

Curriculum Intent and Breadth – PSHE



PHSE Intent

At Brook, personal, social, health and economic (PSHE) education enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing physically, personally and socially and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

	Autumn Term			Spring Term			Summer Term		
Pre-school	Begin to follow rules	Begin to talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’		Increasingly follow rules, understanding why they are important Begin to develop appropriate ways of being assertive	Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’ Begin to understand gradually how others might be feeling		Increasingly follow rules, understanding why they are important Remember rules without needing an adult to remind them Develop appropriate ways of being assertive	Talk with others to solve conflicts Understand gradually how others might be feeling	
Reception	Begin to see themselves as a valuable individual	Begin to build positive relationships Begin to express their feelings.		See themselves as a valuable individual Express their feelings and begin to consider the feelings of others	Develop constructive and respectful relationships		Express their feelings and consider the feelings of others	See themselves as a valuable individual Build constructive and respectful relationships Express their feelings and consider the feelings of others	
	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and people who care for me and caring friendships	Respectful and kind relationships	Respecting ourselves and others	Belonging to a community	Online safety and awareness/ Wellbeing online	Money and work	Physical health and fitness/ General wellbeing and healthy eating	Growing and changing	Personal safety including drugs, alcohol, tobacco and vaping/ Health protection and prevention

Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online Water Safety
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies Water Safety
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places Water Safety
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality ; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life Water Safety
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices;	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities;	Keeping safe in different situations, including responding in

			prejudice and discrimination			workplace stereotypes		mental wellbeing	emergencies and first aid Water Safety
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media Water Safety