



# PSHE & SRE

Sequencing Roadmap

EYFS



Year 1

Being Me in My World

Feeling special and safe  
Being part of a class  
Rights and responsibilities  
Rewards and feeling proud  
Consequences  
Owning the Learning Charter

Celebrating Difference

Similarities and differences  
Understanding bullying and knowing how to deal with it  
Making new friends  
Celebrating the differences in everyone

Year 2

Changing Me

Life cycles – animal and human  
Changes in me  
Changes since being a baby  
Differences between female and male bodies (correct terminology)  
Linking growing and learning  
Coping with change  
Transition

Relationships

Belonging to a family  
Making friends/being a good friend  
Physical contact preferences  
People who help us  
Qualities as a friend and person  
Self-acknowledgement  
Being a good friend to myself  
Celebrating special relationships

Dreams and Goals

Setting goals  
Identifying successes and achievements  
Learning styles  
Working well and celebrating achievement with a partner  
Tackling new challenges  
Identifying and overcoming obstacles  
Feelings of Success

Being Me in my world

Hopes and fears for the year  
Rights and responsibilities  
Rewards and consequences  
Safe and fair learning environment  
Valuing contributions  
Choices  
Recognising feelings

Celebrating Difference

Assumptions and stereotypes about gender  
Understanding bullying  
Standing up for self and others  
Making new friends  
Gender diversity  
Celebrating difference and remaining friends

Healthy Me

Motivation  
Healthier choices  
Relaxation  
Healthy eating and nutrition  
Healthier snacks and sharing food

Relationships

Different types of family  
Physical contact boundaries  
Friendship and conflict  
Secrets  
Trust and appreciation  
Expressing appreciation for special relationships

Changing Me

Life cycles in nature  
Growing from young to old  
Increasing independence  
Differences in female and male bodies (correct terminology)  
Assertiveness  
Preparing for transition

Healthy Me

Keeping myself healthy  
Healthier lifestyle choices  
Keeping clean  
Being safe  
Medicine safety/safety with household items  
Road safety  
Linking health and happiness

Dreams and Goals

Achieving realistic goals  
Perseverance  
Learning strengths  
Learning with others  
Group co-operation  
Contributing to and sharing success

Year 3

Being Me in My world

Setting personal goals  
Self-identity and worth  
Positivity in challenges  
Rules, rights and responsibilities  
Rewards and consequences  
Responsible choices  
Seeing things from others' perspectives

Celebrating Difference

Families and their differences  
Family conflict and how to manage it (child-centred)  
Witnessing bullying and how to solve it  
Recognising how words can be hurtful  
Giving and receiving compliments

Dreams and Goals

Difficult challenges and achieving success  
Dreams and ambitions  
New challenges  
Motivation and enthusiasm  
Recognising and trying to overcome obstacles  
Evaluating learning processes  
Managing Feelings  
Simple budgeting

Healthy Me

Exercise  
Fitness challenges  
Food labelling and healthy swaps  
Attitudes towards drugs  
Keeping safe and why it's important online and offline scenarios  
Respect for myself and others  
Healthy and safe choices

Relationships

Family roles and responsibilities  
Friendship and negotiation  
Keeping safe online and who to go to for help  
Being a global citizen  
Being aware of how my choices affect others  
Awareness of how other children have different lives  
Expressing appreciation for family and friends

Celebrating Difference

Challenging assumptions  
Judging by appearance  
Accepting self and others  
Understanding influences  
Understanding bullying  
Problem-solving  
Identifying how special and unique everyone is  
First Impressions

Being Me in My World

Being part of a class team  
Being a school citizen  
Rights, responsibilities and democracy (school council)  
Rewards and consequences  
Group decision-making  
Having a voice  
What motivates behavior

Year 4

Changing Me

How babies grow  
Understanding a baby's needs  
Outside body changes  
Inside body changes  
Family stereotypes  
Challenging my ideas  
Preparing for transition

Dreams and Goals

Hopes and dreams  
Overcoming disappointment  
Creating new, realistic dreams  
Achieving goals  
Working in a group  
Celebrating contributions  
Resilience  
Positive attitudes

Healthy Me

Healthier friendships  
Group dynamics  
Smoking  
Alcohol  
Assertiveness  
Peer pressure  
Celebrating inner strength

Relationships

Jealousy  
Love and loss  
Memories of loved ones  
Getting on and Falling Out  
Girlfriends and boyfriends  
Showing appreciation to people and Animals

Changing Me

Being unique  
Having a baby  
Girls and puberty  
Confidence in change  
Accepting change  
Preparing for transition  
Environmental change

# Year 5

## Being Me in My World

- Planning the forthcoming year
- Being a citizen
- Rights and responsibilities
- Rewards and consequences
- How behaviour affects groups
- Democracy, having a voice, Participating

## Celebrating Differences

- Cultural differences and how they can cause conflict
- Racism
- Rumours and name-calling
- Types of bullying
- Material wealth and happiness
- Enjoying and respecting other cultures

## Dreams and Goals

- Future dreams
- The importance of money
- Jobs and careers
- Dream job and how to get there
- Goals in different cultures
- Supporting others (charity)
- Motivation

## Healthy Me

- Smoking, including vaping
- Alcohol
- Alcohol and anti-social behaviour
- Emergency aid
- Body image
- Relationships with food
- Healthy choices
- Motivation and behavior

# Year 6

## Celebrating Differences

- Perceptions of normality
- Understanding disability
- Power struggles
- Understanding bullying
- Inclusion/exclusion
- Differences as conflict, difference as celebration
- Empathy

## Being Me in My World

- Identifying goals for the year
- Global citizenship
- Children's universal rights
- Feeling welcome and valued
- Choices, consequences and rewards
- Group dynamics
- Democracy, having a voice
- Anti-social behavior
- Role-modelling

## Relationships

- Self-recognition and self-worth
- Building self-esteem
- Safer online communities
- Rights and responsibilities online
- Online gaming and gambling
- Reducing screen time
- Dangers of online grooming
- SMARTT internet safety rules

## Dreams and Goals

- Personal learning goals, in and out of school
- Success criteria
- Emotions in success
- Making a difference in the world
- Motivation
- Recognising achievements
- Compliments

## Changing Me

- Self- and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys
- Conception (including IVF)
- Growing responsibility
- Coping with change
- Preparing for transition

## Healthy Me

- Taking personal responsibility
- How substances affect the body
- Exploitation, including 'county lines' and gang culture
- Emotional and mental health
- Managing stress

## Relationships

- Mental health
- Identifying mental health worries and sources of support
- Love and loss
- Managing feelings
- Power and control
- Assertiveness
- Technology safety
- Take responsibility with technology use

## Changing Me

- Self-image
- Body image
- Puberty and feelings
- Conception to birth
- Reflections about change
- Physical attraction
- Respect and consent
- Boyfriends/girlfriends
- Sexting
- Transition