# Chilcote Primary School PSHE Curriculum

**This Curriculum is from the 'PSHE Association: PSHE Education Curriculum Model 2026'.**

Adaptions have been made for our pupils.

Wellbeing will be taught throughout the year, not as a standalone unit, using the PSHE Association Foundations for Wellbeing resources. Anti-Bullying week will be acknowledged in November using the Anti-Bullying Alliance resources.

Parents may only withdraw their children from Sex Education lessons taught in Year 6, all other lessons are statutory in accordance with the Department for Education Relationships, Sex and Health Education Statutory Guidance. (Relationships and sex education (RSE) and health education - GOV.UK (www.gov.uk))

Parents can request copies of lesson plans and resources from classteachers prior to lessons being taught in order to support their discussions with their children at home regarding subject matter. Parent/Carer copies are for personal use only and should not be replicated or shared with others.

Lesson plans and resources may not be followed in their entirety, and teacher discretion is used for which activities children will complete.

## Whole-School Overview:

| | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Year 1 | Making Friends: playing and learning together | Celebrating me you and our families | Safety at home | Being healthy | Showing kindness to ourselves and others |
| Year 2 | Keeping safe online | Money and work | Keeping safe outside the home | Me, my body and staying safe | Looking back and moving on |
| Year 3 | Me, my friend and belonging | Building healthy habits | Making choices online | Keeping safe out and about | Looking out for each other |
| Year 4 | Forming respectful relationships | Money matters and news literacy | Families and growing together | Exploring ways to manage risk | Me, my body and growing up |
| Year 5 | Friendships, stereotypes and bullying | Positively engaging with our world | Respecting boundaries | Embedding healthy habits and learning first aid | Safe connections |
| Year 6 | Managing money and online spending | Developing our AI literacy | Drug education: assessing risk and managing influences | Changes in puberty and sex education | Looking to the future |

Year 1

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Making Friends: playing and learning together | Celebrating me you and our families | Safety at home | Being healthy | Showing kindness to ourselves and others |
| Unit Summary | This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. | This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other. | This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines | This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety. | This unit revisits learning about feelings, and explores the importance of kindness. |
| Suggested lessons | - Ground rules, rule!<br>- Learning and playing together<br>-Friendship and bullying:<br>L1: Let's be friends<br>L2: Let's make up<br>L3: Let's be kind<br>- Consent:<br>L1: Asking for permission<br>-Foundations for Wellbeing Y1:<br>L1: Noticing Feelings | - Personal identity:<br>L1: All different, all special<br>-Belonging and community:<br>L1: Sameness and difference<br>-Families:<br>L1: What makes a family<br>L2: Different families<br>-Foundations for Wellbeing Y1:<br>L2: Distraction | -Keeping safe at home:<br>L1: Keeping safe at home<br>-Drug education:<br>L1: Keeping safe<br>L2: Keeping healthy<br>L3: Medicines and household products<br>-Foundations for Wellbeing Y1:<br>L3: Paying attention to pleasant feelings | -Keeping safe: Sun safety:<br>L1: Keeping safe in the sun<br>-The sleep factor:<br>L1: Ready for sleep<br>-Food for thought:<br>L1: Keeping healthy with food and drink<br>-Dental health:<br>L1: Looking after our teeth<br>-The importance of handwashing<br>- Foundations for Wellbeing Y1:<br>L4: Helpful and Unhelpful Thoughts | -OHID: Every mind matters:<br>L1: Emotions<br>L2: Kindness<br>L3: Self-care<br>-Foundations for Wellbeing Y1:<br>L5: Reacting |

Year 2

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Keeping safe online | Money and work | Keeping safe outside the home | Me, my body and staying safe | Looking back and moving on |
| Unit Summary | This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information). | This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants. | This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to. | This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe. | This unit consolidates learning – rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2. |
| Suggested lessons | - Ground rules, rule!<br>-CEOP: Jessie and Friends:<br>L1: Watching videos<br>L2: Sharing pictures<br>L3: Playing games<br>-BBFC: Watch out!:<br>L1: Helping to make good viewing choices<br>L2: Keeping viewing choices safe<br>-Foundations for Wellbeing Y2:<br>L1: Noticing and naming feelings | -The Careers and Enterprise Company: Careers explorers:<br>L1: Strengths and interests<br>L2: Different jobs<br>-Money and wellbeing:<br>L1: What is money?<br>L2: Money choices<br>-Foundations for Wellbeing Y2:<br>L3: Changing thoughts and feelings | -Road and rail safety:<br>L1: Crossing the road<br>L2: Keeping safe around railways<br>-Emergencies lesson<br>-Environment agency:<br>L1: Caring for the environment<br>-Foundations for Wellbeing Y2:<br>L4: Managing unhelpful thoughts | -Medway: Changing and growing up:<br>L1: My special people<br>L2: Growing up – the human life cycle<br>L3: Everybody's body<br>-NSPCC: Talk PANTS 5-7<br>L1: PANTS power<br>L2: More PANTS power<br>- Foundations for Wellbeing Y2:<br>L2: Different Distractions | -Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons.<br>-Embracing change and new challenges:<br>L1: Moving to a new class<br>-Foundations for Wellbeing Y2:<br>L5: Reactions and Responses<br>-Change, Loss and Grief:<br>L1 What happens when things change? |

