

For every child to live an abundant life!



St Michael's

Safe & Healthy Body, Mind & Spirit Curriculum

(PSCHE – Personal, social, citizenship and health education, including Health and Relationships Education (HRE))

Safe & Healthy Body, Mind and Spirit Curriculum

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Autumn Term

Values – **Respect**, Love, Hope, Peace, Joy, Trust, Resilience

	Autumn I	Autumn II
Safeguarding	How to be safe- at home and in school	Cyber safety
	Road safety (Bikeability)	Firework safety
Health and Well-being	Walk a mile to Mayow Park Speed bounce challenge – inter-intra competition Which foods keep us healthy? 5 a day	Y5 and Y6 – Money matters*
HRE	Being Me in My World Includes understanding our place in the class, school and the global community.	Celebrating Difference Includes anti- bullying and cyber bullying.
UNICEF	World Teacher's day (5 th Oct) Current UNICEF UK links: UNICEF UK Rights Respecting Schools resources Primary teaching resources and learning materials Rights Respecting Schools Award	Universal Children's day (20 th Nov) International Day of Disabled Persons (3 rd Dec) Human Rights Day (10 th Dec)
The Bigger Picture Other events as shown on StM collective worship overview Collective worship overview		
British values: Also explored through Picture News	Respect our British values Democracy – election of committees	Tolerance – celebrate difference
Conduct/Ethos	Behaviour - Good to be green system – what is restorative justice? Classroom expectations and playground rules: 4 square/football/ climbing frame/ hands and feet/scooters – sharing equipment	Behaviour - How can we show respect to others - treat people like you would like to be treated
	What makes a good friend Y6 – what makes a good buddy	Attitude to school - What do I like about my school? Why do I have to come to school? (Questionnaires)
Values	Respect: your learning, our class, our school Love: Self-esteem: Love yourself –Why is it good to be me? Friendship: How do I look after my friend? Conduct: Words have consequences... Think before you speak Feelings: What is empathy and how can we solve it? Peace: Restorative Justice – how live well with your neighbour Kagan groups) Hope: Goals for the year – (Dream big dreams) Resilience: Growth mindset	Respect: Love Peace Self-esteem: How can I be at peace with who I am? Friendship: What should I do if I fall out with my friend Conduct: What contribution can I make to make this world a peaceful place? Feeling : Mindfulness - Introduction to mental health/ Mental health awareness
National initiatives	<i>Black History</i>	Anti-bullying (wearing odd socks) <i>Black History</i>
Charities and Social Action	Harvest – Local Foodbank Courageous Advocacy To celebrate diversity – World AfroDay – Big Hair Assembly.	Poppy Appeal – Royal British Legion Children in Need Red Box Appeal

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Spring Term

Values – **Respect**, Love, Hope, Peace, Joy, Trust, Resilience

	Spring I	Spring II
Safeguarding	Stranger danger Speak out. Stay safe <i>SG- Pants (sexual exploitation)</i>	Fire safety (Y2 & Y5 visit from fire fighters)
	Cyber safety – safer internet day NSPCCC Pupil Questionnaire	Knife crime – Yr 5/6
Health & Well-being	Children's Mental health week Fitness challenge Skipping inter-intra competition Mile to Mayow Park – on-going	It's my body – Y1,Y3,Y5 Safety First – Y2,Y4,Y6 Fitness challenge – our mental and physical ability to cope with the challenges without becoming ill
HRE	Dreams and Goals Includes goal setting and aspirations; working together to design and organise fundraising (courageous advocacy)	Healthy Me
UNICEF	MLK Day (20th Jan) Holocaust Memorial Day (27th Jan) Current UNICEF UK links: UNICEF UK Rights Respecting Schools resources Primary Teaching resources and learning materials Rights Respecting Schools Award	Elimination of Racial Discrimination (21st Mar) Spring Equinox and Earth Day (21st Mar) World Water Day (22nd Mar)
British Values:		
Conduct/Ethos	Reminder of RJ Attitude to school (respect)	
Values	Hope <i>Aspiration</i> <i>Goals</i> <i>Dreams</i> <i>Differences</i>	Resilience <i>Self-esteem:</i> Being confident to call upon others when we meet challenges, because resilience is also about knowing when to ask for help <i>Friendship:</i> You can't control other people and their choices, you can only control your response and reaction <i>Conduct:</i> How do I learn? The learning pit. Growth mindset <i>Feelings:</i> How can change make me feel? <i>Awareness:</i> sometimes we have no control over what is happening around us, but we can seek support
National initiatives	Children's Mental health week	
Charities and Social Action	To celebrate diversity - Crazy Hair Day. Money goes towards a charity of choice by Junior Gvns	Red Nose Day (Crescent run)

