

Year Group 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Autumn 1	Core Theme: Relationships Lesson Intent: All About Me Strands: R3, R4	Core Theme: Relationships Lesson Intent: People I Love Strands: R1, R2	Core Theme: Health and Wellbeing Lesson Intent: Keeping Healthy Strands: H1	Core Theme: Health and Wellbeing Lesson Intent: Foods that Support Good Health Strands: H2	Core Theme: Living in the Wider World Lesson Intent: Keeping Pets Safe Strands: L2	Core Themes: Health and Wellbeing Living in the Wider World Lesson Intent: Bonfire Night Safety Strands: H30, L3
Autumn 2	Core Theme: Living in the Wider World Lesson Intent: Remembrance Strands: L4	Core Theme: Health and Wellbeing Lesson Intent: I am Good At Strands: H23	Core Theme: Health and Wellbeing Lesson Intent: Road Safety Strands: H29	Core Theme: Relationships Lesson Intent: Who Are My Friends Strands: R6, R7, R8, R9	Core Theme: Health and Wellbeing Lesson Intent: I am Special Strands: H21, H22	Core Theme: Health and Wellbeing Lesson Intent: Things I Don't like about Myself Strands: H22
Spring 1	Core Theme: Living in the Wider World Lesson Intent: New Years Resolution Strands: L4, L6	Core Theme: Health and Wellbeing Lesson Intent: Things I can Do For Myself Strands: H24	Core Theme: Health and Wellbeing Lesson Intent: Feeling Proud Strands: H22	Core Theme: Health and Wellbeing Lesson Intent: I am Learning Strands: H24	Core Theme: Health and Wellbeing Lesson Intent: Likes and Dislikes Strands: H23	Core Themes: Health and Wellbeing Living in the Wider World Relationships Lesson Intent: Internet Safety Strands: H9, H28, H33, L7, L8, L9, R10, R14
Spring 2	Core Theme: Health and Wellbeing Lesson Intent: How to Keep Safe at Home Strands: H29	Core Theme: Living in the Wider World Lesson Intent: Dreams and Aspirations Strands: L2	Core Theme: Living in the Wider World Lesson Intent: Jobs Strands: L5, L15, L16, L17	Core Theme: Health and Wellbeing Lesson Intent: Helping Others Strands: H26	Core Theme: Health and Wellbeing Lesson Intent: Feeling Happy/Sad Strands: H11, H12	Core Theme: Relationships Lesson Intent: I Feel Loved When... Strands: R1, R2
Summer 1	Core Theme: Health and Wellbeing Lesson Intent: Feelings - What can you do to feel better? Strands: H17, H20	Core Theme: Health and Wellbeing Lesson Intent: How Do We Show Our Feelings? Strands: H14	Core Theme: Health and Wellbeing Lesson Intent: Uh-Oh Feelings. Strands: H13, H18	Core Theme: Health and Wellbeing Lesson Intent: Making Mistakes Strands: H19, H24	Core Theme: Health and Wellbeing Lesson Intent: Feelings, Feelings, Stealing, Swearing, Shouting Strands: H13, H18	Core Theme: Health and Wellbeing Lesson Intent: Sun Safety Strands: H8
Summer 2	Core Theme: Health and Wellbeing Relationships Lesson Intent: Keeping You Safe Strands: H33, R20	Core Theme: Relationships Lesson Intent: Dot's Helping Hand (trusted adults) Strands: R5	Core Theme: Health and Wellbeing Lesson Intent: Feeling Safe Poem Strands: H33	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: Transition Strands: H27, L1	Core Theme: Health and Wellbeing Lesson Intent: Transition Strands: H27	Core Theme: Health and Wellbeing Lesson Intent: What are You Looking Forward to in Year2 Strands: H27