Year 3

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Me, my friend and belonging | Building healthy habits | Making choices online | Keeping safe out and about | Looking out for each other |
| Unit Summary | This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included. | This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. | This unit explores how to protect information online and make choices about online content, including understanding age ratings. | This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water. | This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services. |
| Suggested lessons | - Ground rules, rule!<br>- Personal identity:<br>L1: Personal identity<br>-Medway: Changing and growing up Y3:<br>L1: What makes a good friend<br>L2: Falling out with friends<br>- Belonging and community Y3-4:<br>L2: Belonging to a community<br>- Foundations for Wellbeing Y3:<br>L1: Exploring emotions | -Food for thought:<br>L1: Healthier eating and drinking habits<br>L2: Healthier eating – choices and influences<br>L3: Ready, set, cook!<br>- Dental health:<br>L1: Exploring dental health<br>- Physical activity lesson<br>- Foundations for Wellbeing Y3:<br>L2: Understanding distractions | - NSCS: CyberSprinters:<br>L1: Creating and managing passwords<br>L2: Protecting your devices<br>- BBFC: Let's watch a film:<br>L1: What can we watch?<br>L2: Can we choose what to watch?<br>- Paying to play lesson<br>- Foundations for Wellbeing Y3:<br>L3: Managing thoughts and emotions | -Keeping safe: Sun safety:<br>L1: Managing risk in the sun<br>-Road and rail safety:<br>L4: Risks and keeping safe<br>-Environment agency:<br>L1: Canals and rivers<br>L2: Flood alert!<br>-Foundations for Wellbeing Y3:<br>L4: Managing worries | - St John's Ambulance: First aid:<br>L1: Allergies<br>L4: Bites and stings<br>L7: Calling for help<br>-Foundations for Wellbeing: Revisit the extension and embedding activities in year 3 lessons.<br>-Foundations for Wellbeing Y3<br>L5: Managing responses |

Year 4

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Forming respectful relationships | Money matters and news literacy | Families and growing together | Exploring ways to manage risk | Me, my body and growing up |
| Unit Summary | This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness. | This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions. | This unit supports pupils' understanding of diverse family structures, and how families can change. | This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety. | This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe. |
| Suggested lessons | - Ground rules, rule!<br>-Friendship and bullying Y3-4:<br>L1: Valuing friendships<br>L2: Friendship challenges<br>L3: What is bullying<br>- OHID: Every mind matters – KS2:<br>L1: Kindness<br>- Foundations for Wellbeing Y4:<br>L1: describing emotions | - Money and wellbeing Y4:<br>L1: How money is used<br>L2: Making decisions about money<br>- Guardian Foundation: NewsWise – ages 7-9:<br>L4: How news affects feelings<br>L6: Fake or real news?<br>L7: Questioning images in the news<br>-Foundations for Wellbeing Y4:<br>L3: Exploring different thinking habits | -Families – KS2:<br>L1: Family relationships<br>L2: Diverse families<br>L3: Family changes<br>- Committed relationships and family life – KS2:<br>L1: Marriage and partnership<br>- Foundations for Wellbeing - Y4:<br>L4: Different ways to manage worries | - Firework safety – KS2: L1: Firework safety (Autumn term)<br>- Keeping safe at home KS2:<br>L2: Keeping safe at home<br>-Road and rail safety KS2:<br>L3: Independently crossing the road<br>-Exploring risk in relation to gambling KS2:<br>L1: Exploring risk<br>- Drug education Y3-4:<br>L1: Medicines and household products<br>L2: Smoking, vaping and alcohol<br>-Foundations for Wellbeing Y4:<br>L2 Understanding internal and external distractions | -Twinkl Puberty<br>L1 Changes in boys<br>L2 Changes in girls<br>L3 Changing emotions<br>-NSPCC: Talk PANTS – ages 7-9<br>L1: Building confidence<br>-Foundations for Wellbeing - Y4<br>L5: Strategies for calm<br>-Change, loss and grief:<br>L2 How do people manage change and loss? |

