



Layton Primary School- PSHE Curriculum



Main Topic- Positive Relationships

Covered within- **Rules, Behaviours and feelings towards others, Inappropriate and appropriate contact** and **5Rs**

Year 1

5Rs
What is a relationship?

Classroom Rules and Consequences

Being a good friend

Recognising basic emotions- eg. happiness, sadness, anger, fear

Contact with friends eg. on the playground/ getting changed for PE/ going to the toilets

Year 2

5Rs
What is a relationship?
Who may you have relationships with?

Taking ownership of rules and pledging to keep to these rules

Bullying and Teasing
What to do if this occurs

When and why we feel certain emotions and how to deal with them

Personal space and privacy

Year 3

5Rs
What is a positive relationship?
Why are rules different for different age groups?

Rules in different contexts other than the classroom e.g. the playground/clubs

Different consequences for different settings

Difference between bullying and isolated, unkind behaviour

Types of bullying

How do your feelings affect others?

How can you help others with their emotions?

Rough play and fighting

Year 4

5Rs
What is a positive relationship?
Healthy/unhealthy relationships

Collaboration with rules.
What is collaboration and how is this done?

How do your feeling affect your physical state

Facial expressions and body language

Mixed emotions

Impact of bullying

Year 5

5Rs
What is a positive relationship?
Difference between a friend and an acquaintance
Healthy/unhealthy relationships

Nationwide rules
Negotiation and compromise

How feelings can change towards something/someone

Different strategies to respond to others feelings

What is abuse?
Physical and emotional

Year 6

5Rs
What is a positive relationship?
Healthy/unhealthy relationships

Strategies to negotiate and compromise when collaborating

Wider rules/law

Different strategies to respond to others feelings

Peer Pressure

Physical and emotional abuse

Illegal inappropriate contact

Domestic violence and where to get help

(Dependent on individual children and possibly taught in small groups)

Main Topic- Physical Health

Covered within- **Balanced diet**, **Hygiene**, **Exercise**, **Drugs (medicines, alcohol, smoking, illegal substances)**, **Lifestyle**

Year 1

What is physical health?

Healthy and Unhealthy Foods

Basic hygiene e.g. hand washing and cleaning teeth

Basic exercise skills (PE curriculum)

When would you go to the doctors? What happens when you are unwell?

Sleep and bedtime routine and how this has an impact on physical health

Year 2

What is physical health?

Eating the right amounts of different types of food (science curriculum)

Basic hygiene (science curriculum)

How germs spread

Basic exercise skills (PE curriculum)

Medicines can be useful/harmful (see science)

Sleep and bedtime routine and how this has an impact on physical health

Year 3

What is physical health?

The right types of nutrition (science curriculum)

The benefits of an adequate and varied diet (science curriculum)

Eat-well Guide (science curriculum)

Basic hygiene
How germs spread
How to prevent them spreading

Regular and varied exercise (PE and Science curriculum)

Define drugs

Understand medicines are drugs

Are medicines always needed?

Year 4

What is physical health?

Eat-well guide

How to care for teeth and gums (science curriculum)

Basic hygiene
How germs spread
How to prevent them spreading

Daily hygiene

Exercise (PE curriculum)

Understand medicines are drugs

Risks of smoking and alcohol

Opinions of smoking and alcohol

Year 5

What is physical health?

Basic needs for human survival

How diet can affect internal organs

Balanced diet- Eat-well Guide

Regular and daily hygiene e.g. shower, deodorant, washing hair, changing underwear

How germs spread
How to prevent them spreading

Exercise (PE curriculum)

Impact of too much exercise

Ways medicines can be helpful/harmful and be used safely/unsafely

Year 6

What is physical health?

