

PSHE at Court Lane Junior School 2024-25

Core theme: Health and Wellbeing (Relationships and Sex Education, Health Education)

Core theme: Relationships

Core theme: Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Relationships How can we be a good friend? Caring friendships Our Class resource	Health and Wellbeing What keeps us safe? Respectful relationships Online Relationships Being Safe Health and prevention Basic first aid Changing adolescent body Internet safety and harms PSHE Ass. Keeping safe at home resources	Relationships What are families like? Families and people who care for me PSHE Ass. Families resources Consider Rosies resource from university of Exeter	Living in the Wider World What makes a community? Respectful relationships PSHE Ass. Belonging and community resources	Health and Wellbeing Why should we eat well and look after our teeth? Physical Health and Fitness Healthy eating Health and prevention PSHE Ass. Health Education L1, 2, 5 & Dental health KS2 resources	Health and Wellbeing Why should we keep active and sleep well? Physical Health and Fitness Healthy eating Health and prevention Internet safety and harms PSHE Ass. Health Education L4 & The Sleep factor KS2 resources
Year 4	Health and Wellbeing What strengths, skills and interest do we have? Respectful relationships Premier League Primary Stars Developing values & Self-esteem resources plus PSHE Ass. Personal identity pack	Relationships How do we treat each other with respect? (consent) Respectful relationships Online Relationships Being Safe Mental well being Internet safety and harms	Health and Wellbeing How can we manage our feelings? Mental well being	Relationships How can friends communicate safely? (Moved from Y5 Sp2) (Friendships) Caring friendships Respectful relationships Being Safe Internet safety and harms	Living in the Wider World How can our choices make a difference to others and the environment? RSPCA Respectful relationships	Health and Wellbeing How can we manage risk in different places? - Road safety Respectful relationships Online Relationships Being Safe Drugs, alcohol and tobacco Health and prevention Internet safety and harms
Year 5	Health and Wellbeing What makes up our identity? Respectful relationships PSHE Ass. Belonging and Community: addressing discrimination and extremism resources How can we help in an accident or emergency?	Health and Wellbeing Respectful relationships Online Relationships How can we help in an accident or emergency? Basic first aid St John's Ambulance First aid resources	Health and Wellbeing What jobs would we like (Moved from Y5 Su1) Brain buddies (MHST) Mental well being Consent PSHE Association 3 lessons	Living in the Wider World What decisions can people make with money?	Health and Wellbeing How will we grow and change? (Moved from Y4 Sp2) Changing adolescent body Medway Changing and Growing up resource Y4/5	Health and Wellbeing How can drugs common to everyday life affect health? (Moved from Y5 Su1) Families and people who care for me Healthy eating Drugs, alcohol and tobacco Health and prevention

	Basic first aid- St John's Ambulance First aid resources					PSHE Ass. Drugs and alcohol education resources
Year 6	Health and Wellbeing How can we keep healthy as we grow? Caring friendships Mental well being Physical Health and Fitness Healthy eating Drugs, alcohol and tobacco Health and prevention NHS Every Mind Matters – Sleep, social media & physical wellbeing resources x6 Sure Breaking Limits resources x4	Living in the Wider World How can the media influence people? Online Relationships Internet safety and harms Newswise trusting media resources x3 BBFC Let's watch a film resources x2 PSHE Ass. Pick your pics resource x1 NCA Cyberchoices resource x1 PSHE Ass. Money and Wellbeing resources x2	Relationships What will change as we become more independent? How do friendships change as we grow? Families and people who care for me Caring friendships Mental well being Changing adolescent body PSHE Ass. Committed relationships and marriage resource Medway Changing and Growing up resource Y6			