

Y1

My healthy self: How can we look after our emotions?

Connecting with others: How can I help myself and others feel happy and safe?

The online world: How do we spend time online?

Citizenship: How can I help others and the environment?

Staying safe: How can I stay safe?

Health protection: How can I protect myself and others in daily life?

Y2

My healthy self: How can we look after our bodies?

Connecting with others: How can I build safe, kind and caring relationships with others?

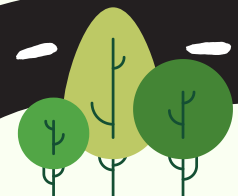
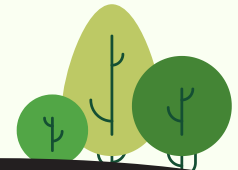
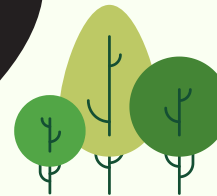
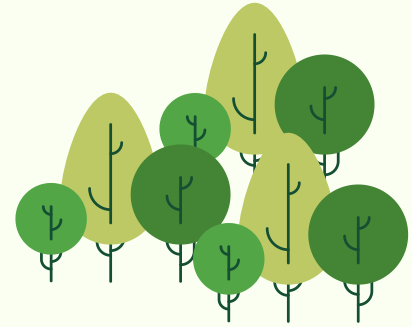
The online world: How can we stay safe online?

Citizenship: How do people belong to a community and earn money?

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Growing up: How can we look after and respect our bodies as we grow?

PSHE ROAD MAP



Y3

My healthy self: How can I take care of my mind and body?

Connecting with others: What helps us feel safe and included?

The online world: How should we communicate online?

Citizenship: What rights and responsibilities do we have?

Health protection: How can we prevent illness and injury and respond if they happen?

Citizenship: What careers do people choose and why?

My healthy self: How can I make healthy choices?

Connecting with others: How can we respect each other?

The online world: How can we decide what to trust online?

Citizenship: How can I spend money responsibly?

Staying safe: What signs help me recognise what is safe or unsafe?

Growing up: How will my body and emotions change as I grow up?

Y4



Y5

My healthy self: How can I support my mind and body as I grow?

Connecting with others: Why are healthy relationships important?

The online world: How am I influenced by what I see online?

Citizenship: How can we make a difference in our communities and beyond?

Citizenship: How can we be in control of our money?

Growing up: How can I manage the changes to my body and emotions as I grow up?

Y6

My healthy self: How do my choices today shape my future health?

Connecting with others: What does it mean to stand up for myself and others?

The online world: How do I feel about the things I see online?

Citizenship: How can we protect everyone's rights?

Staying safe: How can I stay safe as I grow up??

Sex education: How do people become parents and carers