Impact of diet, exercise and drugs on bodily functions

An adequate, varied and balanced diet is needed (science/PE curriculum)

Regular and daily hygiene e.g. shower, deodorant, washing hair, changing underwear

How germs spread
How to prevent them spreading

Exercise (PE curriculum)

All medicines are drugs NOT all drugs are medicines (science curriculum)

Medical/Non-medical use of drugs

Illegal substances

5 ways to wellbeing: connect, be active, keep learning, give and take (will be covered in mental health too)



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Main Topic- Mental Health

Covered within- Wellbeing, Relationships, Self confidence/awareness, Types of mental health

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Different emotions</p> <p>Good/Not so good feelings</p> <p>How to describe your feelings to others</p> <p>Who to go to about your emotions</p> <p>Change/ loss through losing toys and moving house</p> <p>Fair/ unfair</p> <p>Right/ wrong</p> <p>Growth mindset and the 5Rs</p>	<p>Strategies to deal with different emotions</p> <p>Emotions around different people</p> <p>Change/loss through pets, friends, toys, moving house and transition to KS2</p> <p>Difference between secrets and surprises</p> <p>Sharing opinions</p> <p>Recognise personal strengths and set simple goals</p> <p>Growth mindset and the 5Rs</p>	<p>The difference between physical and mental health</p> <p>Explain the range and intensity of emotions felt including rational and irrational responses</p> <p>Change/loss including separation and bereavement</p> <p>Where to access support for self and friends</p> <p>Feelings around others and how to overcome them</p> <p>Growth mindset and the 5Rs</p>	<p>Positive and negative effects on mental health</p> <p>Conflicting emotions</p> <p>Change/loss including separation and bereavement</p> <p>Where to access support for self and friends</p> <p>Difficult times of the year e.g. anniversary of a traumatic event</p> <p>Growth mindset and the 5Rs</p>	<p>Change/loss including separation and bereavement</p> <p>Accessing support through organisations/ services e.g. Young Minds</p> <p>Body image</p> <p>The effects of social media images on how people feel about themselves</p> <p>Growth mindset and the 5Rs</p>	<p>Change/loss including transition to high school</p> <p>Accessing support through organisations/ services e.g. Young Minds</p> <p>Body image and how social media images do not reflect reality</p> <p>Growth mindset and the 5Rs</p> <p>Types of mental health e.g. anxiety, depression, phobias, OCD</p> <p>Symptoms of mental health</p> <p>Self- harm (Dependent on individual children and taught in targeted groups when needed)</p>



Layton Primary School- PSHE Curriculum



Main Topic- Safety

Covered within- Online safety, Apps, Basic first Aid, Road safety, Fire safety

Year 1

Online safety
(computing curriculum)

Appropriate
screen time

Emergency
Services

Basic road
safety

Year 2

Online safety
(computing curriculum)

Age appropriate online
games specific to the
current gaming trends

How to speak to others
on online games and
who to speak to

Permission for in-app
purchases

Privacy, content,
appropriate behaviour
and screen time -
Youtube and TikTok

Emergency Services

Basic road safety

Fire safety visit

Year 3

Online safety
(computing curriculum)

Age appropriate
online games
specific to the
current gaming
trends

Privacy, content,
appropriate
behaviour and
screen time -
Youtube, TikTok,
Instagram,
Facebook,
Snapchat, Whatsapp

Emergency Services

Basic road safety

Year 4

Online safety
(computing curriculum)

Age appropriate
online games
specific to the
current gaming
trends

Privacy, content,
appropriate
behaviour and
screen time -
Youtube, TikTok,
Instagram,
Facebook,
Snapchat, Whatsapp

Emergency Services

Basic road safety

Year 5

Online safety
(computing curriculum)

Age appropriate online
games specific to the
current gaming trends

Privacy, content,
appropriate behaviour
and screen time -
Youtube, TikTok,
Instagram, Facebook,
Snapchat, Whatsapp

Emergency Services

Dealing with common
injuries including head
injuries

Basic road safety

Year 6

Online safety
(computing curriculum)

Age appropriate online
games specific to the
current gaming trends

Privacy, content,
appropriate behaviour
and screen time -
Youtube, TikTok,
Instagram, Facebook,
Snapchat, WhatsApp

Emergency Services

Dealing with common
injuries including head
injuries

Road safety visit

Fire safety visit



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Main Topic- Rights and Responsibilities Covered within- **Rights**, **Responsibilities**, **Finances**, **Crime and Consequences**

Year 1

What are rights?

Basic children's rights e.g. to be educated

What is responsibility?

What are you responsible for?

