



# St. Mary's PSHE 2024/2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Feelings</li> <li>Getting help</li> <li>Classroom rules</li> </ul>	<p>Valuing difference</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Recognising, valuing and celebrating difference</li> <li>Developing tolerance</li> </ul>	<p>E-Safety Keeping safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>How our feelings can keep us safe</li> <li>Keeping healthy</li> <li>Medicine safety</li> </ul>	<p>Online Safety Rights and responsibilities</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Looking after things</li> </ul>	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Growth Mind-set</li> <li>Keeping healthy</li> </ul>	<p>Growing and changing</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Getting help</li> <li>Becoming independent</li> <li>Body parts</li> </ul>
Year 2	<p>Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Bullying and teasing</li> <li>Our school rules about bullying</li> <li>Being a good friend</li> <li>Feelings/self-regulation</li> </ul>	<p>SCiB Substance misuse</p> <p>Valuing difference</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Being kind and helping others</li> <li>Listening skills</li> </ul>	<p>E-safety Keeping safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Safe and unsafe secrets</li> <li>Appropriate touch</li> <li>Medicine safety</li> </ul>	<p>SCiB Positive relationships Rights and responsibilities</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Cooperation and self-regulation</li> </ul>	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Looking after my body</li> <li>Growth mind-set</li> </ul>	<p>SCiB Protective behaviours</p> <p>Growing and changing</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Life cycles</li> <li>Dealing with loss</li> <li>Being supportive</li> </ul>
Year 3	<p>Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Cooperation</li> </ul>	<p>SCiB Substance misuse Valuing difference</p> <p><b>Key themes:</b></p>	<p>E-safety Keeping safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Managing risk</li> </ul>	<p>SCiB Positive relationships Rights and responsibilities</p>	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Keeping myself healthy</li> </ul>	<p>SCiB Protective behaviours</p> <p>Growing and changing</p> <p><b>Key themes:</b></p>



## St. Mary's PSHE 2024/2025

	<ul style="list-style-type: none"> <li>• Friendships</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising and respecting diversity</li> <li>• Being respectful and tolerant</li> </ul>	<ul style="list-style-type: none"> <li>• Drugs and their risks</li> <li>• Staying safe online</li> </ul>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Skills we need to develop as we grow up</li> <li>• Helping and being helped</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrating and developing my skills</li> </ul>	<ul style="list-style-type: none"> <li>• Relationships</li> <li>• Menstruation</li> <li>• Keeping safe</li> </ul>
Year 4	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Having choices and making decisions about my health</li> <li>• Taking care of my environment</li> </ul>	<p>SCiB Substance Misuse Keeping Safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Managing risk</li> <li>• Understanding the norms of drug use (cigarette and alcohol use)</li> <li>• Influences</li> </ul>	<p>SCiB Online Safety Valuing Difference</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Recognising and celebrating difference (including religions and cultural difference)</li> <li>• Understanding and challenging stereotypes</li> </ul>	<p>SCiB Positive Relationships Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Recognising feelings</li> <li>• Bullying</li> <li>• Assertive feelings</li> </ul>	<p>Rights and responsibilities</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Making a difference (different ways of helping others or the environment)</li> <li>• Media influence</li> <li>• Decisions about spending money</li> </ul>	<p>SCiB Safer Together Growing and changing</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Body changes during puberty</li> <li>• Managing difficult feelings</li> <li>• Relationships including marriage</li> </ul>
Year 5	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Growing independence and taking responsibility</li> </ul>	<p>SCiB Substance Misuse Democracy Rights and responsibilities</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Rights and responsibilities</li> </ul>	<p>Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Feelings</li> <li>• Friendship skills, including compromise</li> <li>• Assertive skills</li> </ul>	<p>SCiB Positive Relationships Keeping safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Managing risk, including</li> </ul>	<p>Valuing differences</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Recognising and celebrating difference, including religions and cultural</li> </ul>	<p>SCiB Protective Behaviours Puberty</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>• Managing difficult feelings</li> </ul>



## St. Mary's PSHE 2024/2025

	<ul style="list-style-type: none"> <li>Media awareness and safety</li> </ul>	<ul style="list-style-type: none"> <li>relating to my health</li> <li>Rights and responsibilities</li> <li>Decisions about lending, borrowing and spending</li> </ul>		<ul style="list-style-type: none"> <li>staying safe online</li> <li>Norms around use of legal drugs (tobacco, alcohol)</li> </ul>	<ul style="list-style-type: none"> <li>Influence and pressure of social media</li> </ul>	<ul style="list-style-type: none"> <li>Managing change</li> <li>Getting help</li> </ul>
Year 6	<p>Being my best</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Aspirations and goal setting</li> <li>Managing risk</li> </ul>	<p>SCiB Substance Misuse Democracy Rights and responsibilities</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Understanding media bias, including social media</li> <li>Caring: communities and the environment</li> <li>Earning and saving money</li> </ul>	<p>Me and my relationships</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Assertiveness</li> <li>Cooperation</li> <li>Safe/unsafe touches</li> </ul>	<p>SCiB Positive Relationships Keeping safe</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Emotional needs</li> <li>Staying safe online</li> <li>Drugs: norms and risks (including the law)</li> </ul>	<p>Valuing differences</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Recognising and reflecting on prejudice-based bullying</li> <li>Understanding Bystander behaviour</li> </ul>	<p>SCiB Protective Behaviours Puberty</p> <p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>Keeping safe</li> <li>Body changes</li> <li>Self esteem</li> </ul>