

Lower Key Stage 2 Programme of Study

Term	Subject Content	Core Knowledge	SEL Skills	
Autumn 1	Health and Wellbeing (mental and physical wellbeing)	• Expectations within PSHE lessons • Growth mindset • Bullying • Physical activity	• Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness	
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	• Mental and physical wellbeing • Dental hygiene • Sleep • Hygiene and limiting the spread of illness	• Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness	
Spring 1	Health and Wellbeing (basic first-aid) Life Skills (financial literacy) Relationships (families)	• How to respond in an emergency scenario • The value of money • Budgeting • Healthy family life • Marriage and civil partnerships	• Responsible decision-making • Relationship skills • Self-management • Social awareness	
Spring 2	Relationships (families, friendships, respectful relationships, online relationships and e-safety)	• Safe and happy family relationships • Healthy friendships • Resolving friendship issues • Sharing information online • Age restrictions online	• Responsible decision-making • Self-management • Social awareness • Relationship skills • Self-awareness	

Summer 1	Relationships and sex education (safety and e-safety)	• Positive and negative impact of time spent online • Body parts • Appropriate and inappropriate touch • puberty	• Self-management • Social awareness • Relationship skills • Self-awareness	
Summer 2	Relationships (respectful relationships) Life Skills (Careers)	• Discrimination • Stereotypes • Aspirations • Careers	• Self-management • Social awareness • Relationship skills • Self-awareness	

Upper Key Stage 2 Programme of Study

Term	Subject Content	Core Knowledge	SEL Skills
Autumn 1	Health and Wellbeing (mental and physical wellbeing) Life Skills (careers)	• Expectations within PSHE lessons • Feelings • Growth mindset • Mental Wellbeing • Aspiration	• Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	• Mental and physical wellbeing • Bereavement and loss • Physical exercise • Bullying	• Relationship skills • Social awareness • Self-awareness • Self-management • Responsible decision-making

Spring 1	Health and Wellbeing (mental and physical wellbeing) Relationships (families, friendships and respectful relationships)	• Positive body image • Healthy family life • Friendships • Respectful relationships	• Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness
Spring 2	Relationships (respectful relationships and online relationships) Health and Wellbeing (health and prevention,	• Stereotypes • Healthy eating • Dental hygiene • Sleep • Immunisations • Online behaviour	• Responsible decision-making • Relationship skills • Self-awareness • Social awareness
Summer 1	Relationships (online relationships and e-safety) Health and Wellbeing (first-aid) Life Skills (financial literacy)	• Gaming • Social media • Reporting abuse • Basic first-aid • Gambling and the risks of gambling	• Responsible decision-making • Relationship skills • Self-management • Social awareness
Summer 2	Relationships and sex education (respectful relationships) Life Skills (Careers)	• Puberty • Alcohol and drugs • Careers • Transitions	• Responsible decision-making • Self-awareness • Self-management • Social awareness