



Stanbridge Lower School

Personal, Social, Health and Citizenship Education (PSHCE) including Relationships Education

Key Stage 1			
Year 1			
Term	Theme	Topic	Key Words
Autumn	Health and Wellbeing	Healthy lifestyles Growing and changing	Health, wellbeing, healthy eating, physical activity, sleep dental hygiene, likes and dislikes, choices, feelings, managing feelings, hygiene, cleanliness, germs
		Growing and Changing	Achievements, strengths, goals, target setting, change, loss, growing, changing, young to old, independence, correct terminology, body parts, external genitalia
		Keeping Safe	Medicines, household products, safety, risk, safety on road, water, rail, fire, online and rules, asking for help, privacy, respecting privacy
Spring	Relationships	Feelings and Emotions	Communicating, feelings, empathy, behaviour, fair/unfair, right/wrong, feelings, bodies, hurt, comfortable, teasing, bullying
		Healthy Relationships	Secrets, surprises, safety, special people, caring, physical contact, touch, acceptable/unacceptable
		Valuing Difference	Sharing, discussion, views, opinions, people, similarities, differences
Summer	Living in the Wider World	Rights and Responsibilities	Classroom rules, rights, responsibilities, needs, groups, communities, roles, everybody, individuals, unique, special people, similarities and commonalities, help, emergencies
		Taking Care of the Environment	The environment
		Money	Money, spending, saving, safety
Year 2			
Term	Theme	Topic	Key Words
Autumn	Health and	Healthy lifestyles	Health, wellbeing, healthy eating, physical activity, sleep dental hygiene, likes and dislikes,

	Wellbeing	Growing and changing	choices, feelings, managing feelings, hygiene, cleanliness, germs
		Growing and Changing	Achievements, strengths, goals, target setting, change, loss, growing, changing, young to old, independence, correct terminology, body parts, external genitalia
		Keeping Safe	Medicines, household products, safety, risk, safety on road, water, rail, fire, online and rules, asking for help, privacy, respecting privacy
Spring	Relationships	Feelings and Emotions	Communicating, feelings, empathy, behaviour, fair/unfair, right/wrong, feelings, bodies, hurt, comfortable, teasing, bullying
		Healthy Relationships	Secrets, surprises, safety, special people, caring, physical contact, touch, acceptable/unacceptable
		Valuing Difference	Sharing, discussion, views, opinions, people, similarities, differences
Summer	Living in the Wider World	Rights and Responsibilities	Classroom rules, rights, responsibilities, needs, groups, communities, roles, everybody, individuals, unique, special people, similarities and commonalities, help, emergencies
		Taking Care of the Environment	The environment
		Money	Money, spending, saving, safety

Year 3

Term	Theme	Topic	Key Words
Autumn	Health and Wellbeing	Healthy lifestyles Growing and changing	Balanced lifestyles, choices, health, wellbeing, balanced diet, choices, food, influences, media, images, reality/fantasy/false/true, bacteria, viruses, hygiene routines, habits, drugs, alcohol, tobacco, medicines, caffeine
		Growing and Changing	Achievements, aspirations, goals, strengths, target setting, conflicting emotions, feelings, managing feelings, change, transitions, loss, separation, divorce, bereavement,
		Keeping Safe	Risk, danger, hazard, responsibility, safety, safety on roads, cycle, Rail, water, fire, safety online, personal information, passwords, images, advice, support asking for help
Spring	Relationships	Feelings and Emotions	Feelings, empathy, recognising other's feelings, confidentiality, secrets, surprises, personal safety, dares, challenges
		Healthy Relationships	Friendships, families, couples, [positive relationships, actions, behaviour, consequences, physical contact, touch, acceptable, unacceptable, collaborative working, shared goals, disputes, conflict, feedback, support, negotiation, compromise, privacy sharing, personal boundaries
		Valuing Difference	Listening, viewpoints, opinions, respect, people, identity, similarities, differences, equality, bullying, discrimination, aggressive behaviour, stereotypes
Summer	Living in the Wider World	Rights and Responsibilities	Resolving difference, points of view, decisions, choices, communities, volunteers, pressure groups, health and wellbeing people, difference, diversity, identity people, places, values,

		customs, media, social media, information, forwarding, discussion, debate, topical issues, problems, events, rules, laws, making changing rules, human rights, children's rights, anti-social behaviour, aggression, bullying, discrimination,
	Taking Care of the Environment	Rights, duties, home, school, environment
	Money	Money, spending, saving, budgeting, interest, loan, tax debt, resources, sustainability economics, choices

Year 4

Term	Theme	Topic	Key Words
Autumn	Health and Wellbeing	Healthy lifestyles Growing and changing	Balanced lifestyles, choices, health, wellbeing, balanced diet, choices, food, influences, media, images, reality/fantasy, true/false, bacteria, viruses, hygiene routines, drugs, alcohol, tobacco medicines, caffeine
		Growing and Changing	Achievements, aspirations, goals, strengths target setting, conflicting emotions, feelings, managing feelings, change transitions, loss, separation, divorce, bereavement, puberty, and physical/emotional changes
		Keeping Safe	Risk, danger, hazard, responsibility, safety, safety on roads, cycle, rail, water, fire, safety online including personal information, passwords, images, advice. Support, asking for help
Spring	Relationships	Feelings and Emotions	Feelings, empathy, recognising other's feelings, confidentiality, secrets, surprises, personal safety, dares, challenges
		Healthy Relationships	Friendships, families, couples, [positive relationships, actions, behaviour, consequences, physical contact, touch, acceptable, unacceptable, collaborative working, shared goals, disputes, conflict, feedback, support, negotiation, compromise, privacy sharing, personal boundaries
		Valuing Difference	Listening, viewpoints, opinions, respect, people, identity, similarities, differences, equality, bullying, discrimination, aggressive behaviour, stereotypes
Summer	Living in the Wider World	Rights and Responsibilities	Resolving difference, points of view, decisions, choices, communities, volunteers, pressure groups, health and wellbeing people, difference, diversity, identity people, places, values, customs, media, social media, information, forwarding, discussion, debate, topical issues, problems, events, rules, laws, making changing rules, human rights, children's rights, anti-social behaviour, aggression, bullying, discrimination,
		Taking Care of the Environment	Rights, duties, home, school, environment
		Money	Money, spending, saving, budgeting, interest, loan, tax debt, resources, sustainability economics, choices