Year 5

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Friendships, stereotypes and bullying | Positively engaging with our world | Respecting boundaries | Embedding healthy habits and learning first aid | Safe connections |
| Unit Summary | This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views | This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing. | This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. | This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid. | This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. |
| Suggested lessons | - Ground rules, rule!<br>- Friendship and bullying Y5-6:<br>L1: Including others<br>L2: Positive and respectful friendships<br>L3: Bullying and its impact<br>-Belonging and community Y5-6:<br>L3: Challenging stereotypes<br>L4: Addressing extremism<br>-Foundations for Wellbeing Y5:<br>L1 Noticing and naming emotions | -Guardian Foundation: NewsWise ages 9-11:<br>L3: Managing feelings about the news<br>L5: Spotting fake news<br>L6: Understanding that news is targeted<br>- UCL: Climate change - empathy and agency KS2:<br>L1: Connecting with nature<br>L2: Everyday actions<br>L3: Doing it together<br>-Foundations for Wellbeing Y5:<br>L2 Directing attention and managing distractions | - Consent KS2:<br>L1: Giving and seeking permission<br>L2: Personal boundaries<br>L3: Appropriate and inappropriate touch<br>- NSPCC: Talk PANTS – ages 9-11:<br>L6: How can the PANTS rule help us?<br>-Foundations for Wellbeing Y5:<br>L3 Changing thinking habits | - Melanoma Fund: Sunguarding schools KS2<br>-Sure: Breaking limits KS2:<br>L1: Confident mover<br>L2: Team player L3: Goal setter<br>-Mini First Aid Course (1/2 day)<br>- Foundations for Wellbeing Y5:<br>L4 Rumination and worry | -CEOP: Play, like, share – ages 8-10:<br>L1: Block him right good, Alfie!<br>L2: Who's Magnus?<br>L3: They have fans, we have friends!<br>- CEOP: Connect – Y5-6:<br>L1: Respectful relationships<br>L2: Socialising online<br>- NCA: Making the right CyberChoices – Y5-6<br>-Foundations for Wellbeing Y5<br>L5 Managing reactivity |

Year 6

| Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---|---|---|---|---|---|
| Unit Title | Managing money and online spending | Developing our AI literacy | Drug education: assessing risk and managing influences | Changes in puberty and sex education | Looking to the future |
| Unit Summary | This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending. | This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. | This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use. | This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. | This unit explores careerrelated learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. |
| Suggested lessons | - Ground rules, rule!<br>- Money and wellbeing Y6:<br>L1: Money and emotional wellbeing<br>L2: Being a critical consumer<br>- Online financial harms KS2:<br>L1: Spending influences<br>L2: Wellbeing and support<br>- Foundations for Wellbeing Y6<br>L1 regulating emotions | - Understanding AI: Rights, safety and wellbeing lessons:<br>L1: What is AI?<br>L2: How does AI affect our rights?<br>L3: What is an AI chatbot?<br>- Home office – Digital deception: Understanding deepfakes Y5-6:<br>L1: The impact of generative AI<br>L2: The ethics of AI images<br>-Pick your pics Y5-6:<br>L1: Pick your pics<br>-Foundations for Wellbeing Y6<br>L2 Managing distractions<br>L5 Managing stress (complete before SATS) | - Drug education Y5-6:<br>L1: Medicines<br>L2: Legal and illegal drugs<br>L3: Influences and pressure<br>L4: Tobacco, vaping and alcohol in the media<br>-Foundations for Wellbeing Y6<br>L3 Developing positive thinking habits | - Medway: Changing and growing up Y6:<br>L1: Puberty recap<br>L2: Puberty – change and becoming independent<br>L3: Positive, healthy relationships<br>L4: How a baby is made* (sex education lesson)<br>-The sleep factor – KS2<br>L1: Getting a good night's sleep<br>-Foundations for Wellbeing Y6:<br>L4 Managing ruminations and worry | - The Careers and Enterprise Company: Careers explorers KS2:<br>L1: Job skills<br>L2: Choosing a career<br>L3: Career routes<br>- Embracing change and new challenges Y6:<br>L1: Moving to secondary school<br>-Change, Loss and grief Y5-6:<br>L3 How do people manage loss and support each other? |