looking after the environment	Physical Health and Mental Wellbeing – keeping healthy food and exercise, hygiene routines, sun safety
	Safe Relationships – recognising privacy, staying safe, seeking permission	Media Literacy and Digital Resilience – using the internet and digital devices, communicating online	Growing and Changing – recognising what makes them unique and special, feelings, managing when things go wrong
	Respecting ourselves and others – how behaviour affects others, being polite and respectful	Money and Work – strengths and interests, jobs in the community	Keeping Safe – how rules and age restrictions help us, keeping safe online
	Autumn Term	Spring Term	Summer Term
KS1 Year 2	Families and Friendships – making friends, feeling lonely and getting help	Belonging to a Community – belonging to a group, roles and responsibilities, being the same and different in the community	Physical Health and Mental Wellbeing – why sleep is important, medicines and keeping healthy, keeping teeth healthy, managing feelings and asking for help
	Safe Relationships – managing secrets, resisting pressure and getting help, recognising hurtful behaviour	Media Literacy and Digital Resilience – the internet in everyday life, online content and information	Growing and Changing – growing older, naming body parts, moving class or year
	Respecting ourselves and others – recognising things in common and differences, playing and working co-operatively, sharing opinions	Money and Work – what money is, needs and wants, looking after money	Keeping Safe – safety in different environments, risk and safety at home, emergencies
	Autumn Term	Spring Term	Summer Term
LKS2 Year 3	Families and Friendships – what makes a family, features of family life	Belonging to a Community – the value of rules and laws, rights, freedoms and responsibilities	Physical Health and Mental well-being – health choices and habits, what affects feelings, expressing feelings
	Safe Relationships – personal boundaries, safely responding to others, the impact of hurtful behaviour	Media Literacy and Digital Resilience – how the internet is used, accessing information online	Growing and Changing – personal strengths and achievements, managing and re-framing setbacks
	Respecting ourselves and others – recognising respectful behaviour, the importance of self-respect, courtesy and being polite	Money and Work – different jobs and skills, job stereotypes, setting personal goals	Keeping Safe – risks and hazards, safety in the local environment and unfamiliar places
	Autumn Term	Spring Term	Summer Term
LKS2 Year 4	Families and Friendships – positive friendships (including online)	Belonging to a Community – what makes a community, shared responsibilities	Physical Health and Mental well-being – maintaining a balanced lifestyle, oral hygiene and dental care
	Safe Relationships – responding to hurtful behaviour, managing confidentiality, recognising risks online	Media Literacy and Digital Resilience – how data is shared and used	Growing and Changing – physical and emotional changes in puberty, external genitalia, personal hygiene routines, support with puberty



# PSHE Coverage Map

	Respecting ourselves and others – respecting differences and similarities, discussing differences sensitively	Money and Work – making decisions about money, using and keeping money safe	Keeping Safe – medicines and household products, drugs common to everyday life
UKS2 Year 5	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
	<p>Families and Friendships – managing friendships and peer influence</p> <p>Safe Relationships – physical contact and feel safe</p> <p>Respecting ourselves and others – responding respectfully to a wide range of people, recognising prejudice and discrimination</p>	<p>Belonging to a Community – protecting the environment, having compassion towards others</p> <p>Media Literacy and Digital Resilience – how information online is targeted, different media types – their role and impact</p> <p>Money and Work – identifying job interests and aspirations, what influences career choices, workplace stereotypes</p>	<p>Physical Health and Mental well-being – healthy sleep habits, sun safety, medicines, vaccinations, immunisations and allergies</p> <p>Growing and Changing – personal identity, recognising individuality and different qualities, mental wellbeing</p> <p>Keeping Safe – keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
UKS2 Year 6	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
	<p>Families and Friendships – attraction to others, romantic relationships, civil partnerships and marriage</p> <p>Safe Relationships – recognising and managing pressure, consent in different situations</p> <p>Respecting ourselves and others – expressing opinions and respecting other point of view, including discussing topical issues</p>	<p>Belonging to a Community – valuing diversity, challenging discrimination and stereotypes</p> <p>Media Literacy and Digital Resilience – evaluating media sources, sharing things online</p> <p>Money and Work – influences and attitudes to money, money and financial risks</p>	<p>Physical Health and Mental Wellbeing – what affects mental health and ways to take care of it, managing change loss and bereavement, managing time online</p> <p>Growing and Changing – human reproduction and birth, increasing independence, managing transition</p> <p>Keeping Safe – keeping personal information safe, regulations and choices, drug use and the law, drug use and the media</p>