

PSCHE Framework

Year 1

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Health and Prevention
LEARNING OBJECTIVES	That families are important for children growing up because they can give love, security and stability.	How important friendships are in making us feel happy and secure, and how people choose and make friends.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	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.	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	The conventions of courtesy and manners.	That for most people the internet is an integral part of life and has many benefits.	About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	What constitutes a healthy diet.	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
		How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	The importance of self-respect and how this links to their own happiness.		That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
			About different types of bullying (including cyber-bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		How to recognise and report feelings of being unsafe or feeling bad about any adult.	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.		
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE	THEMED WEEK OR DAY	

PSCHE Framework

Year 2

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Health and Prevention
LEARNING OBJECTIVES	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	How important friendships are in making us feel happy and secure, and how people choose and make friends.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	How information and data is shared and used online.	How to recognise and report feelings of being unsafe or feeling bad about any adult.	That mental wellbeing is a normal part of daily life, in the same way as physical health.	The characteristics and mental and physical benefits of an active lifestyle.	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
		That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	That for most people the internet is an integral part of life and has many benefits.	How to ask for advice or help for themselves or others, and to keep trying until they are heard.	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.	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.	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
			That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	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.	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	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.	What constitutes a healthy diet.	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
			About different types of bullying (including cyber-bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.			Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	The characteristics of a poor diet and risks associated with unhealthy eating.	
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE OF OTHERS WITH DIFFERENT FAITHS OR BELIEFS	THEMED WEEK/DAY	



St William of York Catholic Primary School

Shining as we learn in
Faith, Family and Friendship!

PSCHE Framework

Year 3

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Health and Prevention/Drugs, alcohol and tobacco
LEARNING OBJECTIVES	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	How important friendships are in making us feel happy and secure, and how people choose and make friends.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	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.	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	How to recognise and report feelings of being unsafe or feeling bad about any adult.	The benefits of physical exercise, time outdoors, community participation, voluntary activity on mental wellbeing and happiness.	What constitutes a healthy diet (including understanding calories and other nutritional content).	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
		That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	The conventions of courtesy and manners.	Why social media, some computer games and online gaming, for example, are age restricted.	How to ask for advice or help for themselves or others, and to keep trying until they are heard.	That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	The principles of planning and preparing a range of healthy meals.	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
		That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	The importance of self-respect and how this links to their own happiness.	Where and how to report concerns and get support with issues online.	Where to get advice e.g. family, school and/or other sources.	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.		About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
		How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help.	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.					
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE	THEMED WEEK OR DAY	

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Health and Prevention/ Drugs, alcohol and tobacco
LEARNING OBJECTIVES	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	That people sometimes behave differently online, including by pretending to be someone they are not.	About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	That mental wellbeing is a normal part of daily life, in the same way as physical health.	The characteristics and mental and physical benefits of an active lifestyle.	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
		How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	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.	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	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.	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	
	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	The conventions of courtesy and manners.	How information and data is shared and used online.	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	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.	The risks associated with an inactive lifestyle (including obesity).	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
			The importance of self-respect and how this links to their own happiness.	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 well being.	How to recognise and report feelings of being unsafe or feeling bad about any adult.	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	The principles of planning and preparing a range of healthy meals.	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE	THEMED WEEK OR DAY	

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Basic First Aid/Changing Adolescent Body
LEARNING OBJECTIVES	That families are important for children growing up because they can give love, security and stability.	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	That mental wellbeing is a normal part of daily life, in the same way as physical health.	How and when to seek support including which adults to speak to in school if they are worried about their health.	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	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.	What constitutes a healthy diet (including understanding calories and other nutritional content).	The facts and science relating to allergies, immunisation and vaccination.
				Why social media, some computer games and online gaming, for example, are age restricted. 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.	How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		How to make a clear and efficient call to emergency services if necessary.
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	The importance of permission-seeking and giving in relationships with friends, peers and adults.	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	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).	The risks associated with an inactive lifestyle (including obesity).	About menstrual wellbeing including the key facts about the menstrual cycle.
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE	THEMED WEEK OR DAY	



St William of York RC Primary School **PSCHE Framework** **Year 6**

	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships/Internet Safety and Harms	Being Safe	Mental Well being	Physical Health and Fitness/Healthy Eating	Basic First Aid/Changing Adolescent Body
LEARNING OBJECTIVES	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	How important friendships are in making us feel happy and secure, and how people choose and make friends.	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	That mental wellbeing is a normal part of daily life, in the same way as physical health.	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.	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
		The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	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.	How to recognise and report feelings of being unsafe or feeling bad about any adult.	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.		
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	The importance of permission-seeking and giving in relationships with friends, peers and adults.	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	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).	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	About menstrual wellbeing including the key facts about the menstrual cycle.
			What a stereotype is, and how stereotypes can be unfair, negative or destructive.		How to ask for advice or help for themselves or others, and to keep trying until they are heard.			
		That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		
BRITISH VALUES	DEMOCRACY	THE RULE OF LAW	MUTUAL RESPECT	INDIVIDUAL LIBERTY		TOLERANCE	THEMED WEEK OR DAY	