

Lower School PSHMEE Scheme of Work from September 2022

Year	TOPICS	STRAND	TERM
<b>1</b>	<b>1. Feelings Special people</b>	Health & Ed	<b>Autumn</b>
	1. feelings	Health & Ed	
	2. emotions/behaviour	Health & Ed	
	3. I am special	Relationships & Education	
	4. Special people	Relationships & Education	
	<b>2. Staying safe</b>		<b>Autumn</b>
	1. Staying safe in my school	Living in wider world & Health Ed.	
	2. Staying safe outside	Living in wider world, Relationships & Ed.	
	3. Staying safe at home	Health Ed.	
	4. Keeping myself safe	Relationships Ed. & Health Education	
	<b>3. Healthy Me</b>		<b>Spring</b>
	1. Keeping fit is fun	Health Ed.	
	2. Sweets	Health Ed.	
	3. How can being online be unhealthy	Health Ed.	
	4. Keeping safe in the sun	Health Ed.	
	<b>4. All around us</b>		<b>Spring/Summer</b>
	1. Our beautiful world	Health Ed.	
	2. Reducing for the planet	Living in the wider world	
	3. New from old	Living in the wider world/ Health Ed.	
	4. We make a difference	Living in the wider world	
	<b>5. Money Matters</b>		<b>Summer</b>
	1. Where does my money come from	Living in the wider world	
	2. How can I keep my money safe	Living in the wider world	
	3. Where do adults get their money from	Living in the wider world	
	4. What job would I like when I grow up	Living in the wider world	

Year	TOPICS	STRAND	TERM
<b>2</b>	<b>1. Different types of families</b>		<b>Autumn</b>
	1. What is a family?	Relationships & Education	

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	2. Families are different and the same	Relationships & Education	
	3. How do you spend time with your family	Relationships & Education	
	4. Weddings and marriage	Relationships & Education	
	<b>2.Healthy Bodies</b>		<b>Autumn</b>
	1. Things that keep us healthy	Health Ed.	
	2. Keeping ourselves healthy	Health Ed.	
	3. Keeping healthy- Keeping clean	Health Ed.	
	4. My body – My voice	Relationships Education	
	<b>3Feelings included</b>		<b>Spring</b>
	1. An alien welcome	Relationships Education & Health Ed.	
	2. Including everyone	Relationships Education	
	3. We've fallen out!	Relationships Education	
	4. Important people in history	Relationships Education	
	<b>4.Healthy minds</b>		<b>Spring/Summer</b>
	1. Marvellous minds	Health Ed.	
	2. Emotions everywhere	Health Ed.	
	3. Screen time & sleep	Health Ed.	
	4. Self-care & relaxation	Health Ed.	
	<b>5.Caring for the environment &amp; social responsibility</b>		<b>Summer</b>
	1. I can help make a difference	Relationships Education & Health Ed.	
	2. I can help make a difference to our world	Living in the wider world	
	3. Who really lives in my local environment	Living in the wider world	
	4. I can improve my local environment	Living in the wider world	

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3	1.Safety online		Autumn

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	1. Internet: Good bits & bad bits	Relationships & Education, Health Ed.	
	2. It's private	Relationships & Education	
	3. Friends forever	Relationships & Education	
	4. It's playtime	Health Ed.	
	5. Safety online: Our advice	Relationships & Education, Health Ed.	
	<b>2.Celebrating achievements &amp; Being Resilient</b>		<b>Autumn</b>
	1. Celebrating achievements	Health Ed.	
	2. Setting goals & having aspirations	Health Ed.	
	3. Resilience	Health Ed.	
	4. Growth mindset	Health Ed.	
	5. It's OK to fail	Relationships & Education, Health Ed.	
	<b>3.Being part of a community</b>		<b>Spring</b>
	1. I belong in my class	Living in the wider world	
	2. I belong in my family	Living in the wider world	
	3. I belong in my community	Living in the wider world	
	4. Kindness in my community	Health Ed.	
	5. It's everyone's community	Living in the wider world	
	<b>4.Exercise</b>		<b>Spring</b>
	1. What's so good about exercise?	Health Ed.	
	2. Let's have fun & get fit!	Health Ed.	
	3. What happens to my body if I don't exercise?	Health Ed.	
	4. Getting healthy outdoors	Health Ed.	
	5. Recognising ill health and asking for help	Health Ed.	
	<b>5.Stereotypes</b>		<b>Summer</b>
	1. Boys Vs Girls	Relationships Education	
	2. Men Vs Women	Relationships Education	
	3. Fairy tales with a difference	Relationships Education	
	4. That's stereotyping!	Relationships Education	

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	5. Knowing what to say	Relationships Education	
	<b>6.What I like</b>		<b>Summer</b>
	1. My favourite things	Health Ed.	
	2. My value and what's important to me	Health Ed.	
	3. Differences in opinion	Relationships Education	
	4. I have choices	Relationships Education	
	5. What to do if I'm worried	Relationships Education	

Year	TOPICS	STRAND	TERM
<b>4</b>	<b>1.Nutrition &amp; Dental health</b>		<b>Autumn</b>
	1. Healthy food – Healthy me	Health Ed.	
	2. Unhealthy choices – unhealthy me	Health Ed.	
	3. Chef for the day	Health Ed.	
	4. Looking after myself	Health Ed.	
	5. Looking after my teeth	Health Ed.	
	<b>2.Human Rights</b>		<b>Autumn</b>
	1. Playtime for everyone!	Living in the wider world	
	2. Our class charter	Living in the wider world	
	3. Born free	Living in the wider world	
	4. When rights are taken away	Living in the wider world	
	5. Happy, happy, happy	Living in the wider world	
	<b>3.Emergency situations</b>		<b>Spring</b>
	1. What is an emergency?	Health Ed. & Living in the wider world	
	2. First Aid	Health Ed.	
	3. Fire safety	Health Ed.	
	4. Water safety	Health Ed. & Living in the wider world	
	5. Celebrating our emergency services	Living in the wider world	
	<b>4.Respect</b>		<b>Spring</b>
	1. A fantastic friend	Relationships Education	
	2. I don't like it when...	Relationships Education	
	3. When friendships go wrong	Relationships Education	
	4. Five fingers	Relationships Education & Living in the wider world	
	5. It's only a joke!	Relationships Education & Living in the wider world & Health Ed.	

