

PSHE Scheme of Work (SEAL and Citizenship)

KS1 2 year programme	Autumn	Spring	Summer
Yearly	<ul style="list-style-type: none"> ●New beginnings ●Say No to Bullying ●Getting on and Falling out 	<ul style="list-style-type: none"> ●Going for Goals ●Good to be Me 	<ul style="list-style-type: none"> ●Relationships ●Changes
Year A Blue folder Y1	Keeping safe indoors and outdoors	Medicine and drugs. Visiting health professionals	Healthy eating. Exercise
Year B Blue folder Y2	Child Protection: keeping myself safe	Looking after myself: hand washing, cleaning teeth, sleep etc	Sex education: growing and changing

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KS2 2 year programme Year 3/4	Autumn	Spring	Summer
Yearly	<ul style="list-style-type: none"> ●New beginnings ●Say No to Bullying ●Getting on and Falling out 	<ul style="list-style-type: none"> ●Going for Goals ●Good to be Me 	<ul style="list-style-type: none"> ●Relationships ●Changes
Year A Yellow folder Y3	<p>Looking out for dangers Child protection: Keeping myself safe</p>	<p>Drugs education: understanding what goes in my body, whose job it is to keep me healthy? Healthy eating, food safety.</p>	<p>Sex education: Changes on the inside/ outside. Keeping healthy: fresh air, exercise. Health care: Doctor/ Dentist</p>
Year B Yellow folder Y4	<p>Road, rail and water safety.</p>	<p>Facts about smoking. Healthy eating: Who are the persuaders? What is fact, opinion and persuasion?</p>	<p>Understanding my body: inner and outer defences. Personal hygiene.</p>

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KS 2 year programme Year 5/6	Autumn	Spring	Summer
Yearly	<ul style="list-style-type: none"> ●New beginnings ●Say No to Bullying ●Getting on and Falling out 	<ul style="list-style-type: none"> ●Going for Goals ●Good to be Me 	<ul style="list-style-type: none"> ●Relationships ●Changes
Year A Green folder Y5	<p>What do I need to keep myself safe from? Child Protection: When is it good to tell secrets?</p>	<p>Drugs education: tobacco, alcohol, caffeine, other mood changing substances. Understanding food packaging/ labels.</p>	<p>Puberty. Coping with emotions. Caring for school environment.</p>
Year B Green folder Y6	<p>Safety: First aid, coping in an emergency. Child Protection: Who do I trust? What can I do when nobody will listen?</p>	<p>Drugs education: being aware of pressures on me. How do drugs affect us?</p>	<p>Puberty. What worries me about growing up? Stereotypes.</p>