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Click here for <u>PSHE Association Programme of Study</u>
All learning outcomes references for the PSHE topics are from the PSHE Association Programme of Study, which is organised into 3 core themes:

Core Theme 1: Health and wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in the Wider World (L)

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year R	1	Zones of Regulation x1	Global Citizenship x2	Health & Drugs Education x3	Good to be me (GTBM) x2	Protective Behaviours-Feeling	Relationships, Sex & Health Education
	2	New beginnings				Good, Feeling Safe	(RSHE) x3
	3	(SEAL) x2	Anti-Bullying Week		Growing an anti-	(FGFS) x4	
	4	School Values x4	Global Citizenship x1	Mental Health & Wellbeing x3	racist school (GARS) x2		Changes (SEAL) x2
	5		Family Diversity x3		Gender x2	Relationships- Loss and Bereavement	1
	6						Going for goals (SEAL) x2
						x2	
	7			NA	NA	NA	
		Spring 1- Online Saf	fety Week/ Mental heal	1			

Getting on and falling out- to be used when required each term

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 1	1	Zones of	Global Citizenship	Health & Drugs	Good to be me	Protective	Relationships, Sex
		Regulation x1	x2	Education x3	(GTBM) x2	Behaviours-Feeling	& Health Education
	2	New beginnings			Growing an anti- racist school	Good, Feeling Safe (FGFS) x4	(RSHE) x3
	3	(SEAL) x2	Anti-Bullying Week				
	4	School Values x4	Gypsy Roma	Mental Health &			Changes (SEAL) x2
			Traveller education	Wellbeing x3	(GARS) x2		
	5		(GRT) x3		Gender x2	Relationships x2	
	6						Going for goals
	7		EXTRA	NA	NA	NA	(SEAL) x2
		Getting on and falling	ety Week/ Mental healing out- to be used when	n required each term			

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 2	1	Zones of	Global Citizenship	Health & Drugs	Good to be me	Protective	Relationships, Sex
		Regulation x1	x2	Education x3	(GTBM) x3	Behaviours-Feeling	& Health Education
	2	New beginnings				Good, Feeling Safe	(RSHE) x3
	3	(SEAL) x2	Anti-Bullying Week	1		(FGFS) x4	
	4	School Values x4	Disability Equality	Mental Health &	Growing an anti-		Changes & Moving
			Education- Nothing	Wellbeing x3	racist school		Forward (SEAL) x2
			about me without	_	(GARS) x1		
	5		me x3		Gender x2	Relationships- Loss	1
	6					and Bereavement	Going for goals
							(SEAL) x2
	7		EXTRA	NA	NA	NA	
		Spring 1- Online Saf	ety Week/ Mental heal	th and wellbeing wee	ek		
		Getting on and falli	ng out- to be used wher	n required each term			

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 3	1	Zones of	Global Citizenship	Drugs, Alcohol and	Good to be me	Protective	Relationships, Sex
		Regulation x1	Anti-Bullying Week Global Citizenship	Tobacco Education	(GTBM) x3	Behaviours-Feeling	& Health Education
	2	New beginnings		(DATE) x3 Mental Health & Wellbeing x3		Good, Feeling Safe (FGFS) x4	(RSHE) x4
	3	(SEAL) x2 School Values x4					
	4				Growing an anti- racist school (GARS) x3		
	5					Relationships x2	Changes and Moving Forward (SEAL) or
	6						
	7		EXTRA	NA	NA	NA	
							Going for Goals
	Spring					(SEAL) X3	
		Spring 1- Online Saf	fety Week/ Mental heal				
		Getting on and falli	ng out- to be used whe	n required each term			

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 4	1	Zones of Regulation x1	Global Citizenship x2	Drugs, Alcohol and Tobacco Education	Good to be me (GTBM) x2	Protective Behaviours-Feeling	Relationships, Sex & Health Education
		2 New beginnings 3 (SEAL) x2 4 School Values x4 5		Mental Health & Wellbeing x3		Good, Feeling Safe (FGFS) x4 Relationships- Loss and Bereavement x2	(RSHE) x4 Changes and Moving Forward (SEAL) or
	3		Anti-Bullying Week		Growing an anti- racist school (GARS) x3		
	4		Disability Equality Education- Nothing about me without me x3				
	5						
	6						
	7		SAWSS (every 2 years)	NA	NA	NA	Going for Goals (SEAL) X3
		Spring 1- Online Sat	fety Week/ Mental heal	th and wellbeing week	C		
		Getting on and falli	ng out- to be used wher	n required each term			

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 5	1	Zones of Regulation x1	Global Citizenship x2	Drugs, Alcohol and Tobacco Education (DATE) x3 Mental Health & Wellbeing x3	Good to be me (GTBM) x3 Growing an anti- racist school (GARS) x3	Protective Behaviours-Feeling Good, Feeling Safe (FGFS) x4 Gypsy Roma Traveller education	Relationships, Sex & Health Education (RSHE) x4 Changes and Moving Forward
	2	New beginnings	Anti-Bullying Week				
	3 4 5	(SEAL) x2					
			Gender x3				
	7						
	/		years)	INA	INA	NA	(SEAL) X3
		Spring 1- Online Saf	ety Week/ Mental heal	th and wellbeing week	(
		Getting on and falli	ng out- to be used wher	n required each term			

Year		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
group							
Year 6	1	Zones of	Global Citizenship	Drugs, Alcohol and	Good to be me	Protective	Relationships, Sex
		Regulation x1	x2	Tobacco Education	(GTBM) x3	Behaviours-Feeling	& Health Education (RSHE) x4 Changes and
	2 New beginnings 3 (SEAL) x2 4 School Values x4 5		Anti-Bullying Week EXTRA LGBTQ Equality	(DATE) x3 Mental Health & Wellbeing x3	Growing an anti-	Good, Feeling Safe (FGFS) x4 Relationships- Loss	
			7				x2
	7	SAWSS (every 2		NA	NA	NA	Going for Goals
		years)				(SEAL) X3	
		Spring 1- Online Saf	fety Week/ Mental heal	th and wellbeing week	<	•	•
	Getting on and falli		ng out- to be used whe	n required each term			