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	<b>5. Money Matters</b>		<b>Summer</b>
	1. What is money?	Living in the wider world	
	2. How does society manage our money?	Living in the wider world	
	3. What can I do to make money in the future?	Living in the wider world	
	4. Enterprise Project-wk1	Living in the wider world	
	5. Enterprise Project-wk2	Living in the wider world	
	<b>6. Falling out and making up</b>		<b>Summer</b>
	1. Why is friendship important?	Relationships Education	
	2. What makes a good friend?	Relationships Education	
	3. Falling out	Relationships Education & Living in the wider world	
	4. Feeling left out	Relationships Education	
	5. Healthy friendships	Relationships Education	

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<b>5</b>	<b>1. Body image</b>		<b>Autumn</b>
	1. My awesome body!	Health Ed.	
	2. Body image through the ages	Relationships & Education, Health Ed.	
	3. Images on the internet	Relationships & Education, Health Ed.	
	4. The big debate	Relationships & Education, Health Ed.	
	5. Celebrating our bodies	Relationships & Education, Health Ed.	
	<b>2. Bereavement and loss</b>		<b>Autumn</b>
	1. Loss	Health Ed.	
	2. Losing someone we love	Health Ed. & Relationships & Education	
	3. Celebrating life	Health Ed. & Relationships & Education	
	4. Celebrating life in other cultures	Health Ed. & Relationships & Education	
	5. When families change	Health Ed. & Relationships & Education	
	<b>3. Fake news</b>		<b>Spring</b>
	1. What is fake news?	Health Ed.	
	2. How to spot fake news?	Health Ed.	
	3. Clickbait	Health Ed. & Living in the wider world	

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	4. Advertising	Health Ed. & Living in the wider world	
	5. Who are you?		
	<b>4.Life in plastic</b>		<b>Spring</b>
	1. What is plastic?	Living in the wider world	
	6. How does plastic affect our planet?	Living in the wider world	
	7. Making changes	Living in the wider world	
	8. Party time!	Living in the wider world	
	9. Reduce- Recycle- Reuse	Living in the wider world	
	<b>5.Puberty</b>		<b>Summer</b>
	1. What is puberty?	Health Ed.	
	2. Changes in emotions	Health Ed.	
	3. Body parts	Health Ed. & Relationships Education	
	4. Menstrual cycle	Health Ed.	
	5. What happens to boys?	Health Ed.	
	<b>6.Changes in friendships</b>		<b>Summer</b>
	1. What does friendship look like?	Relationships Education	
	2. Falling out	Relationships Education	
	3. Being a bystander	Relationships Education	
	4. Who can we trust?	Relationships Education	
	5. Friendships online	Relationships Education	
<b>Year</b>	<b>TOPICS</b>	<b>STRAND</b>	<b>TERM</b>
<b>6</b>	<b>1.Drugs and alcohol education</b>		<b>Autumn</b>
	1. What are drugs?	Health Ed.	
	2. Legal or illegal?	Health Ed.	
	3. Why do people take drugs?	Health Ed.	
	4. Cigarettes and smoking	Health Ed.	
	5. Alcohol	Health Ed.	
	<b>2.Mental and emotional health</b>		<b>Autumn</b>
	1. What are emotions?	Health & Wellbeing	
	2. Mindfulness	Health & Wellbeing	
	3. Self-care	Health & Wellbeing	
	4. Sleep	Health & Wellbeing	
	5. Feeling worried	Health & Wellbeing	
	<b>3.Anti-social behaviour and the role of The Police and The Law</b>		<b>Autumn</b>
	1. Name that crime	Living in the wider world	
	2. It's my right!	Living in the wider world	
	3. Community matters	Living in the wider world	

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	4. Controversial issues	Living in the wider world	
	5. You are the judge	Living in the wider world	
	<b>3.Global sustainable development goals</b>		<b>Spring</b>
	1. Our world , what's the damage?	Living in the wider world	
	2. Global sustainable development goals	Living in the wider world	
	3. To travel or not to travel	Living in the wider world	
	4. What's the good news?	Living in the wider world	
	5. What can we do to make our world more sustainable?	Living in the wider world	
	<b>4.E-safety and social media</b>		<b>Spring</b>
	1. The internet – is it all bad?	Relationships Education	
	6. What's my password?	Relationships Education	
	7. You've won a prize!	Relationships Education	
	8. You're not my friend	Relationships Education	
	9. It's personal!	Relationships Education	
	<b>2.Sex Education</b>		<b>Summer</b>
	1. What is love?	Health Ed. & Relationships & Education	
	6. Sexual attraction	Relationships & Education	
	7. Consent	Relationships & Education	
	8. Conception	Health Ed. & Relationships & Education	
	9. More about babies	Relationships & Education	