

PSHE Key Questions in each Year Group (copyright PSHE Association)

The PSHE curriculum is structured around three core themes, each with related aspects:

- **Health and Well-being**
 - healthy lifestyles and physical well-being
 - mental health
 - ourselves: growing and changing
 - keeping safe
 - drugs, alcohol and tobacco
- **Relationships**
 - families and close positive relationships
 - friendships
 - managing hurtful behaviour and bullying
 - safe relationships
 - respecting self and others
- **Living in the Wider World**
 - shared responsibilities
 - communities
 - media literacy and digital resilience
 - economic well-being: money
 - economic well-being: aspirations, work and career

Year 1

- How can we look after each other and the world?
- Who helps to keep us safe?
- What is the same and different about us?
- What helps us stay healthy?
- Who is special to us?
- What can we do with money?

Year 2

- What helps us to stay safe?
- What jobs do people do?
- How do we recognise our feelings?
- What helps us grow and stay healthy?

- What makes a good friend?
- What is bullying?

Year 3

- How can we be a good friend?
- What makes a community?
- What are families like?
- What keeps us safe?
- Why should we keep active and sleep well?
- Why should we eat well and look after our teeth?

Year 4

- What strengths, skills and interests do we have?
- How can we manage our feelings?
- How can our choices make a difference to others and the environment?
- How can we manage risk in different places?
- How will we grow and change?
- How do we treat each other with respect?

Year 5

- What jobs would we like?
- How can we help in an accident or emergency?
- How can friends communicate safely?
- What makes up a person's identity?
- How can drugs common to everyday life affect health?
- What decisions can people make with money?

Year 6

- How can the media influence people?
- How can we keep healthy as we grow?
- What will change as we become more independent?
- How do friendships change as we grow?

We have chosen to adopt a question-based or 'enquiry' approach to learning in PSHE, as this is consistent with our teaching in other curriculum subjects, particularly History, Geography and RE.