

## PSHE Yearly Planner

### Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	All about me	Festivals and Celebrations	E-safety(including importance of sleep and sensible amounts of tablet time)	People who help us (including road safety and calling 999)	Looking after the environment	Sun safety/ Beach safety
	Looking after our teeth					Picking up litter
<b>Year 1 CIOS Curriculum</b>	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	
	Managing our time safely online: Jessie & Friends 1 Watching videos					
	Emergencies and getting help	Rights Responsibilities and respect	Our bodies and boundaries – NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
<b>Year 2 CIOS Curriculum</b>	Sharing photos online: Jessie & Friends Sharing pictures 2	Online interactions and information sharing: Jessie & Friends Playing games 1	Keeping our teeth clean	Respecting Uniqueness	Learning about work	Basic First Aid
	Horrible Hands	Jessie & Friends Playing games 2	Big feelings	Our communities		
<b>Year 3 CIOS Curriculum</b>	The internet and everyday life. Turn off Let's Play	Road Safety	Everyday feelings	Strategies to support wellbeing	World of Work	Sun Safety
	Physical Activity	Teamwork Skills	Expressing feelings	Everyday drugs	Spending money	
<b>Year 4 CIOS Curriculum</b>	Safely enjoying the online world. Play, like, share 1 – Alfie	Play, like. Share 3 -fans	Money choices	What makes a good friend?	Everyday safety and basic First Aid	The environment
	Keeping personal information private. Play, like, share 2 – Magnus	Resolving conflict and managing pressure	Volunteering and citizenship	Respecting others	Managing Feelings	
<b>Year 5 CIOS Curriculum</b>	Online Content	A diverse community	Online contact	Managing challenge and change	Illness	Puberty 2- body changes
	Respectful relationships	Mental health and keeping well	Exploring risk	Nutrition and Healthy Eating (covered in DT: seasonality)	Puberty 1	

<b>Year 6 CIS Curriculum</b>	Social media	Online friendships and keeping safe. Share Aware 1- Alex	Different types of families	Spending decisions	Keeping your body safe 1 Visit from PSCO about anti-social behaviour	Feelings and common anxieties when changing schools  Drugs Education First Aid
		Skills for using the internet safely. Share Aware 2 – Lucy	Healthy and harmful relationships	Exploring risk in relation to gambling	Consent - Keeping your body safe 2	Changing schools

**Assemblies on beach/ water/ sun safety and an Environment week in the summer term.**

