PHSE Curriculum 2024/25 3 Strands

Relationships		
Family	Friends	

Living in the Wider World			
Our Communities	Online Safety		

Health and Wellbeing		
Mental Wellbeing	Physical Health	Growing Up

No Outsiders – Protected Characteristics

A = Age, R = Race, RB = Religion and beliefs, S = Sex/Gender, D = Disability, MCP = Marriage and Civil Partnership, SO = Sexual Orientation, GR = Gender Reassignment, PM = Pregnancy and Maternity

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Lesson	Identity and Diversity		Sustainable Development		Globalisation and Interdependence	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	R, S, A	No Outsiders	No Outsiders R	No Outsiders R, S, MCP, D, SO, A	No Outsiders So, s	No Outsiders R
2	Project Evolve Online Safety Self-Image and Identity L1	Project Evolve Online Safety Online Relationships L1	Project Evolve Online Safety Online Bullying L1	Project Evolve Online Safety Managing Online Information L1	Project Evolve Online Safety Privacy and Security L1	Project Evolve Online Safety Health Wellbeing and Lifestyle L1
3		Project Evolve Online Safety Online Reputation L1		Project Evolve Online Safety Copyright L1	Project Evolve Online Safety Privacy and Security L2	

Project Evolve	Self-Image and Identity L1	Online Bullying L1	Privacy and Security L1 + L2
	Online Relationships L1	Managing Online Information L1	Health Wellbeing and Lifestyle L1
	Online Reputation L1	Copyright L1	

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Lesson	Identity an	d Diversity	Sustainable	Development	Globalisation an	d Interdependence
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing (Healthy, Happy Week)
1	<u>Community</u> C1 How do we make a happy school?	<u>Mental health</u> M1 Where do feelings come from?	<u>Friends</u> F1 Who is my friend?	<u>Physical</u> P1 How do I help my body stay healthy?	<u>Family</u> Fa1 Who's in my family?	<u>Physical</u> P3 How do we stop getting ill?
2	No Outsiders	M3 What helps me to be happy?	F2 What makes a good friend?	P2 How do I decide what to eat?	Fa2 Do families always stay the same?	P4 How do I stay safe?
3	KS1 Anti-Racism Education L1 – Talking About Race and Racism	No Outsiders	S, No Outsiders S, PLWTERCEP PLWTERCEP SO A	No Outsiders R	No Outsiders R, RB	No Outsiders
4	Project Evolve Online Safety Self-Image and Identity L1	<u>KS1 Anti-Racism</u> <u>Education</u> L2 – Defining Anti- Racism	Project Evolve Online Safety Online Bullying L1	Project Evolve Online Safety Privacy and Security L3	<u>KS1 Anti-Racism</u> Education L3 – Redefining Racism	KS1 Anti-Racism Education L4 – Understanding Racial Socialisation and Stereotypes
5	Project Evolve Online Safety Self-Image and Identity L2	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L3	Project Evolve Online Safety Privacy and Security L1	Project Evolve Online <u>Safety</u> Online Reputation L1	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L1	<u>Project Evolve Online</u> <u>Safety</u> Health Wellbeing and Lifestyle L1
6	Project Evolve Online Safety Online Relationships L1	Project Evolve Online Safety Online Relationships L4	<u>Project Evolve Online</u> <u>Safety</u> Privacy and Security L2	Project Evolve Online Safety Online Reputation L2	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L2	

Pro	oject Evolve	 Online Bullying L1 Privacy and Security L1, L2 and L3 Online Reputation L1 and L2	Managing Online Information L1 and L2 Health Wellbeing and Lifestyle L1

