

**Personal, Social, Health, Economic Education**  
**(Including Relationships & Health Education curriculum and Protective Behaviours)**

2024-2025	LB1 6 weeks June - July	LB2 4.5 weeks Aug - Sept	LB3 5 weeks Oct - Nov	LB4 5 weeks Nov - Dec	LB5 4 weeks Jan	LB6 5 weeks Feb - Mar	LB7 4 weeks Mar - Apr	LB8 4 weeks Apr - May
<b>Assembly Focus</b>	<ul style="list-style-type: none"> <li>Sun Safety</li> <li>Changes / Transition</li> <li>First Aid</li> <li>Recognising Feelings</li> </ul>	<ul style="list-style-type: none"> <li>New Responsibilities</li> <li>Water Safety (Parks Trust)</li> </ul>	<ul style="list-style-type: none"> <li>Personal Safety (NSPCC)</li> <li>Positive Mental Health</li> <li>Bonfire / Firework Safety</li> <li>Remembrance</li> </ul>	<ul style="list-style-type: none"> <li>Anti-Bullying</li> <li>Road Safety</li> <li>Inclusion / Disability Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Chinese New Year</li> <li>Story Telling Week</li> <li>Household Safety</li> </ul>	<ul style="list-style-type: none"> <li>Online Safety</li> <li>People Who Help Us</li> <li>Inspirational People</li> </ul>	<ul style="list-style-type: none"> <li>Hygiene</li> <li>Healthy Lifestyle</li> <li>Science Week</li> </ul>	<ul style="list-style-type: none"> <li>Diversity</li> <li>The World Around Us (Earth Day)</li> <li>Mental Health and Well-Being</li> <li>Personal Achievements</li> <li>Aspirations</li> </ul>
<b>YR</b>	<p><i>No expected coverage.</i></p> <p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Ways to keep safe in familiar and unfamiliar environments (beach, pool, park).</li> <li>Recognise what makes them special.</li> <li>Simple hygiene routines that can stop germs from spreading.</li> <li>How to keep safe in the sun and protect skin from sun damage.</li> <li>Different ways to learn and play.</li> <li>Different feelings that humans can experience.</li> <li>How to recognise and name different feelings (Zones of Regulation).</li> <li>How feelings can affect people's bodies and how they behave (WEE).</li> <li>How to recognise how others might be feeling (WEE).</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private (NSPCC Pants).</li> <li>Know how to respond if physical contact makes them feel uncomfortable or unsafe.</li> <li>Learn about the roles that different people play in our lives.</li> <li>Know that it is important to tell someone if something about their family makes them unhappy or worried.</li> <li>Learn about how to treat themselves and others with respect; how to be polite and courteous.</li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Understand what rules are, why they are needed and why different rules are needed for different situations.</li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise risk in simple everyday situations and what action to take to minimise harm.</li> <li>How to keep safe at home (including around electrical appliances) and fire safety.</li> <li>Know that household products (including medicines) can be harmful if not used correctly.</li> <li>Know how to cross the road safely.</li> <li>Basic rules to keep safe online.</li> <li>Know people whose job it is to keep us safe.</li> <li>Know people who help us to stay physically healthy.</li> <li>Know what to do if there is an accident and someone is hurt.</li> <li>Know how to get help in an emergency (999).</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about what is kind and unkind behaviour and how this can affect others.</li> <li>Learn how to talk about and share their opinions on things that matter to them.</li> <li>Learn how to respond safely to adults they do not know.</li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Understand how people and other living things have different needs; about the responsibilities of caring for them.</li> <li>Know what money is.</li> <li>Learn about things they can do to help look after their environment.</li> <li>Understand that jobs help people to earn money to pay for things.</li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Take part in discussions about healthy food and healthy choices; the effect on the body.</li> <li>Learn about dental care and visiting the dentist, how to brush teeth correctly; food and drink that supports dental health.</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.</li> <li>Learn what to do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard.</li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Prepare to move to a new year group and classroom with new adults and new routines.</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn to recognise the ways in which they are same and different to others.</li> <li>Learn how to listen to other people and play and work cooperatively.</li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Take part in discussions about the different community groups they belong to.</li> <li>Learn everyone has different strengths. How am I special? What am I good at? What would I like to get better at?</li> </ul>			