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Summer Term

Values – **Respect**, Love, Hope, Peace, Joy, Trust, Resilience

	Summer I	Summer II
Safeguarding	Phone safety Transport safety – Trains, Bikes, Scooters	Linked with TRUST value Trusting children you know - Alright Charlie Whisper (trusting/telling adults) Water safety FGM? Staying safe on holiday. Sun safety
Health & Well-being	Healthy eating week Fitness challenge Chest push inter-intra competition Mile to Mayow Park – on-going	Sports Day
HRE (Relationship aspect will be taught as part of PSHE curriculum)	Relationships Including understanding friendship, family and other relationships, conflict resolution and communication skills. <i>Year 5: Puberty</i>	Changing Me Including looking at and managing change – physical and emotional In addition to the science curriculum, these objectives will be taught to Year 6 pupils. (See SOW for more detailed objectives) <i>HRE is taught in line with the revised statutory Relationships Education and Health Education guidance effective from 1 September 2026. Any primary sex education beyond the statutory science curriculum is identified clearly and remains subject to the parental right to request withdrawal.</i> <i>Relationships</i> <i>Support Networks</i> <i>Resolving conflict in relationships</i> <i>Taking risks</i> <i>Stereotyping</i> <i>Prejudice, discrimination and consent</i>
UNICEF	Current UNICEF UK links: UNICEF UK Rights Respecting Schools resources Primary teaching resources and learning materials Rights Respecting Schools Award	World Environment Day (5th June) World against child labour Day (12th June) World refugee Day (20th June)
British values:		
Conduct		
Values	Joy Self-esteem: Positivity...turning negative thoughts into positive thoughts. Positivity jar. Friendship: Conduct: Buckets of kindness /Random acts of kindness Feelings: Anger...what happens to my body when I feel angry. Stages of anger Feelings: Happiness is ..having peace in the fact that I am loved by God. Being content. Mindfulness	Trust Self-esteem: What can I do to solve my problem... who can I trust? Friendship: How can I be a trust worthy friend? Conduct: Is honesty always the best policy? When is it ok to keep a secret? Feelings:
National initiatives		

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Charities and Social Action	Bishop's Lent Appeal	Wear Bright Clothes: Money goes towards a charity of choice by Pupil Parliament
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Health and Relationships Education

2026 statutory update and primary resources

Current statutory HRE guidance (England): [DfE – Relationships Education, Relationships and Sex Education \(RSE\) and Health Education statutory guidance](#). Revised guidance effective from 1 September 2026. St Michael's uses the term Health and Relationships Education (HRE) for its primary provision.

UNICEF UK primary resources: [Rights Respecting Schools resources](#) | [Teaching resources](#) | [Teaching and learning through rights](#) | [Rights Respecting Schools Award](#)

[UNICEF UK – Rights Respecting Schools Award](#) – Overview of the Rights Respecting Schools approach and award. [UNICEF UK – teaching and learning through rights](#) – Practical primary-school ideas for embedding rights through ethos, relationships, assemblies, displays and curriculum. [UNICEF UK – teaching resources](#) – Classroom resources, assemblies, lesson materials and support for teaching children's rights. [UNICEF UK Rights Respecting Schools – resources](#) – Central hub for rights-based school resources, guidance, forms and materials. [DfE statutory HRE guidance](#) – Statutory Relationships Education and Health Education requirements for primary schools; revised guidance effective 1 September 2026. **Quick links for staff – HRE and UNICEF primary resources**

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Autumn 1:

Year Group	Being Me In My World
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives
Year 4	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 behaviour
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating
Year 6	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 behaviour Role-modelling

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Autumn 2:

Year Group	Celebrating Difference
EYFS	Identifying talents Being special Families Where we live Making friends Standing up for yourself
Year 1	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone
Year 2	Assumptions and stereotypes Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends
Year 3	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
Year 4	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions
Year 5	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
Year 6	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy

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Spring 1:

Year Group	Dreams and Goals
EYFS	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals
Year 1	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
Year 2	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
Year 3	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
Year 4	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes
Year 5	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation
Year 6	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments

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Spring 2:

Year Group	Healthy Me
EYFS	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety
Year 1	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness
Year 2	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food
Year 3	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices
Year 4	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength
Year 5	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour
Year 6	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress

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Summer 1:

Year Group	Relationships
EYFS	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend
Year 1	Belonging to a family Making friends/being a good friend People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships
Year 2	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
Year 3	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
Year 4	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Showing appreciation to people and animals
Year 5	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 SMARRT internet safety rules
Year 6	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

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Summer 2:

Year Group	Changing Me
EYFS	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition
Year 2	Life cycles in nature Growing from young to old Increasing independence Assertiveness Preparing for transition
Year 3	Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	Being unique Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition
Year 6	Self-image Body image Puberty and feelings Reflections about change Transition