Lesson	Identity an	d Diversity	Sustainable D	evelopment	Globalisation and	d Interdependence
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing (Healthy, Happy Week)
1	<u>Community</u> C2 Who lives in my neighborhood?	<u>Mental health</u> M2 Who am I ?	<u>Friends</u> F3 Should friends tell us what to do?	<u>Physical</u> P3 How do we stop getting ill?	<u>Family</u> Fa3 How should families treat each other?	G1 How do bodies change as we get older?
2	C4 How do I save up to buy something?	No Outsiders S	F4 How do we stop bullying?	P4 How can I stay safe?	Fa4 When should I say no?	C3 What makes a boy or a girl?
3	No Outsiders	<u>KS1 Anti-Racism</u> <u>Education</u> L5 – Unconscious Bias	R, A, MCP, D, PM	No Outsiders D	Fa5 Who owns my body? I do!	R, RB, D, SO, GR,
4	Project Evolve Online Safety Self-Image and Identity L1	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L3	KS1 Anti-Racism Education L6 – Being Anti-Racist in Our Actions	Project Evolve Online Safety Privacy and Security L1	Fa6 Are all families the same?	<u>KS1 Anti-Racism Education</u> L8 – Myth Busting
5	Project Evolve Online Safety Self-Image and Identity L2	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L4	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L1	Project Evolve Online Safety Privacy and Security L2	No Outsiders D	Project Evolve Online Safety Managing Online Information L4
6	Project Evolve Online Safety Online Relationships L1	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L6	Project Evolve Online Safety Online Bullying L2	Project Evolve Online Safety Online Reputation L1	KS1 Anti-Racism Education L7 – Representation Matters	Project Evolve Online Safety Copyright L1

Project Evolve	Self-Image and Identity L1 and L2	Online Bullying L1 and L2	Managing Online Information L4
	Online Relationships L1, L3, L4 and L6	Privacy and Security L1 and L2	Copyright L1
		Online Reputation L1	

Lesson	Identity an	d Diversity	Sustainable Development		Globalisation and Interdependence	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing (Healthy, Happy Week)
1	<u>Community</u> C1 How do we make the world fair?	<u>Mental health</u> M1 How do I manage my feelings?	<u>Friends</u> Fr1 What makes a good friend?	<u>Physical</u> P1 How do I keep my body healthy?	<u>Family</u> Fa1 Do families always stay the same?	R, RB, G
2	No Outsiders R, RB, S, A, D, SO, PM, GR, MCP	D	R, S, A, SO, GR, MCP	P2 How do I get a healthy diet?	Fa2 Are all families like mine?	Project Evolve Online Safety Managing Online Information L6
3	KS2 Anti-Racism Education L1 – Talking About Race and Racism	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L3	<u>KS2 Anti-Racism</u> <u>Education</u> L2 – Defining Anti-Racism	A The Trans Advert	R, RB, S, A, D, PM, CP	<u>Project Evolve Online</u> <u>Safety</u> Health Wellbeing and Lifestyle L1
4	Project Evolve Online Safety Self-Image and Identity L2	Project Evolve Online Safety Online Relationships L5	Project Evolve Online Safety Online Bullying L1	Project Evolve Online Safety Online Reputation L1	Project Evolve Online Safety Managing Online Information L1	Project Evolve Online Safety Health Wellbeing and Lifestyle L2
5	Project Evolve Online Safety Self-Image and Identity L3	Project Evolve Online Safety Online Relationships L6	Project Evolve Online Safety Online Bullying L2	Project Evolve Online Safety Online Reputation L2	Project Evolve Online Safety Managing Online Information L4	Project Evolve Online Safety Copyright L1
6	Project Evolve Online Safety Online Relationships L2		Project Evolve Online Safety Privacy and Security L2		Project Evolve Online Safety Managing Online Information L5	

Project Evolve	Self-Image and Identity L2 and L3	Online Bullying L1 and L2	Managing Online Information L1, L4, L5 and L6	
	Online Relationships L2 , L3, L5 and L6	Privacy and Security L2	Health Wellbeing and Lifestyle L1 and L2	

	Online Reputation L1 and L2	Copyright L1

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Lesson	Identity an	d Diversity	Sustainable D	evelopment	Globalisation an	d Interdependence
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing (Healthy, Happy Week)
1	<u>Community</u> C2 Where do you feel like you belong?	<u>Mental health</u> M2 Are we happy all the time?	<u>Friends</u> Fr2 Are all friends the same?	Physical P3 How do I stop getting ill?	<u>Family</u> Fa3 Are boys and girls the same?	No Outsiders S, GR
2	C3 How can we help the people around us?	S, A, D	Fr3 Are friendships always fun?	No Outsiders	No Outsiders	KS2 Anti-Racism Education L4 – Understanding Racial Socialisation and Stereotypes
3	No Outsiders R, RB, Along S, A, D, SO, Convert PM, GR, Different MCP	<u>KS2 Anti-Racism</u> <u>Education</u> L3 – Redefining Racism	No Outsiders	Project Evolve Online Safety Privacy and Security L3	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L1	Project Evolve Online Safety Managing Online Information L6
4	Project Evolve Online Safety Self-Image and Identity L1	<u>Project Evolve Online</u> <u>Safety</u> Online Relationships L3	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L2	Project Evolve Online Safety Privacy and Security L4	Project Evolve Online Safety Managing Online Information L3	Project Evolve Online Safety Health Wellbeing and Lifestyle L1
5	Project Evolve Online Safety Self-Image and Identity L3	Project Evolve Online Safety Copyright L1	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L3	Project Evolve Online Safety Online Reputation L1	Project Evolve Online Safety Managing Online Information L4	Project Evolve Online Safety Health Wellbeing and Lifestyle L2
6	Project Evolve Online Safety Online Relationships L2	Project Evolve Online Safety Copyright L2	Project Evolve Online Safety Privacy and Security L1	Project Evolve Online Safety Online Reputation L2		

