

Brushwood Junior School PSHE 2024-25

	Year 3	Year 4	Year 5	Year 6
Family and friendship	Introduction to RSE Healthy families Friendships-conflict Effective communication Learning who to trust Respecting differences Stereotyping	Introduction to RSE Respect & manners Healthy friendships My behaviour Bullying\ Stereotypes Families in the wider world Loss and change	Introduction to RSE Build a friend Resolving conflict Respecting myself Family life Bullying	Introduction to RSE Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
Safety and the changing body	Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about	Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body	Online friendships Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education	Drugs alcohol & tobacco First aid Critical digital consumers Social media The changing adolescent body
Health and wellbeing	My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health	Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health	Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Health concerns Creating habits The effects of technology on health
Citizenship	Responsibility Rights of the child Rights and responsibilities Recycling Community	Responsibility What are human rights? Caring for the environment Community Community groups	Responsibility Breaking the law Rights and responsibilities Protecting the planet Community	Responsibility Human rights Food choices and the environment Caring for others

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	Local community groups Charity Democracy Local democracy Rules	Contributing Diverse communities Democracy Local councillors	Contributing to the community Pressure groups Democracy Parliament	Community Prejudice and discrimination Valuing diversity Democracy National democracy
Economic wellbeing	Money Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations Jobs and careers Gender and careers	Money Spending choices/ value for money Keeping track of money Looking after money Career and aspirations Influences on career choices Jobs for me	Money Borrowing Income and expenditure Risks with money Prioritising spending Career and aspirations Stereotypes in the workplace	Money Attitudes to money Keeping money safe Gambling Career and aspirations What jobs are available Career routes
Transition identity	1 lesson	1 lesson	1 lesson	1 lesson What is identity? Identity and body image

PSHE key areas:

