

**Life Lessons****PSHE and Citizenship**

Our PSHE curriculum is structured around four key concepts taught progressively from Year 1 to Year 6.

We follow the Pol-Ed scheme throughout these year groups, which is a high-quality programme designed to equip children proactively with essential skills and personal qualities that help them make healthy, informed, and safe choices in their daily lives.

Pol-Ed is regularly updated using local and national police crime data, enabling us to respond reactively to emerging issues as needed.

British Values and the Prevent duty are fully embedded throughout the curriculum.

While Pol-Ed covers the majority of the citizenship curriculum, topics such as democracy, climate change, personal responsibility, and the UK's role in the wider world are addressed through wider school opportunities and other curriculum areas.

Key skills and qualities are woven throughout the curriculum to support children's ongoing personal development and wellbeing.

SUBSTANTIVE CONCEPTS

Relationships

Keeping Safe

Understanding Law

Well-being

SKILLS AND QUALITIES

These skills and qualities are clearly mapped on the Pol- Ed planning for each session.

Empathy

Resilience

Respect

Risk

Fact finding

Future planning

Decision making

Self-worth



Relationships

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>How can I be an ally?</p> <p>How can I make friends?</p> <p>What if my friends are making me feel sad?</p> <p>What is bullying?</p> <p>Why are safe hands important?</p> <p>Why is name calling unkind?</p>	<p>How are we the same? How are we different?</p> <p>How can I work with different people?</p> <p>How do I share family worries?</p> <p>What is a family?</p> <p>Why are relationships important?</p>	<p>How should we treat people?</p> <p>What can I do when friendships go wrong?</p> <p>What do we mean by consent in friendships?</p> <p>What is bullying?</p> <p>Who are my key people?</p>	<p>How can we be role models?</p> <p>What is a healthy friendship?</p> <p>What is discrimination?</p> <p>What is diversity?</p> <p>What is peer influence?</p> <p>Who makes up my community?</p>	<p>How can my adult relationships affect my future?</p> <p>How do words have power?</p> <p>What are my personal boundaries?</p> <p>What are online friendships?</p> <p>What is grooming?</p> <p>What is media influence?</p> <p>What is peer pressure?</p>	<p>How can I get ready for secondary relationships?</p> <p>How can we be allies against racism?</p> <p>How can we challenge sexism?</p> <p>How can we respect different relationships?</p> <p>What is a debate?</p> <p>What is my relationship with authority?</p>
<p>friendship, kindness, ally, feelings, safe, bullying</p>	<p>similarities, differences, teamwork, family, worries, respect</p>	<p>consent, kindness, friendship, bullying, support, feelings, respect</p>	<p>role model, diversity, discrimination, influence, community, belonging, boundaries</p>	<p>relationships, boundaries, consent, grooming, media, peer pressure, online safety</p>	<p>ally, racism, sexism, debate, authority, respect, identity</p>



Keeping safe

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>How can I keep safe in new places?</p> <p>How can I speak up?</p> <p>How can I use things at home safely?</p> <p>What is 999?</p> <p>What is private information?</p> <p>Who are my trusted adults?</p>	<p>How can I keep safe online?</p> <p>What are different types of meetings?</p> <p>What are medicines?</p> <p>What are private body parts?</p> <p>What is fire safety?</p>	<p>How can I share my worries?</p> <p>What are emergency services?</p> <p>What are emergency situations?</p> <p>What do we mean by risk?</p> <p>When should I break a secret?</p>	<p>How can I keep safe in my local area?</p> <p>How can we keep safe on the road?</p> <p>What are hazards in the home?</p> <p>What is first aid?</p> <p>Who do I encounter?</p>	<p>How can we keep our things safe?</p> <p>How can we use our phones sensibly?</p> <p>What are deep fakes?</p> <p>What are the risks with money?</p> <p>What do I know about drugs?</p> <p>Why are our special people important?</p>	<p>How is my data shared?</p> <p>What is spiking?</p> <p>What is the issue with addiction? (Vaping/smoking)</p> <p>Why does media have age restrictions?</p> <p>Bonfire Night Lesson</p> <p>Halloween Lesson</p>
<p>safe, speak up, home, 999, private, trusted adult</p>	<p>online, meeting, medicine, body parts, fire, permission</p>	<p>worry, emergency, danger, risk, secret, service</p>	<p>local, road, hazard, first aid, encounter, signal</p>	<p>belongings, phone, fraud, money, drugs, influence, choices</p>	<p>data, spiking, addiction, restriction, safety plan, boundaries, independence</p>



Understanding Law

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>How can I be responsible?</p> <p>What can happen when rules are broken?</p> <p>What do the police do?</p> <p>Why have different rules in different places?</p>	<p>What are needs and wants?</p> <p>What is a job?</p> <p>What is money?</p> <p>What is the internet?</p> <p>Why does age matter?</p>	<p>How can I be a responsible citizen?</p> <p>How do we enforce the law?</p> <p>What are children's rights?</p> <p>What is the law and why do we have it?</p>	<p>How can I respect/t my environment?</p> <p>What are protected characteristics?</p> <p>What can I be?</p> <p>What is hate crime?</p>	<p>How do rules help our community?</p> <p>What can and can't I do on the internet?</p> <p>What is gambling?</p>	<p>What different types of crime are there?</p> <p>What does the law say about legal drugs?</p> <p>What does the law say about marriage?</p> <p>What is a weapon?</p> <p>What is antisocial behaviour?</p> <p>What is shop theft?</p>
<p>rule, responsible, police, consequence, choice, fair</p>	<p>need, want, money, job, internet, age</p>	<p>citizen, rights, law, enforce, justice, respect</p>	<p>environment, protect, identity, equality, prejudice, crime</p>	<p>community, digital, limit, gambling, permission, regulation</p>	<p>offence, legal, marriage, weapon, antisocial, theft, responsibility</p>



Well-being					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
What makes me special? What do feelings feel like? How can I share my feelings? How can I be an empathy expert?	How can I deal with change? What does it mean to be healthy? How can I look after my body? Why is sleep important? When do I need to take a break?	What is mental health? What am I good at? How can intense feeling feel? What words can I use to talk about my feelings? How does school help me?	How do my choices help me to be healthy? What are healthy habits? Why is food fuel? How can I be a hygiene hero? How does school build my character?	What is my personal identity? How might puberty impact the way I feel? How might being online impact the way I feel? How might my activity levels impact the way I feel? How might school impact the way I feel? How can drugs and alcohol make people feel?	What does 30 look like? How can I re-frame my thinking? How can I seek support for my mental health? How can I cope with leaving school?
special, feeling, share, care, calm, empathy	change, healthy, body, sleep, rest, break	mental health, strength, intense, emotion, express, support	choice, habit, fuel, hygiene, character, growth	identity, puberty, digital wellbeing, energy, confidence, mood	future, mindset, resilience, support network, transition, independence