PSHE Year	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value		
3 -	how to make	what is meant	how to manage	how to manage	how to make	ways of keeping	how to manage		
AUTUMN	informed	by a healthy	risks to physical	risks to physical	informed choices	physically and	risks to physical		
TERM	choices about	lifestyle	and emotional	and emotional	about health and	emotionally safe	and emotional		
	health and		health and	health and	wellbeing and to	·	health and		
Topic Focus	wellbeing and to		wellbeing	wellbeing	recognise sources		wellbeing		
•	recognise				of help with this				
	sources of help				,				
Health and	with this								
Wellbeing									
	Suggested	Suggested	Suggested	Suggested	Suggested	Suggested Learning	Suggested		
	Learning	Learning	Learning Outcome	Learning	Learning Outcome	Outcome	Learning Outcome		
	Outcome	Outcome		Outcome					
	how to make	to recognise	to recognise how	to recognise how	to reflect on and	to deepen their	to recognise that		
	informed	opportunities	images in the media	images in the	celebrate their	understanding of	they may		
	choices	and develop the	(and online) do not	media (and online)	achievements,	good and not so	experience		
	(including	skills to make	always reflect	do not always	identify their	good feelings, to	conflicting		
	recognising that	their own	reality and can	reflect reality	strengths and	extend their	emotions and whe		
	choices can	choices about	affect how people	and can affect	areas for	vocabulary to enable	they might need t		
	have positive,	food,	feel about	how people feel	improvement, set	them to explain	listen to, or		
	neutral and	understanding	themselves -	about themselves	high aspirations	both the range and	overcome these		
	negative	what might	magazines / TV	social media /	and goals	intensity of their			
	consequences)	influence their		online		feelings to others			
	and to begin to	choices and the							
	understand the	benefits of							
	concept of a	eating a							
	'balanced	balanced diet							
	lifestyle'								
	Topic Vocabulary	<i>'</i> -							
	New Vocabulary -								

1E Year	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value
	how to develop	how to develop	how to recognise	how to develop	how to respect	how to develop and	
RING	and maintain a	and maintain a	risky or negative	and maintain a	equality and	maintain a variety	
RM	variety of	variety of	relationships	variety of healthy	diversity in	of healthy	
	healthy	healthy	including all forms	relationships,	relationships	relationships, within	
ic Focus	relationships,	relationships,	of bullying and	within a range of		a range of	
	within a range	within a range	abuse	social/cultural		social/cultural	
	of	of		contexts		contexts	
ationship	social/cultural	social/cultural					
,	contexts	contexts					
	Suggested	Suggested	Suggested	Suggested	Suggested	Suggested Learning	Suggested
	Learning	Learning	Learning Outcome	Learning	Learning Outcome	Outcome	Learning Outcom
	Outcome	Outcome	_	Outcome	_		
	to recognise	to recognise	to recognise ways	to recognise	that civil	that marriage is a	
	and respond	what	in which a	different types	partnerships and	commitment freely	
	appropriately to	constitutes a	relationship can be	of relationship,	marriage are	entered into by	
	a wider range	positive,	unhealthy and	including those	examples of a	both people, that no	
	of feelings in	healthy	whom to talk to if	between	public	one should marry if	
	others	relationship and	they need support	acquaintances,	demonstration of	they don't	
		develop the	'	friends, relatives	the commitment	absolutely want to	
		skills to form		and families	made between two	do so or are not	
		and maintain			people who love	making this decision	
		positive and			and care for each	freely for	
		healthy			other and want to	themselves	
		relationships			spend their lives		
		'			together and who		
					are of the legal		
					age to make that		
					commitment		

New Vocabulary -

PSHE	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value
SPRING	about rights	about rights and	about rights and	about rights and	about rights and	about respect for	
TERM 2	and	responsibilities	responsibilities as	responsibilities as	responsibilities as	self and others and	
	responsibilities	as members of	members of	members of	members of	the importance of	
Topic Focus	as members of	families, other	families, other	families, other	families, other	responsible	
-	families, other	groups and	groups and	groups and	groups and	behaviours and	
	groups and	ultimately as	ultimately as	ultimately as	ultimately as	actions	
Living in the	ultimately as	citizens	citizens	citizens	citizens		
wider world	citizens						
	Suggested	Suggested	Suggested	Suggested	Suggested	Suggested Learning	Suggested
	Learning	Learning	Learning Outcome	Learning	Learning Outcome	Outcome	Learning Outcome
	Outcome	Outcome		Outcome			
	to research,	to research,	why and how rules	to understand	that these	to know that there	
	discuss and	discuss and	and laws that	that there are	universal rights	are some cultural	
	debate topical	debate topical	protect them and	basic human	are there to	practices which are	
	issues, problems	issues, problems	others are made	rights shared by	protect everyone	against British law	
	and events that	and events that	and enforced, why	all peoples and all	and have primacy	and universal human	
	are of concern	are of concern	different rules are	societies and that	both over national	rights, such as FGM	
	to them and	to them and	needed in different	children have	law and family and	/ forced marriage	
	offer their	offer their	situations and how	their own special	community	etc	
	recommendation	recommendation	to take part in	rights set out in	practices		
	s to appropriate	s to appropriate	making and	the United			
	people	people	changing rules	Nations			
			3 3	Declaration of			
				the Rights of the			
				Child			
	Topic Vocabulary	<i>,</i> –		<u>'</u>		•	<u>'</u>
	·						
	New Vocabulary	_					

PSHE Year	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value
3	I know that our	I can name male	I know what is	I know what			
	bodies are	and female body	appropriate and	consent means.			
Topic Focus	unique	parts.	inappropriate				
•			physical contact				
Relationship							
and sex							
education							
education	Suggested	Suggested	Suggested	Succeeded	Supported	Suggested Learning	Suggested
	Suggested	Suggested	Suggested	Suggested	Suggested	Suggested Learning	Suggested
	Learning	Learning	Learning Outcome	Learning	Learning Outcome	Outcome	Learning Outcome
	Outcome	Outcome		Outcome			
	Know and	Name male and	Understand that	Understand that			
	respect body	female body	each person's body	each person's			
	differences	parts (using	belongs to them	body belongs to			
	between	agreed words)		them			
	themselves and		Understand				
	others.		personal space and	Understand			
			unwanted touch	personal space			
				and unwanted			
				touch			
	Topic Vocabulary	- Stereotypes, gen	der roles, similar, diffe	rent, male, female, p	rivate parts, penis, test	icles, vulva, vagina, uter	us, family, fostering,
	adoption, relation				•		

PSHE Year	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value	Core Value			
3	to deepen their	to deepen their	to recognise and	to recognise that	to recognise that	to deepen their	to deepen their			
	understanding	understanding	care about other	they may	they may	understanding of	understanding of			
Topic Focus	of good and not	of good and not	people's feelings	experience	experience	good and not so	good and not so			
	so good	so good		conflicting	conflicting	good feelings, to	good feelings, to			
	feelings, to	feelings, to		emotions and	emotions and when	extend their	extend their			
Mental	extend their	extend their		when they might	they might need to	vocabulary to enable	vocabulary to			
Health and	vocabulary to	vocabulary to		need to listen to	listen to their	them to explain	enable them to			
wellbeing	enable them to	enable them to		their emotions or	emotions or	both the range and	explain both the			
	explain both	explain both the		overcome them	overcome them	intensity of their	range and intensity			
	the range and	range and				feelings to others	of their feelings to			
	intensity of	intensity of					others			
	their feelings	their feelings to								
	to others	others								
	Suggested	Suggested	Suggested	Suggested	Suggested	Suggested Learning	Suggested			
	Learning	Learning	Learning Outcome	Learning	Learning Outcome	Outcome	Learning Outcome			
	Outcome	Outcome		Outcome						
	I can recognise	I can explain	I can use some	I can recognise	I can describe the	I can explain how	I can identify who			
	a range of	how we	simple strategies	how feelings	different feelings	we experience and	and what can help			
	emotions.	experience and	for making myself	change in	related to	express an	me manage and			
		express	and others feel	different	different	increasing range of	express my			
		different	better.	situations	situations	feelings	feelings			
		feelings								
	Topic Vocabulary	/ / -								
	New Vocabulary	-								