Project Evolve	Self-Image and Identity L1 and L3	Online Bullying L2 + L3	Managing Online Information L1, L3 L4 and L6
	Online Relationships L2 and L3	Privacy and Security L1, L3 and L4	Health Wellbeing and Lifestyle L1 and L2
	Copyright L1 and L2	Online Reputation L1 and L2	
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Lesson	Identity an	d Diversity	Sustainable D	evelopment	Globalisation an	d Interdependence
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing (Healthy, Happy Week)
1	<u>Community</u> C1 What is prejudice?	<u>Growing Up</u> G4 What is menstruation?	<u>Friends</u> Fr1 What makes a close friend?	<u>Physical</u> P1 Is there such thing as a perfect body?	<u>Family</u> Fa1 Why do some people get married?	<u>Mental health</u> M1 Does everyone have the same feelings?
2	C2 What is the history of prejudice?	No Outsiders SO, R, RB, D	Fr2 Can we be different and still be friends?	P2 How can I stay fit and healthy?	Fa2 Are families ever perfect?	M2 Should we be happy all the time?
3	C3 What should I do if I encounter prejudice?	<u>KS2 Anti-Racism</u> <u>Education</u> L5 – Unconscious Bias	Fr3 Should friends tell us what to do?	P3 How can I avoid getting ill?	Fa3 Is there such thing as a normal family?	No Outsiders tingo bisso SO
4	No Outsiders SO, S, MCP	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L1	Fr4 Why are some people unkind?	No Outsiders	S, R, RB	<u>KS2 Anti-Racism Education</u> L6 – Being Anti-Racist in Our Actions
5	Project Evolve Online Safety Online Relationships L2	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L2	No Outsiders R	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L6	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L7	Project Evolve Online Safety Health Wellbeing and Lifestyle L2
6	Project Evolve Online Safety Online Relationships L3	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L3	<u>Project Evolve Online</u> <u>Safety</u> Online Bullying L5	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L6	<u>Project Evolve Online</u> <u>Safety</u> Managing Online Information L8	Project Evolve Online Safety Health Wellbeing and Lifestyle L4

Project Evolve	Online Relationships L2 and L3	Online Bullying L5 and L6	Managing Online Information L7 and L8
	Online Bullying L1, L2 and L3.	Managing Online Information L6	Health Wellbeing and Lifestyle L2 and L4