Year Group 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Autumn 1	Core Themes: Relationships Lesson Intent: All About Me Strands: R3, R4, R19	Core Themes: Health and Wellbeing Lesson Intent: Hygiene And Germs Strands: H5	Core Themes: Health and Wellbeing Lesson Intent: Medicines and Vaccinations Strands: H6, H31, H37,	Core Themes: Health and Wellbeing Lesson Intent: Dentist and Dental Care Strands: H7	Core Themes: Health and Wellbeing Living in the Wider World Lesson Intent: Keeping Pets Safe Strands: H20, L2	Core Themes: Health and Wellbeing Living in the Wider World Lesson Intent: Bonfire Night Safety Strands: H30, L3
Autumn 2	Core Themes: Living in the Wider World Lesson Intent: Remembrance Strands L4, L5	Core Themes: Relationships Lesson Intent: Stranger Danger Strands: R15, R16	Core Themes: Relationships Lesson Intent: Anti-Bully Week Strands: R8, R9, R10, R11, R12	Core Themes: Relationships Lesson Intent: Friends Strands: R6, R7, R8, R21, R22	Core Themes: Living in the Wider World Lesson Intent: Recycling Week Strands: L3	Core Themes: Relationships Lesson Intent: People Who I Love Strands: R2
Spring 1	Core Theme: Living in the Wider World Lesson Intent: New Years Resolution Strands: L4, L6	Core Themes: Health and Wellbeing Living in the Wider World Relationships Lesson Intent: I Am Special Strands: H21, L6, R23	Core Themes: Health and Wellbeing Lesson Intent: I Am Good At... Strands: H22	Core Themes: Health and Wellbeing Lesson Intent: Things I Like About Myself Strands: H22	Core Themes: Health and Wellbeing Lesson Intent: Feeling Proud Strands: H22	Core Themes: Health and Wellbeing Living in the Wider World Relationships Lesson Intent: Internet Safety Strands: H9, H28, H34, L7, L8, L9, R10, R14
Spring 2	Core Themes: Health and Wellbeing Lesson Intent: I Like Learning - My Best And My Worse. Strands: H23, H24	Core Themes: Health and Wellbeing Relationships Lesson Intent: Feelings And How We Show Them Strands: H11, H12, H15, H19 R20	Core Themes: Relationships Lesson Intent: Safe Space Strands: R20	Core Themes: Health and Wellbeing Lesson Intent: Helping Others Strands: H26	Core Themes: Health and Wellbeing Lesson Intent: Feeling Angry Strands: H12, H14	Core Themes: Health and Wellbeing Lesson Intent: Uh-Oh Feelings Strands: H13, H16, H18
Summer 1	Core Themes: Health and Wellbeing Lesson Intent: Water Safety Strands: H32	Core Themes: Relationships Lesson Intent: Secrets and Surprises Strands: R5, R13, R18	Core Themes: Relationships Lesson Intent: Dot's Special Secrets Strands: R5, R13	Core Themes: Health and Wellbeing Lesson Intent: Sleep and Dreams Strands: H4,H17	Core Themes: Living in the Wider World Lesson Intent: What are Your Dreams For The Future? Strands: L15, L16,L17	Core Themes: Health and Wellbeing Lesson Intent: Sun Safety Strands: H8
Summer 2	Core Themes: Relationships Lesson Intent: Dot's Helping Hands Strands: R5	Core Themes: Health and Wellbeing Relationships Lesson Intent: People Who Keep You Safe Strands: H10, H33, R1	Core Themes: Health and Wellbeing Lesson Intent: Feelings Poem Strands: H33,	Core Themes: Health and Wellbeing Living in the Wider World Lesson Intent: Transition Strands: H27, L1	Core Themes: Health and Wellbeing Lesson Intent: Transition Strands: H9 H27	Core Themes: Health and Wellbeing Lesson Intent: What Are You Looking Forward To In Year 3? Strands: H27

Year Group 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Autumn 1	Core Theme: Health and Wellbeing Lesson Intent: I am Special Strands: H21	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: Some Things I Like About Myself Strands: H21 L25	Core Theme: Relationships Lesson Intent: When I am with my friends, we like to... Strands: R17 R10 R16 R18	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: I am good at... Strands: H25 H26 H27 H28 L25	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: I felt proud of myself when... Strands: H25 H27 H28 L25	Core Themes: Health and Wellbeing Living in the Wider World Lesson Intent: Things I can do for myself Strands: H27 H28 L25
