

15. Appendix 3 – Skills for Life long-term overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Rights, rules and responsibilities <i>(blocked unit to be delivered during first week of Autumn 1 / to encompass BV, school values, class rules, responsibilities)</i></p> <p>Online safety <i>(cross-curricular unit to be taught during Skills for Life lessons)</i></p>	<p>Managing hurtful behaviour and bullying <i>(blocked unit to be delivered during Anti-bullying Week)</i></p> <p>EYFS outcomes to be addressed during themed topics.</p>	<p>Children’s Mental Health Week <i>(blocked unit to be delivered during Children’s Mental Health Week)</i></p> <p>EYFS outcomes to be addressed during themed topics.</p>	EYFS outcomes to be addressed during themed topics.	<p>Ourselves, growing and changing <i>(blocked unit to be delivered during the same week across the school)</i></p> <p>EYFS outcomes to be addressed during themed topics.</p>	EYFS outcomes to be addressed during themed topics.
Years 1, 3 and 5	<p>Rights, rules and responsibilities <i>(blocked unit to be delivered during first week of Autumn 1 / to encompass BV, school values, class rules, responsibilities)</i></p> <p>Online safety <i>(cross-curricular unit to be taught during Skills for Life lessons)</i></p>	<p>Managing hurtful behaviour and bullying <i>(blocked unit to be delivered during Anti-bullying Week)</i></p>	<p>Children’s Mental Health Week <i>(blocked unit to be delivered during Children’s Mental Health Week)</i></p>	Healthy lifestyles	<p>Aiming high <i>(blocked unit to be delivered during the same week across the school)</i></p> <p>Ourselves, growing and changing <i>(blocked unit to be delivered during the same week across the school)</i></p>	Money matters
Years 2, 4 and 6	<p>Rights, rules and responsibilities <i>(blocked unit to be delivered during first week of Autumn 1 / to encompass BV, school values, class rules, responsibilities)</i></p> <p>Online safety <i>(cross-curricular unit to be taught during Skills for Life lessons)</i></p>	<p>Managing hurtful behaviour and bullying <i>(blocked unit to be delivered during Anti-bullying Week)</i></p>	<p>Children’s Mental Health Week <i>(blocked unit to be delivered during Children’s Mental Health Week)</i></p>	Staying healthy	<p>Aiming high <i>(blocked unit to be delivered during the same week across the school)</i></p> <p>Ourselves, growing and changing <i>(blocked unit to be delivered during the same week across the school)</i></p>	Keeping safe

Green topics: blocked units to be taught during the course of a week

Blue topics: units to be taught over the course of a half-term

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Additional topics for specific Year Groups						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4		Personal qualities				
Year 5			Bereavement			
Year 6						New opportunities

Blue topics: units to be taught over the course of a half-term

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Years 1,3 and 5				
Term	Topic	Relationships Education	Health Education	PSHE Education
Autumn 1	Rights, rules and responsibilities			<ul style="list-style-type: none"> Core Theme 3: Living in the Wider World – Shared responsibilities
	Online safety		<ul style="list-style-type: none"> Internet safety and harm 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Keeping safe Core Theme 2: Relationships – Managing hurtful behaviour and bullying / Respecting self and others Core Theme 3: Living in the Wider World – Media literacy and digital resilience / Economic wellbeing: money
Autumn 2	Managing hurtful behaviour and bullying	<ul style="list-style-type: none"> Respectful relationships 	<ul style="list-style-type: none"> Mental wellbeing 	<ul style="list-style-type: none"> Core Theme 2: Relationships – Managing hurtful behaviour and bullying / Safe relationships
Spring 1	Children’s Mental Health Week		<ul style="list-style-type: none"> Mental wellbeing 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Mental health / Ourselves, growing and changing Core Theme 2: Relationships – Friendships / Managing hurtful behaviour and bullying
Spring 2	Healthy lifestyles		<ul style="list-style-type: none"> Physical health and fitness 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles
Summer 1	Aiming High			<ul style="list-style-type: none"> Core Theme 3: Living in the Wider World - Economic wellbeing: Aspirations, work and career
Summer 1	Ourselves, growing and changing	<ul style="list-style-type: none"> Families and people who care for me Caring friendships Respectful relationships Online relationships Being Safe 	<ul style="list-style-type: none"> Mental wellbeing Changing adolescent body 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Mental health / Ourselves, growing and changing / Keeping safe Core Theme 2: Relationships – Families and close positive relationships / Friendships / Managing hurtful behaviour and bullying / Safe relationships / Respecting self and others Core Theme 3: Living in the Wider World – Communities / Media literacy and digital resilience
Summer 2	Money matters			<ul style="list-style-type: none"> Core Theme 3: Living in the Wider World - Economic wellbeing: money