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Lesson	Identity an	d Diversity	Sustainable D	evelopment	Globalisation an	d Interdependence
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing
	World					(Healthy, Happy Week)
1	<u>Community</u>	<u>Mental health</u>	<u>Friends</u>	<u>Physical</u>	<u>No Outsiders</u>	<u>Physical</u>
	C5a Why is money	M3 Why do we argue?	Fr5 What are	P4 Why do some	GR, INTRODUCTING SO	G1 How will my body
	important?		stereotypes?	people take drugs?		change as I get older?
2	C5b How should I	M4 Who am I?	Fr6 How do I accept my	P5 Where should I get	KS2 Anti-Racism	G2 How will my feelings
	spend my money?		friends for who they	my health	Education	change as I get older?
			are?	information?	L8 – Myth Busting	
3	C6 What makes us feel	<u>No Outsiders</u>	Fr7 How do we reduce	P6 How do I save a	Project Evolve Online	G3 How will I stay clean
	like we belong?	IS BAD WWY	sexism?	life?	<u>Safety</u>	during puberty?
		DOGER			Self-Image and Identity	
					L1	
4	C7 What does it mean	KS2 Anti-Racism	No Outsiders	No Outsiders	Project Evolve Online	No Outsiders
	to be British?	Education		R	<u>Safety</u>	SO NARION EL NDO
		L7 – Representation	and the second sec	LA A	Managing Online	66 ANUAN 1997 - 2007
		Matters			Information L4	And the second s
5	<u>No Outsiders</u>	Project Evolve Online	Project Evolve Online	Project Evolve Online	Project Evolve Online	Project Evolve Online
	KING OF THE SKY R, A,	<u>Safety</u>	<u>Safety</u>	<u>Safety</u>	<u>Safety</u>	<u>Safety</u>
	RB 🖉	Online Relationships L4	Online Bullying L1	Privacy and Security	Managing Online	Health Wellbeing and
	And the second sec			L4	Information L5	Lifestyle L1
6	Project Evolve Online	Project Evolve Online	Project Evolve Online	Project Evolve Online	Project Evolve Online	Project Evolve Online
	Safety Online Relationships L3	Safety Opling Population 12	<u>Safety</u> Online Bullying L2	Safety Privacy and Socurity	<u>Safety</u> Managing Online	<u>Safety</u> Health Wellbeing and
	Omme Relationships LS	Online Reputation L2	Offine Builying L2	Privacy and Security	Information L10	Lifestyle L4
				LJ		Lifestyle L4

Project Evolve Online Relationships L3 and L4	Online Bullying L1 and L2	Self-Image and Identity L1
Online Reputation L2	Privacy and Security L4 and L5	Managing Online Information L4, L5 and L10
		Health Wellbeing and Lifestyle L1 and L4

Happy, Healthy Week

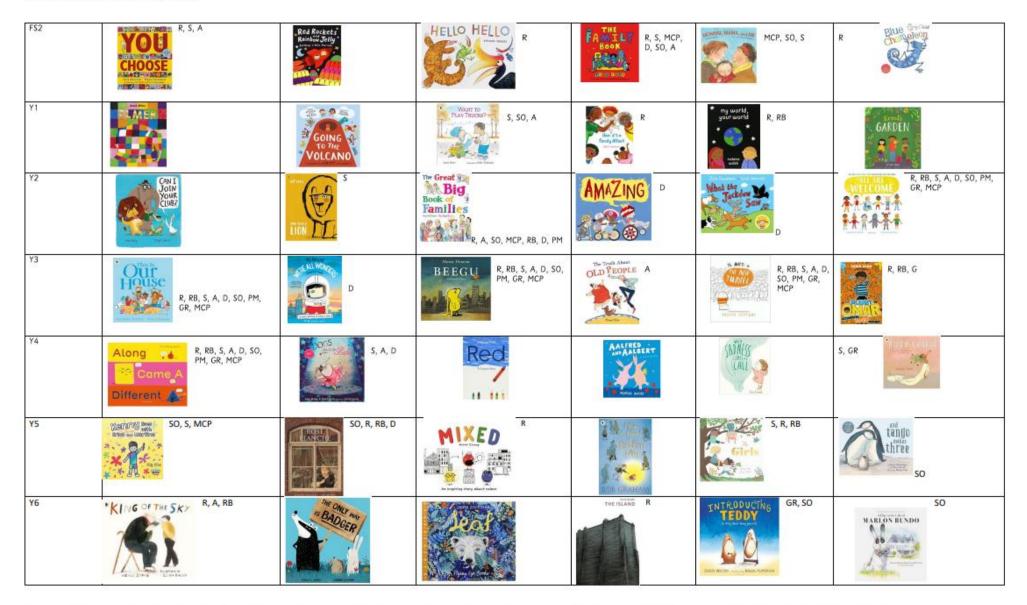
	Monday	Tues	day	Wednesday	Thursday	Friday
Y1 (6 Lessons)	<u>Medicines and People Who Help</u> <u>Us</u> Staying Healthy	<u>Medicines and People Who Help</u> <u>Us</u> Medicines		Medicines and People Who Help Us Who Gives Us Medicines?		Dental – KS1
	Burn L1 Learn			Burn L2 Practise		
Y2 (6 Lessons)	<u>Keeping Safe</u> Risk	<u>Keepin</u> Hazardous S		<u>Keeping Safe</u> Safety Rules	Sports Day	Sun Safety – KS1
	Asthma Attack L1 Learn			Asthma Attack L2 Practise		
Y 3 (6 Lessons)	<u>Smoking</u> Why People Smoke	<u>Smoking</u> Physical Effects of Smoking		<u>Smoking</u> No Smoking		Dental – KS2
	Bleeding L1 Learn			Bleeding L2 Practise		
Y4 (6 Lessons)	<u>Alcohol</u> Effects of Alcohol	<u>Alco</u> Alcohol a		<u>Alcohol</u> Limits to Drinking Alcohol		Sun Safety – KS2
	Broken Bone L1 Learn			Broken Bone L1 Practise		
Y5 (6 Lessons)	Legal and Illegal Drugs Legal and Illegal Drugs	<u>Legal and Ill</u> Attitudes		Legal and Illegal Drugs Peer Pressure		Dental – KS2
	Head Injury L1 Learn			Head Injury L2 Practise		
Y6 (6 Lessons)	<u>Preventing Early Use</u> Cannabis	<u>Preventing</u> VSA and Ge		Preventing Early Use Help Advice and Support		Sun Safety – KS2
	Choking L1 Learn			Choking L2 Practise		

