

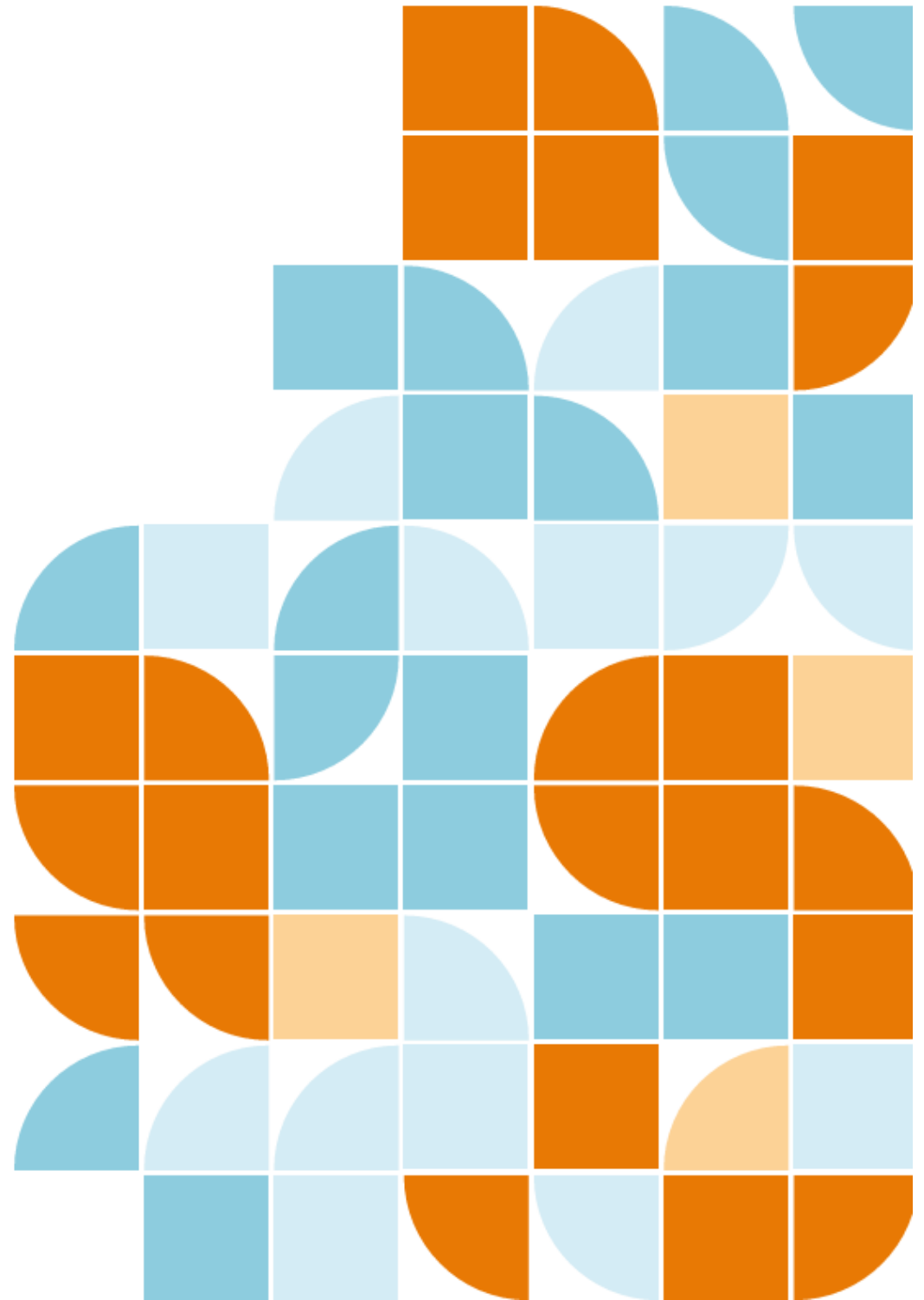


Shoreham Beach  
Primary School & Nursery

# PSHE education Curriculum

KS1

KS2



## Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYFS materials](#).

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Respecting boundaries	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Me, my body and growing up	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	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