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EL = Evidenced Lesson  
CD = Class Discussion

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Y1	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know ways to keep safe in familiar and unfamiliar environments (e.g., The beach, swimming pool, park). <b>EL</b></li> <li>Learn about what to do if there is an accident and someone is hurt. <b>CD</b></li> <li>Know how to get help in an emergency (999). <b>CD</b></li> <li>Learn how to keep safe in the sun and protect skin from sun damage. <b>EL / A</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know what rules are, why they are needed and why different rules are needed for different situations. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise what makes them special. <b>EL</b></li> <li>Recognise what they are good at, what they like and dislike. <b>EL</b></li> <li>Recognise and name different feelings (Zones of Regulation). <b>CD</b></li> <li>Understand how feelings can affect people's bodies and how they behave (WEE). <b>CD</b></li> <li>Recognise how others might be feeling (WEE). <b>CD</b></li> <li>Know different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. <b>A / EL</b></li> <li>Know what to do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard. <b>CD</b></li> <li>Know why sleep is important and different ways to rest and relax. <b>CD</b></li> <li>Know simple hygiene routines that can stop germs from spreading. <b>EL</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. <b>A / CD</b></li> <li>Know how to respond if physical contact makes them feel uncomfortable or unsafe. <b>A / CD</b></li> <li>Know about situations when they should ask for permission and also when their permission should be sought. <b>CD</b></li> <li>Identify the people who love and care for them and what they do to help them feel cared for. <b>CD</b></li> <li>Know that it is important to tell someone if something about their family makes them unhappy or worried. <b>CD</b></li> <li>Know how people make friends and what makes a good friendship. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise risk in simple everyday situations and what action to take to minimise harm. <b>CD</b></li> <li>Know how to keep safe at home (including around electrical appliances) and fire safety. <b>A / EL</b></li> <li>Know that household products (including medicines) can be harmful if not used correctly. <b>A / EL</b></li> <li>Know how to cross the road safely. <b>A / EL</b></li> <li>Know basic rules to keep safe online. <b>EL</b></li> <li>Recognising the importance of knowing when to take a break from time online or TV. <b>CD</b></li> <li>Understand ways of sharing feelings; a range of words to describe feelings. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know that bodies and feelings can be hurt by words and actions. <b>A / CD</b></li> <li>Know how people may feel if they experience hurtful behaviour or bullying. <b>A / CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know how people and other living things have different needs; about the responsibilities of caring for them. <b>EL</b></li> <li>Learn about the role of the internet in everyday life. <b>CD</b></li> <li>Know what money is; forms that money comes in. <b>CD</b></li> <li>Know that people make different choices about how to save and spend money. <b>CD</b></li> <li>Know about the difference between needs and wants. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know about what keeping healthy means; different ways to keep healthy. <b>EL / A</b></li> <li>Know about foods that support good health and the risks of eating too much sugar. <b>CD</b></li> <li>Know about how physical activity helps us to stay healthy. <b>CD</b></li> <li>Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. <b>A / EL</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Identify common features of family life. <b>CD</b></li> <li>Know how to ask for help if a friendship is making them feel unhappy. <b>CD</b></li> <li>Recognise the ways in which they are same and different to others. <b>EL</b></li> <li>Know that people can say hurtful things online. <b>A / CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Prepare to move to a new class/year group. <b>EL</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Learn about things they can do to help look after their environment. <b>EL</b></li> <li>Learn about the different groups they belong to. <b>CD</b></li> <li>Know about the different jobs that people they know or people who work in the community do. <b>A</b></li> </ul>			