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Years 2, 4 and 6				
Term	Topic	Relationships Education	Health Education	PSHE Education
Autumn 1	Rights, rules and responsibilities			<ul style="list-style-type: none"> Core Theme 3: Living in the Wider World - Shared responsibilities
	Online safety		<ul style="list-style-type: none"> Internet safety and harm 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Keeping safe Core Theme 2: Relationships – Managing hurtful behaviour and bullying / Respecting self and others Core Theme 3: Living in the Wider World - Media literacy and digital resilience / Economic wellbeing: money
Autumn 2	Managing hurtful behaviour and bullying	<ul style="list-style-type: none"> Respectful relationships 	<ul style="list-style-type: none"> Mental wellbeing 	<ul style="list-style-type: none"> Core Theme 2: Relationships – Managing hurtful behaviour and bullying / Safe relationships / Relationships - Friendships
Spring 1	Children’s Mental Health Week		<ul style="list-style-type: none"> Mental wellbeing 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Mental health / Ourselves, growing and changing Core Theme 2: Relationships – Friendships / Managing hurtful behaviour and bullying
Spring 2	Staying Healthy		<ul style="list-style-type: none"> Health and prevention 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Keeping safe
Summer 1	Aiming High			<ul style="list-style-type: none"> Core Theme 3: Living in the Wider World - Economic wellbeing: Aspirations, work and career
Summer 1	Ourselves, growing and changing	<ul style="list-style-type: none"> Families and people who care for me Caring friendships Respectful relationships Online relationships Being Safe 	<ul style="list-style-type: none"> Mental wellbeing Changing adolescent body 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Healthy lifestyles / Mental health / Ourselves, growing and changing / Keeping safe Core Theme 2: Relationships – Families and close positive relationships / Friendships / Managing hurtful behaviour and bullying / Safe relationships / Respecting self and others Core Theme 3: Living in the Wider World – Communities / Media literacy and digital resilience
Summer 2	Keeping safe		<ul style="list-style-type: none"> Basic first aid 	<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing – Keeping safe / Drugs, alcohol and tobacco

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Year 4				
Term	Topic	Relationships Education	Health Education	PSHE Education
Autumn 2	Personal qualities			<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing - Ourselves, growing and changing

Year 5				
Term	Topic	Relationships Education	Health Education	PSHE Education
Spring 1	Bereavement			<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing - Mental health

Year 6				
Term	Topic	Relationships Education	Health Education	PSHE Education
Summer 2	New opportunities			<ul style="list-style-type: none"> Core Theme 1: Health and Wellbeing - Ourselves, growing and changing

Assemblies	
Topic	PSHE Education
Keeping safe	Core Theme 1: Health and Wellbeing - Keeping safe KS1, H29-H33 / KS2, H38, H39 & H41
Protecting the environment	Core Theme 3: Living in the Wider World -Shared Responsibilities KS1, L3 / KS2, L4 & L5
British values	