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Making friends: playing and learning together</b></p> <p>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.</p> <p><b>Suggested lessons:</b></p> <p><u>Ground rules, rule!</u> – KS1</p> <p><u>Learning and playing together</u> – KS1</p> <p><u>Friendship and bullying</u> – KS1</p> <p><b>L1:</b> Let's be friends</p> <p><b>L2:</b> Let's make up</p> <p><b>L3:</b> Let's be kind</p> <p><u>Consent</u> – KS1</p> <p><b>L1:</b> Asking for permission</p>	<p><b>Mental health and wellbeing</b></p> <p>This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.</p> <p><b>Suggested lessons:</b></p> <p><u>Foundations for Wellbeing</u> – Y1</p> <p><b>L1:</b> Noticing feelings</p> <p><b>L2:</b> Distraction</p> <p><b>L3:</b> Paying attention to pleasant feelings</p> <p><b>L4:</b> Helpful and unhelpful thoughts</p> <p><b>L5:</b> Reacting</p>	<p><b>Celebrating me, you and our families</b></p> <p>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.</p> <p><b>Suggested lessons:</b></p> <p><u>Personal identity</u> – KS1</p> <p><b>L1:</b> All different, all special</p> <p><u>Belonging and community</u> – KS1</p> <p><b>L1:</b> Sameness and difference</p> <p><u>Families</u> – KS1</p> <p><b>L1:</b> What makes a family?</p> <p><b>L2:</b> Different families</p> <p><b>Alternative / additional lessons:</b></p> <p>Curiosity Library (£): Fender finds his bark 🐶</p>	<p><b>Safety at home</b></p> <p>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.</p> <p><b>Suggested lessons:</b></p> <p><u>Keeping safe at home</u> – KS1</p> <p><b>L1:</b> Keeping safe at home</p> <p><u>Drug education</u> – KS1</p> <p><b>L1:</b> Keeping safe</p> <p><b>L2:</b> Keeping healthy</p> <p><b>L3:</b> Medicines and household products</p>	<p><b>Being healthy</b></p> <p>This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</p> <p><b>Suggested lessons:</b></p> <p><u>Keeping safe: Sun safety</u> – KS1</p> <p><b>L1:</b> Keeping safe in the sun</p> <p><u>The sleep factor</u> – KS1</p> <p><b>L1:</b> Ready for sleep</p> <p><u>Food for thought</u> – KS1</p> <p><b>L1:</b> Keeping healthy with food and drink</p> <p><u>Dental health</u> – KS1</p> <p><b>L1:</b> Looking after our teeth</p> <p><u>The importance of handwashing</u> – KS1</p> <p><b>COMING SOON</b></p> <p>Physical activity lesson</p> <p><b>Alternative / additional lessons:</b></p> <p>Curiosity Library (£): I really hate spaghetti; There's no need to worry about dentists at all 🦷</p>	<p><b>Showing kindness to ourselves and others</b></p> <p>This unit revisits learning about feelings, and explores the importance of kindness.</p> <p><b>Suggested lessons:</b></p> <p><u>OHID: Every mind matters</u> – KS1</p> <p><b>L1:</b> Emotions</p> <p><b>L2:</b> Kindness</p> <p><b>L3:</b> Self-care</p> <p><b>COMING SOON</b></p> <p>Croydon: Wellbeing way lessons</p> <p><b>Alternative / additional lessons:</b></p> <p>Foundations for Wellbeing: Revisit the extension and embedding activities in year 1 lessons. 🦋</p>

## Year 2

## Autumn 1

## Autumn 2

## Spring 1

## Spring 2

## Summer 1

## Summer 2

**Mental health and wellbeing**

This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).

**Suggested lessons:**

Foundations for Wellbeing – Y2

- L1:** Noticing and naming feelings
- L2:** Different distractions
- L3:** Changing thoughts and feelings
- L4:** Managing unhelpful thoughts
- L5:** Reactions and responses

Change, loss and grief – KS1

- L1:** What happens when things change?

**Keeping safe online**

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).

**Suggested lessons:**

CEOP: Jessie and Friends – KS1

- L1:** Watching videos
- L2:** Sharing pictures
- L3:** Playing games

BBFC: Watch out! – KS1

- L1:** Helping to make good viewing choices
- L2:** Keeping viewing choices safe

**Me, my body and staying safe**

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.

**Suggested lessons:**

Medway: Changing and growing up – KS1

- L1:** My special people
- L2:** Growing up – the human life cycle
- L3:** Everybody's body

NSPCC: Talk PANTS – 5-7

- L1:** PANTS power
- L2:** More PANTS power

**Money and work**

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.

**Suggested lessons:**

The Careers and Enterprise Company: Careers explorers – KS1

- L1:** Strengths and interests
- L2:** Different jobs

Money and wellbeing – KS1

- L1:** What is money?
- L2:** Money choices

**Keeping safe outside the home**

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.

**Suggested lessons:**

Road and rail safety – KS1

- L1:** Crossing the road
- L2:** Keeping safe around railways

**COMING SOON**

**Emergencies lesson**

Environment agency – KS1

- L1:** Caring for the environment

**Looking back and moving on**

Use this unit to consolidate learning – this could include an extended project 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:**

Foundations for Wellbeing:  
Revisit the extension and embedding activities in year 2 lessons.