Money (maths curriculum)

Keeping money safe e.g. piggy bank/purse

Year 2

What are rights?

Basic children's rights e.g. to be educated

What is responsibility?

What are you responsible for?

Money (maths curriculum)

What you choose to do with your money

The difference between physical and virtual money

Year 3

Respecting each others' rights

The difference between facts and opinions

Greater responsibilities e.g. environment

Money (maths curriculum)

Spending and savings e.g. pocket money

Crime and consequences under the age of 10

Year 4

Are children's and adults' rights different?

The difference between facts and opinions

Greater responsibilities e.g. environment

Money (maths curriculum)

Spending and savings e.g. pocket money

Crime and consequences under the age of 10

Year 5

Is it fair that rights for children and adults are different?

The difference between facts and opinions
Biased/unbiased opinions

Financial responsibilities e.g. house, tax etc

Money (maths curriculum)

Income and pay
Budgeting
Savings

Crime and consequences ages 10-17 including media content on devices

Year 6

Is it fair that rights for children and adults are different?

The difference between facts and opinions
Biased/unbiased opinions

Financial responsibilities e.g. house, tax etc

Money (maths curriculum)

Income and pay
Budgeting
Simple banking
Savings
Interest

Crime and consequences ages 10-17 including media content on devices



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Main Topic- Valuing Differences

Covered within- **Similarities and differences, Respect and understanding, Prejudice, Diverse families**

Year 1

Different religions (RE curriculum)

Similarities and differences between people

What is respect?

Making judgements

Family dynamics e.g. (mum and dad, same sex parents, single parent, fostering and adoption)

Year 2

Different religions (RE curriculum)

Physical and non-physical differences between people

Understanding respect and how to show it

Are your judgements always right?

Family dynamics e.g. (mum and dad, same sex parents, single parent, fostering and adoption)

Year 3

Different religions (RE curriculum)

Physical and non-physical differences between a diverse range of people

Define what a community is

Respecting unique qualities of others

Define prejudice and why people have certain views

Family dynamics and understanding terminology

Year 4

Different religions (RE curriculum)

How many way can people be different to one another?

Different communities

Can the amount of respect you have change towards certain people?

Identify and understand different stereotypes, including those promoted in the media

Family dynamics and understanding terminology

Year 5

Different religions (RE curriculum)

Describe the benefits of living in a diverse society

Understand the difference between the terms biological sex, gender identity, sexual orientation and gender expression

Mutual respect and how it is demonstrated

Prejudice in current situations e.g. BLM

Family dynamics and understanding terminology

Year 6

Different religions (RE curriculum)

Difference between diverse and non-diverse

Are there more similarities or difference between people?

Mutual respect and how it is demonstrated

Prejudice in current situations e.g. BLM

Family dynamics and understanding terminology

LGBTQ+



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Main Topic- Changing and Growing

Covered within- Understanding the body, Puberty, Sex education

Year 1

Understand that living things grow (science curriculum)

Know the main external body parts

Year 2

Notice that humans have offspring that grow into adults (science curriculum)

Know the main internal body parts

Year 3

Body proportions and skeleton growth (science curriculum)

Year 4

Describe some of the physical/ non-physical changes that happen to people in their lives

Year 5

Describe the change as human develop to old age (science curriculum)

Animal and human gestation (science curriculum)

Specific to girls

Menstrual cycles and advice

Who to talk to and how to access support

Sanitary boxes shall be kept within school if children require them

Year 6

These topics shall be taught in targeted groups e.g. boys/ girls

Puberty e.g. erections, periods and hair growth

Specific to girls

Menstrual cycles and advice

Who to talk to and how to access support

Sanitary boxes shall be kept within school if children require them

Human fertilisation (how sperm fertilises an egg)

Year 6 ONLY

Human fertilisation (how sperm fertilises an egg)

Please note: this is what the school nurse service offered to year 6 pupils previously

Relationships Education is a compulsory subject taught in primary schools. However, Sex Education is not compulsory as this goes beyond what is covered within the science curriculum. Therefore, each parent/carer has the right to withdraw their child from the above content if they feel it is appropriate to do so once they are a year 6 pupil.