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Autumn Term					
Topic	Year Groups	Statutory Guidance By the end of primary school pupils should know	PSHEE POS KS1	PSHEE POS KS2	Resources
Rights, rules and responsibilities	All		L1 L2 L5	L1 L2 L3	<ul style="list-style-type: none"> Cambridgeshire PPDP, Rights, Rules & Responsibilities, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 Twinkl, Britain, Year 1 / Year 3 / Year 5 Twinkl, TEAM, Year 3 / Year 5 Twinkl, Respecting Rights, Year 2 / Year 4 / Year 6
Online safety	All	<ul style="list-style-type: none"> 7a: That for most people the internet is an integral part of life and has many benefits. 7b: About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. 7c: How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. 7d: Why social media, some computer games and online gaming, for example, are age restricted. 7f: How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. 7g: Where and how to report concerns and get support with issues online. 	L7 L8 H9 R10 R12 H28 L9 H34	L11 H13 R30 L11 L15 H37 L23 L12 L13 L14 L16 H42	<ul style="list-style-type: none"> Cambridgeshire PPDP, Digital Lifestyles, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 Cambridgeshire PPDP, Enrichment: E-safety, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 Twinkl, Safety First, Year 2 / Year 4 / Year 6 Twinkl, Online Safety, KS1 / Lower KS2 / Upper KS2 https://www.thinkuknow.co.uk/ https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/ https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview
Managing hurtful behaviour and bullying	All	<ul style="list-style-type: none"> 3f About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. 6h: That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. 7e: That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. 	R10 R11 R12 R10 R11 H34	R15 R19 R20 R28 R19 H37 R15 R20 L11	<ul style="list-style-type: none"> Cambridgeshire PPDP, Anti-bullying, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 Twinkl, TEAM, Year 1 / Year 3 / Year 5 Twinkl, VIPs, Year 2 / Year 4 Twinkl, Safety First, Year 4 / Year 6 https://campaignresources.phe.gov.uk/schools
Personal qualities	Year 4			H27 H28 H29	<ul style="list-style-type: none"> Cambridgeshire PPDP, My Emotions, Years 3 & 4

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Spring Term					
Topic	Year Groups	Statutory Guidance By the end of primary school pupils should know	PSHEE POS KS1	PSHEE POS KS2	Resources
Children's Mental Health Week	All	<ul style="list-style-type: none"> 6a: That mental wellbeing is a normal part of daily life, in the same way as physical health. 	<ul style="list-style-type: none"> H1 	<ul style="list-style-type: none"> H15 	<ul style="list-style-type: none"> Place2Be (https://www.childrensmentalhealthweek.org.uk/) https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/ https://campaignresources.phe.gov.uk/schools
		<ul style="list-style-type: none"> 6b: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. 	<ul style="list-style-type: none"> H11 H12 H13 H14 	<ul style="list-style-type: none"> H17 	
		<ul style="list-style-type: none"> 6c: How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. 	<ul style="list-style-type: none"> H15 H16 	<ul style="list-style-type: none"> H18 H19 	
		<ul style="list-style-type: none"> 6d: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	<ul style="list-style-type: none"> H18 H19 	<ul style="list-style-type: none"> H20 H21 	
		<ul style="list-style-type: none"> 6e: The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. 	<ul style="list-style-type: none"> H17 	<ul style="list-style-type: none"> H16 	
		<ul style="list-style-type: none"> 6f: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. 	<ul style="list-style-type: none"> H18 H20 H24 	<ul style="list-style-type: none"> H16 	
		<ul style="list-style-type: none"> 6g: Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. 	<ul style="list-style-type: none"> H24 H27 R7 	<ul style="list-style-type: none"> H24 R13 	
		<ul style="list-style-type: none"> 6i: Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). 	<ul style="list-style-type: none"> H19 R12 	<ul style="list-style-type: none"> H21 R20 	
		<ul style="list-style-type: none"> 6j: It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	<ul style="list-style-type: none"> H24 	<ul style="list-style-type: none"> H22 	