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<b>Y2</b>	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know ways to keep safe in familiar and unfamiliar environments (e.g. The beach, swimming pool, park). <b>EL</b></li> <li>Know what to do if there is an accident and someone is hurt. <b>CD</b></li> <li>Know how to get help in an emergency (999). <b>CD</b></li> <li>Know how to keep safe in the sun and protect skin from sun damage. <b>EL / A</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know what rules are, why they are needed and why different rules are needed for different situations. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise ways in which we are all unique. <b>EL</b></li> <li>Know how to manage when finding things difficult. <b>CD</b></li> <li>Know why sleep is important and different ways to rest and relax. <b>CD</b></li> <li>Know simple hygiene routines that can stop germs from spreading. <b>EL</b></li> <li>Know that medicines can help people to stay healthy. <b>CD</b></li> <li>Recognise and name different feelings (Zones of Regulation). <b>A / EL</b></li> <li>Understand feelings can affect people's bodies and how they behave (WEE). <b>EL</b></li> <li>recognise how others might be feeling (WEE). <b>EL</b></li> <li>Know different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. <b>A / EL</b></li> <li>Know things that help people feel good. <b>EL</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Understand that it is important to tell someone if something about their family makes them unhappy or worried.</li> <li>Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. <b>A / CD</b></li> <li>Know how to respond if physical contact makes them feel uncomfortable or unsafe. <b>A / CD</b></li> <li>Know there are situations when they should ask for permission and also when their permission should be sought. <b>CD</b></li> <li>Know basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. <b>CD</b></li> <li>Know what do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard. (Red post box) <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise risk in simple everyday situations and what action to take to minimise harm. <b>CD</b></li> <li>Know how to keep safe at home (including around electrical appliances) and fire safety. <b>A / EL</b></li> <li>Know that household products (including medicines) can be harmful if not used correctly. <b>A / EL</b></li> <li>Know how to cross the road safely. <b>A / EL</b></li> <li>Know rules and age restrictions that keep us safe. <b>EL</b></li> <li>Know basic rules to keep safe online. <b>EL</b></li> <li>Recognise the importance of knowing when to take a break from time online or TV. <b>CD</b></li> <li>Recognise that not everyone feels the same at the same time, or feels the same about the same things. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually, i.e. a birthday party). <b>CD</b></li> <li>Know that bodies and feelings can be hurt by words and actions. <b>A / CD</b></li> <li>Know that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. <b>A / CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know how people and other living things have different needs; about the responsibilities of caring for them. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know foods that support good health and the risks of eating too much sugar. <b>CD</b></li> <li>Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. <b>A / EL</b></li> <li>Recognise when they need help with feelings; that it is important to ask for help and how to ask for it. <b>A / EL</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about different types of families, including those that may be different to their own. <b>CD</b></li> <li>Recognise when they or someone else feels lonely and what to do. <b>EL</b></li> <li>Know simple strategies to resolve arguments positively. <b>CD</b></li> <li>Recognise the ways in which they are same and different to others. <b>EL</b></li> <li>Know that people can say hurtful things online. <b>A / CD</b></li> <li>Know that sometimes people may behave differently online, including by pretending to be someone they are not. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Understand how the internet and digital devices can be used safely to find things out and to communicate with others.</li> <li>Know that not all information seen online is true. <b>A / CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Prepare to move to a new class/year group. <b>EL</b></li> <li>Know about growing and changing from young to old and how people's needs change. <b>EL</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Learn things they can do to help look after their environment. <b>EL</b></li> <li>Learn about the different roles and responsibilities people have in their community. <b>CD</b></li> <li>Learn about some of the strengths and interests someone might need to do different jobs. <b>A</b></li> </ul>			

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			<ul style="list-style-type: none"><li>• Know what money is; forms that money comes in; that money comes from different sources. <b>CD</b></li><li>• Learn the difference between needs and wants; that sometimes people may not be able to have the things they want. <b>CD</b></li><li>• Know that money needs to be looked after; different ways of doing this. <b>CD</b></li></ul>		
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