



PSHE & SEAL Programme of Study

Year 1	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses	Harehills PSHE events: SRE, Underwear rule Sun Safety
	Classroom rules Knowing me, Knowing you.	Identity: Me and my culture Looking at what is the same and different in children's home lives, what makes a particular home special.	People who help us: Roles in the community Identifying people who help us in the community.
	Making a difference: School Roles and me. Understanding the roles of different people in the school.	Looking after myself: Personal Hygiene Learning basic hygiene routines: hand washing, using handkerchiefs, toileting, oral hygiene and dentists.	
		DATE: What happens when things go into/ onto our bodies? Identifying what goes into and onto bodies; thinking about what it feels like and what to do if unsure.	Keeping Safe: Personal safety Knowing what to do when we don't feel comfortable about what is happening to our bodies; saying no and telling somebody.
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Friendship: Special People Identifying people who are special and what makes them special.	Rights and responsibilities: Being responsible Identifying what being responsible means and exploring children's own responsibilities	Emotional Health: Loss (Dogger) Discussing types of loss, how might this make us feel and how to express our feelings.
	Say No to Bullying Activities related to SEAL activities and annual theme	Keeping Safe: Being Outdoors Exploring keeping safe outdoors and learning rules for crossing the road.	DATE: Medicines and Me Exploring feeling unwell, when and why we take medicines and knowing safety rules for taking and storing medicines.
	Internet Safety Thinkyouknow.com		Transition Moving on and next steps.



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Year 2	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses.	Harehills PSHE events: SRE, Sun Safety, Underwear RULE
	Classroom rules Knowing me, Knowing you	Emotional Health: Feelings Identifying a broad range of feelings children might feel in different situations and beginning to know ways of dealing with them.	Growing & Changing: Life cycles, care and families Understanding the different stages of the human life cycle; how we all grow and change. Exploring the needs we have at different stages and how we can be cared for
	DATE: Getting help from adults we can trust. Exploring feeling safe.	Keeping Safe: Fire Safety Knowing how to deal with potential fire hazards in home and how to escape from a fire.	Looking after myself: What does being healthy mean? Exploring what being healthy means and knowing ways to keep healthy e.g. healthy eating, safety, exercise, emotional health and sleep
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Friendship: What makes a good friend? Listening to factors that make a good friend, thinking about what is important to individuals about friendship.	Rights and responsibilities: Money Understanding what money is and what it is used for.	DATE: The role of medicines Understanding why, how and when medicines are taken
	Difficult times: Teasing and Bullying Talking about when things go wrong with friends and other children; teasing and bullying; how to cope and what to do.	Environment: Our local environment Understanding the elements that make up the local environment. Identifying some problems and solutions in the local environment.	DATE: What happens to our bodies when we take medicines? Understanding the effect of medicines on the body and how to take medicines safely
	Internet Safety Thinkyouknow.com		Transition Moving on and next steps.



PSHE & SEAL Programme of Study

Year 3	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses.	Harehills PSHE events: SRE, Sun Safety, Underwear rule
	Classroom rules Knowing me, Knowing you.	Rights and responsibilities: Children's rights Exploring rights and understanding about international agreements on the rights of children	Friendships: qualities of friends Underwear Rule Listing the qualities of friendship and prioritising important aspects to each individual.
	Making a difference: Where does my food come from? Looking at the food children eat and learning about where it comes from.	Looking after myself- Germs Understanding what germs are, how they affect humans and how to reduce their spread.	Emotional Health, loss grief and change Understanding the feelings people have when someone or something dies; sharing sad experiences.
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Keeping Safe: Personal Safety Identifying situations involving adults or older children where children feel uncomfortable and/ or how to respond, what they can do and who can they tell.	Keeping Safe: On the road Road safety including safe and unsafe places to cross the road and identifying other risky situations on the road.	DATE: Drugs in everyday life Exploring everyday drugs- why people choose to take them and different kinds of use.
	Difficult times: Acceptable and unacceptable behaviour Acceptable and unacceptable behaviour, exploring what is/is not acceptable and what to do about it, e.g. bullying, peer pressure, domestic violence.	Rights and responsibilities: Moral dilemmas Reflecting on moral and social dilemmas that children might encounter.	DATE: Alternatives to taking medicines Exploring ways of treating illness and feeling unwell, for example relaxing, going for a walk, talking to a friend, practising relaxation techniques.
	Internet Safety Thinkyouknow.com		Transition Moving on and next steps.
DATE: Dealing with Unhelpful Pressure Looking at various scenarios where children might feel pressured and working out how to deal with the situation.			



