

Lower Key Stage 2 Programme of Study

Term	Subject Content	Core Knowledge	SEL Skills
Autumn 1	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> • Expectations within PSHE lessons • Growth mindset • Bullying • Physical activity 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> • Mental and physical wellbeing • Dental hygiene • Sleep • Hygiene and limiting the spread of illness 	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • How to respond in an emergency scenario • The value of money • Budgeting • Healthy family life • Marriage and civil partnerships 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-management • Social awareness
Spring 2	Relationships (families, friendships, respectful relationships, online relationships and e-safety)	<ul style="list-style-type: none"> • Safe and happy family relationships • Healthy friendships • Resolving friendship issues • Sharing information online • Age restrictions online 	<ul style="list-style-type: none"> • Responsible decision-making • Self-management • Social awareness • Relationship skills • Self-awareness



Summer 1	Relationships and sex education (safety and e-safety)	<ul style="list-style-type: none"> • Positive and negative impact of time spent online • Body parts • Appropriate and inappropriate touch • puberty 	<ul style="list-style-type: none"> • Self-management • Social awareness • Relationship skills • Self-awareness
Summer 2	Relationships (respectful relationships) Life Skills (Careers)	<ul style="list-style-type: none"> • Discrimination • Stereotypes • Aspirations • Careers 	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Expectations within PSHE lessons • Feelings • Growth mindset • Mental Wellbeing • Aspiration 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> • Mental and physical wellbeing • Bereavement and loss • Physical exercise • Bullying 	<ul style="list-style-type: none"> • Relationship skills • Social awareness • Self-awareness • Self-management • Responsible decision-making

<p>Spring 1</p>	<p>Health and Wellbeing (mental and physical wellbeing) Relationships (families, friendships and respectful relationships)</p>	<ul style="list-style-type: none"> • Positive body image • Healthy family life • Friendships • Respectful relationships 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-awareness • Self-management • Social awareness
<p>Spring 2</p>	<p>Relationships (respectful relationships and online relationships) Health and Wellbeing (health and prevention,</p>	<ul style="list-style-type: none"> • Stereotypes • Healthy eating • Dental hygiene • Sleep • Immunisations • Online behaviour 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-awareness • Social awareness
<p>Summer 1</p>	<p>Relationships (online relationships and e-safety) Health and Wellbeing (first-aid) Life Skills (financial literacy)</p>	<ul style="list-style-type: none"> • Gaming • Social media • Reporting abuse • Basic first-aid • Gambling and the risks of gambling 	<ul style="list-style-type: none"> • Responsible decision-making • Relationship skills • Self-management • Social awareness
<p>Summer 2</p>	<p>Relationships and sex education (respectful relationships) Life Skills (Careers)</p>	<ul style="list-style-type: none"> • Puberty • Alcohol and drugs • Careers • Transitions 	<ul style="list-style-type: none"> • Responsible decision-making • Self-awareness • Self-management • Social awareness