Embracing change and new challenges – KS1

- L1:** Moving to a new class

**Alternative / additional lessons:**

Curiosity Library (£): Fang and the changing seasons 

# Year 3

## Autumn 1

## Autumn 2

## Spring 1

## Spring 2

## Summer 1

## Summer 2

### Me, my friends and belonging

This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.

#### Suggested lessons:

Personal identity – KS2

**L1:** Personal identity

Medway: Changing and growing up – Y3

**L1:** What makes a good friend

**L2:** Falling out with friends

Belonging and community – Y3-4

**L2:** Belonging to a community

#### Alternative / additional lessons:

Ground rules, rule! 🗣️

### Mental health and wellbeing

Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.

#### Suggested lessons:

Foundations for Wellbeing – Y3

**L1:** Exploring emotions

**L2:** Understanding distraction

**L3:** Managing thoughts and emotions

**L4:** Managing worries

**L5:** Managing responses

#### Alternative / additional lessons:

Curiosity Library (£): Squashing the worry monster 🗣️

### Building healthy habits

This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.

#### Suggested lessons:

Food for thought – KS2

**L1:** Healthier eating and drinking habits

**L2:** Healthier eating – choices and influences

**L3:** Ready, set, cook!

Dental health – KS2

**L1:** Exploring dental health

**COMING SOON**

Physical activity lesson

### Making choices online

This unit explores how to protect information online and make choices about online content, including understanding age ratings.

#### Suggested lessons:

NSCS: CyberSprinters – KS2

**L1:** Creating and managing passwords

**L2:** Protecting your devices

BBFC: Let's watch a film – KS2

**L1:** What can we watch?

**L2:** Can we choose what to watch?

**COMING SOON**

Paying to play lesson

### Keeping safe out and about

This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.

#### Suggested lessons:

Keeping safe: Sun safety – KS2

**L1:** Managing risk in the sun

Road and rail safety – KS2

**L4:** Risks and keeping safe

Environment agency – KS2

**L1:** Canals and rivers

**L2:** Flood alert!

### Looking out for each other

This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.

#### Suggested lessons:

St John's Ambulance: First aid – KS2

**L1:** Allergies

**L4:** Bites and stings

**L7:** Calling for help

Foundations for Wellbeing: Revisit the extension and embedding activities in year 3 lessons.

#### Alternative / additional lessons:

Food for thought – KS2

Revisit the extension and embedding activities. 🗣️

## Year 4

### Autumn 1

### Autumn 2

### Spring 1

### Spring 2

### Summer 1

### Summer 2

#### Mental health and wellbeing

Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.

##### Suggested lessons:

Foundations for Wellbeing – Y4

- L1: Describing emotions
  - L2: Understanding internal and external distractions
  - L3: Exploring different thinking habits
  - L4: Different ways to manage worries
  - L5: Strategies for calm
- Change, loss and grief – Y3-4
- L2: How do people manage change and loss?

##### Alternative / additional lessons:

**COMING SOON**  
Croydon: Wellbeing way lessons

#### Exploring ways to manage risk

This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.

##### Suggested lessons:

Firework safety – KS2

- L1: Firework safety
- Keeping safe at home – KS2
- L2: Keeping safe at home
- Road and rail safety – KS2
- L3: Independently crossing the road

Exploring risk in relation to gambling – KS2

- L1: Exploring risk
- Drug education – Y3-4
- L1: Medicines and household products
  - L2: Smoking, vaping and alcohol

#### Forming respectful relationships

This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.

##### Suggested lessons:

Friendship and bullying – Y3-4

- L1: Valuing friendships
- L2: Friendship challenges
- L3: What is bullying

OHID: Every mind matters – KS2

- L1: Kindness

##### Alternative / additional lessons:

University of Greenwich:  
Our class 

University of Sussex:  
The Rez 

Curiosity Library (£): The anti-bullying club 

#### Money matters and news literacy

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.

##### Suggested lessons:

Money and wellbeing – Y4

- L1: How money is used
- L2: Making decisions about money

Guardian Foundation: NewsWise – ages 7-9

- L4: How news affects feelings
- L6: Fake or real news?
- L7: Questioning images in the news

#### Respecting boundaries

This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.

##### Suggested lessons:

Consent – KS2


- L1: Giving and seeking permission
  - L2: Personal boundaries
  - L3: Appropriate and inappropriate touch
- NSPCC: Talk PANTS – ages 9-11
- L6: How can the PANTS rule help us?

Female genital mutilation – Y5-6\*

- L1: Keeping safe – FGM

*\*See the Programme of Study for further guidance on teaching about FGM at the primary phase.*

##### Alternative / additional lessons:

Gloucestershire Healthy Living and Learning: Understanding consent 

#### Families and growing together


This unit supports pupils' understanding of diverse family structures, and how families can change.