PSHE & SEAL Programme of Study

Year 4	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses.	Harehills PSHE events: SRE, Sun Safety, Underwear rule
	Classroom rules Knowing me, Knowing you.	Identifying: Traditions Learning about different traditions from different culture, e.g. birth, death, celebrations, growing up, clothes.	Keeping Safe Identifying potentially dangerous situations within the local environment and developing strategies to keep safer, e.g. involving public transport, fire, water, roads, derelict buildings, open spaces and evacuations procedures.
	Looking after myself: Exploring choices Exploring the choices concerning keeping healthy and the influences there are around this	Making a difference: People with disabilities Finding out about people with disabilities.	Families: Living together Exploring the role of families and different kinds of families. Thinking about what happens when things go wrong in families
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Identity: The groups I belong to Identifying the different groups that children belong to, how they feel about their place in these groups and what it feels to be included and excluded.	DATE: Making decisions Exploring decision making and taking responsibility for one's own actions.	Exploring violence: Media violence Exploring the potential impact of violence depicted in a range of media and the media.
	Internet Safety Thinkyouknow.com	People who help us: Different jobs Looking at the work of people who help us and inviting a visitor to talk about their work.	Date: People and legal drugs Thinking about everyday drugs and medicines – their use and misuse and understanding why people use them
	DATE: About Tobacco Exploring why people might start to smoke, why people smoke and the effects of smoking.	DATE: What we already know and understand about drugs What do we know and understand about drugs pooling present knowledge on all kinds of drugs and talking about their use and effects.	Transition Moving on and next steps.



PSHE & SEAL Programme of Study

Year 5	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses.	Harehills PSHE events: SRE, Sun Safety, Underwear rule
	Classroom rules Knowing me, Knowing you.	Rights and responsibilities: The media as a persuader Exploring how the media provides information and can influence attitudes	Growing & Changing (SRE): Puberty Understanding puberty in the context of one stage of the human life cycle
	Making a difference: Local democratic processes Learning about democracy, the local council and some of the services that they are responsible for	Difficult times: Making and breaking a friendship Exploring strategies for making friends and resolving difficulties when friendships break up	Emotional health: Loss, grief and change Exploring feelings and personal Responses when someone dies. Beginning to understand the process of grieving, ways of expressing grief and the importance of sharing memories and supporting others
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Keeping safe: Fire safety Knowing how to stay safe around fireworks, the dangers of starting fires and how to report a fire to the emergency services	Rights and responsibilities: Looking after money Knowing some ways that money can be earned and learning about spending, saving and budgeting	Making a difference: Homelessness Exploring issues around homelessness e.g. refugees, organisations and charities; Street Smart in Leeds and UK wide
	Making a difference: Racism Identifying racism – what it is, how people express it and how it affects people and communities. Exploring ways that children can combat racism	Keeping Safe: Risk taking Exploring what is risk and the feelings associated with taking risks. Understanding personal tendencies towards taking risks.	Environment: How I can make a difference to the global environment Identifying global environmental problems and how people can contribute to solutions
	Internet Safety. Thinkyouknow.com		Transition. Moving on and next steps.
	DATE: Dealing with persuaders Practising dealing with unhelpful pressure from friends and people children might come into contact with		



PSHE & SEAL Programme of Study

Year 6	Autumn One : NEW BEGINNINGS	Spring One: GOOD TO BE ME	Summer One: RELATIONSHIPS
	Harehills PSHE events : Take Over Day	Harehills PSHE events: Safe As Houses.	Harehills PSHE events: SRE, Underwear rule Sun Safety
	Classroom rules Knowing me, Knowing you	Emotional health: Stress management Identifying things that can cause stress, how our bodies and minds respond and learning some strategies to manage this	Growing & Changing (SRE): . Reviewing puberty . Exploring the physical and emotional changes associated with puberty . Strategies for managing difficult situations
	Looking after myself: What's best for me? Looking at the food children eat and learning about where it comes from.		
	Making a difference: Local democratic processes Learning about national democratic processes, e.g. the voting system, political parties, parliament LEEDS CHILDREN'S MAYOR APPLICATIONS		
	Autumn Two : GETTING ON AND FALLING OUT (SAY NO TO BULLYING).	Spring Two : GOING FOR GOALS	Summer Two : CHANGES
	Harehills PSHE events: Internet Safety, Anti-Bullying week	Harehills PSHE events: Road Safety	Harehills PSHE events: DATE, Transition weeks
	Rights and responsibilities: Moral dilemmas Exploring moral and social dilemmas and recognising social justice and moral responsibility	Date: Be a solvent expert Identifying solvents, their misuse and possible effects; planning a campaign to inform others	DATE: People, drugs and stereotypes Challenging stereotypes around drug use and exploring how people use drugs for different reasons inn different circumstances
	Difficult times: Exploring violence Exploring why people resort to violence, the physical and emotional effects of violence, alternatives to violence and strategies to deal with violence	Keeping Safe: Basic emergency procedures Identifying the steps to take in an emergency, e.g. an accident or severe reaction to solvents or alcohol. Knowing where to get help	Transition Moving on and next steps.
	Keeping safe: Out & about and Internet Safety Identifying risks, exploring ways of resisting peer pressure, groups and gangs Thinkyouknow.com		



Harehills Primary School

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