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Spring Term (continued)					
Topic	Year Groups	Statutory Guidance By the end of primary school pupils should know	PSHEE POS KS1	PSHEE POS KS2	Resources
Bereavement	Year 5			• H23	• Winston's Wish
Healthy lifestyles	Years 1, 3 and 5	• 11a: The characteristics and mental and physical benefits of an active lifestyle.	• H1	• H7	<ul style="list-style-type: none"> • Cambridgeshire PPDP, Healthy Lifestyles, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 • https://www.nhs.uk/change4life/activities • https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/ • https://campaignresources.phe.gov.uk/schools
		• 11b: The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	• H3	• H7	
		• 11c: The risks associated with an inactive lifestyle (including obesity).	• H3	• H4 • H7	
		• 11d: How and when to seek support including which adults to speak to in school if they are worried about their health.	• H10	• H14	
Staying healthy	Years 2, 4 and 6	• 13a: The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	• H37	• H46 • H47 • H48	<ul style="list-style-type: none"> • Cambridgeshire PPDP, Healthy Lifestyles, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 • Cambridgeshire PPDP, Drug Education, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 • Cambridgeshire PPDP, Managing Safety & Risk, Years 1 & 2 / Years 5 & 6 • Twinkl, It's my body, Year 1 / Year 3 / Year 5 • PSHE Association, The Sleep Factor, KS1 / KS2 • PSHE Association, Drug and alcohol education, Years 1-2 / Years 3-4 / Years 5-6 • https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/ • https://soltansunready.com/for-schools • https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-does-the-sun-and-uv-cause-cancer • https://campaignresources.phe.gov.uk/schools
		• 14a: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		• H5	
		• 14b: About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	• H8	• H12	
		• 14c: The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	• H4	• H8	
		• 14e: About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	• H5	• H9 • H40	
		• 14f: The facts and science relating to immunisation and vaccination.	• H6	• H10	

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Summer Term					
Topic	Year Groups	Statutory Guidance By the end of primary school pupils should know	PSHEE POS KS1	PSHEE POS KS2	Resources
Aiming high	Years 1-6		<ul style="list-style-type: none"> L14 L15 L16 L17 	<ul style="list-style-type: none"> L25 L26 L27 L28 L29 L30 L31 L32 	<ul style="list-style-type: none"> Twinkl, Aiming High, Year 1 / Year 3 / Year 5 LOUD! Network: https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-what-is-my-job/zrdkt39 https://www.teesvalleycareers.com/education/primary/toolkit-of-resources/career-exploration/
Ourselves, growing and changing	All	<ul style="list-style-type: none"> Refer to curriculum map. 	<ul style="list-style-type: none"> Refer to curriculum map. 	<ul style="list-style-type: none"> Refer to curriculum map. 	<ul style="list-style-type: none"> Christopher Winter Project 'Confidence To Deliver Sex And Puberty Education In The Primary Classroom For Upper KS2' Teachers' Resources (Bucks School Nursing Team) (Twinkl, Growing Up, Year 2 / Year 4 / Year 6) (Cambridgeshire PPDP, Relationships & Sex Education, Year 1 / Year 2 / Year 3 / Year 4 / Year 5 / Year 6)
Money matters	Years 1, 3 and 5		<ul style="list-style-type: none"> L10 L11 L12 L13 	<ul style="list-style-type: none"> L17 L18 L19 L20 L21 L22 L23 L24 	<ul style="list-style-type: none"> Cambridgeshire PPDP, Financial Capability, Years 1 & 2 / Years 3 & 4 / Years 5 & 6 Twinkl, Money Matters, Year 1 / Year 3 / Year 5 PSHE Association, Exploring risk in relation to gambling https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/ http://www.stoploansharks.co.uk/wp-content/uploads/2017/01/Lessons_About_Keeping_Our_Money_Safe_5_11_Years.pdf
Keeping safe	Years 2, 4 and 6	<ul style="list-style-type: none"> 15a: How to make a clear and efficient call to emergency services if necessary. 	<ul style="list-style-type: none"> H35 H36 	<ul style="list-style-type: none"> H44 	<ul style="list-style-type: none"> British Red Cross, First aid champions Cambridgeshire PPDP, Managing Safety & Risk, Years 1 & 2 / Years 3 & 4 https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/
		<ul style="list-style-type: none"> 15b: Concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	<ul style="list-style-type: none"> H35 H37 	<ul style="list-style-type: none"> H43 	<ul style="list-style-type: none"> British Red Cross St John's Ambulance Cambridgeshire PPDP, Managing Safety & Risk, Years 3 & 4 / Years 5 & 6 Twinkl, Safety First, Year 2 / Year 6 https://schoolsweb.buckscc.gov.uk/school-improvement-and-equalities/curriculum-and-learning/pshe/curriculum-ks1-2/
New opportunities	Year 6			<ul style="list-style-type: none"> H35 H36 	<ul style="list-style-type: none"> https://campaignresources.phe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack Cambridgeshire PPDP, Managing Change Years 5 & 6 https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8 https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview

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