

PHSE Key stage 2			
Core Theme: Health and Wellbeing		Core Theme: Relationships	Core Theme: Living in the Wider World
Yr3	Healthy Lifestyles A Balanced Approach – Define: Healthy Physical Exercise – Active Kids? Lifestyle Choices – It's Your Choice Sleep – Sweet Dreams Growing and changing Before Puberty – You've Grown! Visible Changes – Mind the Gap Safety E-Safety – Online Chat Online Privacy – The Secrets Jar Online Privacy – E-Protection First Aid How to Help – Who to Call Emergency Calls – Calling 999 Emergency Calls – Ambulance, Now! Health – Mental health I Am Who I Am! Hearts and Minds Three in One Sleep	Collaboration Working Together – Name Game Working Together – Build It Up Healthy relationships Friendship – Best Features Friendship – Circles Time Friendship - Falling Out Friendship – The BAFAs Communication Clear Messages – Dot Dot Dash How to Listen – Listen Up! Emotions Loss / Separation – Lost! Loss / Separation – Found!	Rules and responsibilities Rules – I'm In Charge! Thinking Ahead – Lesson Planning Taking the Lead – Learning Time Diversity Different Communities – My Community School Communities – School Swap
Yr4	Emotions Feelings – Overreacting Loss / Separation – Left Behind Family Changes – Two Homes Self-respect – Let's Rock Nutrition and Food A Balanced Diet – Plant or Animal? A Balanced Diet – Balancing Act Working With Food – Master Chef Working with food – our food hall Safety Online Privacy – It's Personal Internet Use – Online Usage Internet Use – Age Limits Aspirations Identified Strengths – I'm Good at That Identified Strengths – Future Me Setting Goals – That's My Goal! Setting Goals – The Impossible Dream	Similarities and differences Connections – Paper Chains Family Links – Family Tree Religious Views – Faith Findings Celebrate Diversity – Inside Outside Bullying Reactions – Frustration Self-Worth – I'm a Marvel Persistence and Resilience – Don't Give Up Negative Persistence – Over and Over Communication Responding to Others – Agony Aunts Expressing Opinions – It's Debatable	Discrimination Gender Stereotypes – His and Hers Economic awareness Money Choices – A Million Dollars Managing Money – Design Choices

	Core theme: Health and wellbeing	Core Theme: Relationships	Core Theme: Living in the wider World
Yr5	Health What's Puberty? You Choose! RSE additional units to be decided 3-Dimensional Nutrition and foods Food Choices – Secret Eaters Food Choices – Invention Team Cooking – Michelin Stars Emotions Death and Grief – It's Natural Death and Grief - Poppies Managing Conflict – Families at War First Aid Basic First-Aid – First Aids Tips Safety Drugs – Just Say No! Alcohol – Drink Aware Tobacco – Up in Smoke Substance Abuse – Let's Be Frank	Communication Confidentiality – Secret Info Listening – I'm All Ears! Responding – Scenarios Collaboration Responding – Scrabble Shared Goals – It's All Go! Community Spirit – All Join In Healthy relationships Online Relationships – A Risky Business Core Physical Contact – Touch Sensitive	Diversity Community Event – We're Cultured! Rules and responsibilities Structure – Just Imagine Law and Order – In Charge U.N. Rights – Our Rights
Yr6	Aspirations Identified Strengths – Big Dreams Identified Strengths – Big Achievers Setting Goals – 'Super Futures' Setting Goals – I Can Do That! Health Physical Illness – Bleugh! Immunisation – One Sharp Scratch Healthy Minds – Young Minds Safety Internet Safety – Fake News	Healthy relationships Marriage – I Promise... Mental wellbeing – Mind Business Support and Care - Connections RSE additional units to be decided Similarities and Differences Race and Ethnicity – United States? Gender Stereotypes – Jobs 4 All Culture – Cultural Feast Communication Confidentiality – Secret Information Listening – I'm All Ears! Responding – Scenarios	Economic awareness Budgeting – Money Supermarket Consumer Sense – Payment Terms Consumer Sense – A Class Catalogue! Making Money Generating Income – Making Money Generating Income – Raising Money