CWP Drug and Alcohol Education	British Red Cross First Aid Resources	PSHE Association Dental Health	PSHE Association Sun Safety

Project Evolve – Online Safety Curriculum

	Self-Image and Identity	Online Relationships	Online Bullying	Privacy and Security	Online Reputation	Managing Online Information	Health Wellbeing and Lifestyle	Copyright
EYFS	L1	L1	L1	L1 and L2	L1	L1	L1	L1
Y1	L1 and L2	L1, L2 and L4	L1	L1, L2 and L3	L1 and L2	L1 and L2	L1	
Y2	L1 and L2	L1, L3, L4 and L6	L1 and L2	L1 and L2	L1	L4		L1
Y3	L2 and L3	L2 , L3, L5 and L6	L1 and L2	L2	L1 and L2	L1, L4, L5 and L6	L2	L1
Y4	L1 and L3	L2 and L3	L2 + L3	L1, L3 and L4	L1 and L2	L1, L3 L4 and L6	L1 and L2	L1 and L2
Y5		L2 and L3	L1, L2, L3, L5 and L6			L6, L7, L8	L2 and L4	
Y6	L1	L3 and L4	L1 and L2	L4 and L5	L2	L4, L5 and L10	L1 and L4	

No Outsiders Curriculum Overview



Protected Characteristics: A = Age, R = Race, RB = Religion and beliefs, S = Sex/Gender, D = Disability, MCP = Marriage and Civil Partnership, SO = Sexual Orientation, GR = Gender Reassignment, PM = Pregnancy and Maternity

1	Medicines and People Who	Medicines and People Who	Medicines and People Who
	<u>Help Us</u>	<u>Help Us</u>	<u>Help Us</u>
	Staying Healthy	Medicines	Who Gives Us Medicines?
2	Keeping Safe	Keeping Safe	Keeping Safe
	Risk	Hazardous Substances	Safety Rules
3	<u>Smoking</u>	<u>Smoking</u>	<u>Smoking</u>
	Why People Smoke	Physical Effects of Smoking	No Smoking
4	Alcohol	<u>Alcohol</u>	<u>Alcohol</u>
	Effects of Alcohol	Alcohol and Risk	Limits to Drinking Alcohol
5	Legal and Illegal Drugs	Legal and Illegal Drugs	Legal and Illegal Drugs
	Legal and Illegal Drugs	Attitudes to Drugs	Peer Pressure
6	Preventing Early Use	Preventing Early Use	Preventing Early Use
	Cannabis	VSA and Getting Help	Help Advice and Support

Aid (British Red Cross)

	First Aid Focus	Lesson 1	Lesson 2
Y1	Burn	Learn	Practise
(2)			
Y2	Asthma Attack	Learn	Practise
(2)			
Y3	Bleeding	Learn	Practise
(2)			
Y4	Broken Bone	Learn	Practise
(2)			
Y5	Head Injury	Learn	Practise
(2)			
Y6	Choking	Learn	Practise
(2)			

Dental Health (PSHE Association)

	Lesson
Y1	KS1 Lesson
Y3	KS2 Lesson
Y5	KS2 Lesson

Sun Safety (PSHE Association)

	Lesson
Y2	KS1 Lesson
Y4	KS2 Lesson
Y6	KS2 Lesson

First

Anti-Racism Education Units

KS1