##### Suggested lessons:

Families – KS2

- L1: Family relationships
  - L2: Diverse families
  - L3: Family changes
- Committed relationships and family life – KS2
- L1: Marriage and partnership

##### Alternative / additional lessons:

Rosie's story: What happens if families change? 

# Year 5

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

## Friendships, stereotypes and bullying

This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.

### Suggested lessons:

Friendship and bullying – Y5-6

**L1:** Including others

**L2:** Positive and respectful friendships


**L3:** Bullying and its impact

Belonging and community – Y5-6

**L3:** Challenging stereotypes

**L4:** Addressing extremism

### Alternative / additional lessons:

Changing Faces: A World of Difference 

**COMING SOON**

Assistance Dogs UK lesson

## Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.

### Suggested lessons:

Foundations for Wellbeing – Y5

**L1:** Noticing and naming emotions


**L2:** Directing attention and managing distractions

**L3:** Changing thinking habits

**L4:** Rumination and worry

**L5:** Managing reactivity

### Alternative / additional lessons:

OHID: Every mind matters – KS2 

## Positively engaging with our world

This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.

### Suggested lessons:

Guardian Foundation: NewsWise – ages 9-11

**L3:** Managing feelings about the news

**L5:** Spotting fake news

**L6:** Understanding that news is targeted

UCL: Climate change – empathy and agency – KS2

**L1:** Connecting with nature

**L2:** Everyday actions

**L3:** Doing it together

## Me, my body and growing up

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:

Medway: Changing and growing up – Y4-5

**L1:** Time to change

**L2:** Menstruation and wet dreams


**L3:** Personal hygiene

**L4:** Emotions and feelings

NSPCC: Talk PANTS – ages 7-9

**L1:** Building confidence

### Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons. 

## Safe connections

This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.

### Suggested lessons:

CEOP: Play, like, share – ages 8-10

**L1:** Block him right good, Alfie!

**L2:** Who's Magnus?

**L3:** They have fans, we have friends!


CEOP: Connect – Y5-6


**L1:** Respectful relationships

**L2:** Socialising online

NCA: Making the right CyberChoices – Y5-6

### Alternative / additional lessons:

City of London Police: Cyber detectives 

NSCS: CyberSprinters – lesson 3 

## Embedding healthy habits and learning first aid

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.

### Suggested lessons:

Melanoma Fund: Sunguarding schools – KS2

Sure: Breaking limits – KS2

**L1:** Confident mover

**L2:** Team player

**L3:** Goal setter

St John's Ambulance: First aid – KS2

**L2:** Asthma

**L9:** Head injuries

## Year 6

## Autumn 1

## Autumn 2

## Spring 1

## Spring 2

## Summer 1

## Summer 2

**Mental health and wellbeing**

This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.

**Suggested lessons:**

Foundations for Wellbeing – Y6

- L1: Regulating emotions
  - L2: Managing distraction
  - L3: Developing positive thinking habits
  - L4: Managing rumination and worry
  - L5: Managing stress
- Change, loss and grief – Y5–6
- L3: How do people manage loss and support each other?

**Managing money and online spending**

This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.

**Suggested lessons:**

Money and wellbeing – Y6

- L1: Money and emotional wellbeing
  - L2: Being a critical consumer
- Exploring risk in relation to gambling – KS2
- L2: Chancing it!
- Online financial harms – KS2
- L1: Spending influences
  - L2: Wellbeing and support

**Developing our AI literacy**

This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.

**Suggested lessons:**

**COMING SOON**

Understanding AI: Rights, safety and wellbeing lessons

- L1: What is AI?
  - L2: How does AI affect our rights?
  - L3: What is an AI chatbot?
- Home office – Digital deception: Understanding deepfakes – Y5–6
- L1: The impact of generative AI
  - L2: The ethics of AI images
- Pick your pics – Y5–6
- L1: Pick your pics

**Drug education: assessing risk and managing influences**

This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.

**Suggested lessons:**

Drug education – Y5–6

- L1: Medicines
- L2: Legal and illegal drugs
- L3: Influences and pressure
- L4: Tobacco, vaping and alcohol in the media

**Changes in puberty (and sex education\*)**

This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.

**Suggested lessons:**

Medway: Changing and growing up – Y6

- L1: Puberty recap
- L2: Puberty – change and becoming independent
- L3: Positive, healthy relationships
- L4: How a baby is made\*

The sleep factor – KS2

L1: Getting a good night's sleep

\*The parental right to withdraw applies to sex education.

**Looking to the future**

This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.

**Suggested lessons:**

The Careers and Enterprise Company: Careers explorers – KS2

- L1: Job skills
- L2: Choosing a career
- L3: Career routes

Embracing change and new challenges – Y6

L1: Moving to secondary school

**Alternative / additional lessons:**

NSPCC: Talk relationships – Transition to secondary school 