Autumn 2	Core Theme: Health and Wellbeing Relationships Lesson Intent: Being Different Strands: H26 R32	Core Theme: Health and Wellbeing Relationships Lesson Intent: The Differences We See In Others Strands: H26 R32	Core Theme: Living in the Wider World Relationships Lesson Intent: Living Together Strands: L6 L7 L8 R33	Core Theme: Health and Wellbeing Lesson Intent: Feelings? Strands: H17 H18 H19 H20	Core Theme: Health and Wellbeing Lesson Intent: How do you feel today? Strands: H17 H18 H19 H20	Core Themes: Health and Wellbeing Lesson Intent: How do we show our feelings? Strands: H17 H18 H19 H20
Spring 1	Core Theme: Health and Wellbeing Lesson Intent: We have different feelings at different times Strands: H17 H18 H19 H20	Core Theme: Health and Wellbeing Lesson Intent: How do others show us how they feel? Strands: H17 H18 H19 H20	Core Theme: Health and Wellbeing Lesson Intent: Why do people hide their feelings? Strands: H17 H18 H19 H20	Core Theme: Health and Wellbeing Lesson Intent: Feeling Safe Strands: H37 H42	Core Theme: Health and Wellbeing Lesson Intent: My Imaginary Safe Place Strands: H32 H42	Core Themes: Living in the Wider World Lesson Intent: Valuing our Money Strands: L24
Spring 2	Core Theme: Living in the Wider World Lesson Intent: Keeping our money safe Strands: L13 L21 L22	Core Theme: Health and Wellbeing Lesson Intent: Keeping my home and body clean and safe Strands: H9 H11	Core Theme: Health and Wellbeing Lesson Intent: My 'Uh-Oh' signs Strands: H38	Core Theme: Health and Wellbeing Lesson Intent: Who can we tell? Strands: H37	Core Theme: Health and Wellbeing Lesson Intent: In an emergency, who can we tell? Strands: H37 H44	Core Themes: Health and Wellbeing Lesson Intent: Dots helping hand Strands: H37
Summer 1	Core Theme: Relationships Lesson Intent: What could someone do if...? Strands: R34	Core Theme: Health and Wellbeing Lesson Intent: Feeling Angry Strands: H18 H19 H20	Core Theme: Health and Wellbeing Lesson Intent: Letting out anger Strands: H18 H19 H20	Core Theme: Relationships Living in the Wider World Lesson Intent: Secrets and Surprises Strands: R18 R27 L15	Core Theme: Health and Wellbeing Living in the Wider World Relationships Lesson Intent: My Social Media Safety Rules Strands: H13 H42 L1 L11 L12 L13 R27 R23 R31	Core Theme: Health and Wellbeing Living in the Wider World Relationships Lesson Intent: My Social Media Safety Rules Strands: H13 H42 L1 L11 L12 L13 R27 R23 R31
Summer 2	Core Theme: Health and Wellbeing Lesson Intent: Sending an Email Strands: H21	Core Theme: Health and Wellbeing Lesson Intent: Keeping you safe Strands: H44	Core Theme: Relationships Health and Wellbeing Living in the Wider World Lesson Intent: Dots Final Quiz Strands:	Core Theme: Health and Wellbeing Lesson Intent: Adults we trust is discussed each lesson How to have a healthy mind and body enrichment day Strands: H14 H1 - H11		

Year Group 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Autumn 1	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: I am special! Strands: H21 L25	Core Theme: Relationships Lesson Intent: Getting Creative Strands: R1	Core Theme: Relationships Living in the Wider World Lesson Intent: Keeping Healthy Strands: R18 L25	Core Theme: Relationships Living in the Wider World Lesson Intent: How are we similar? Strands: R32 L2	Core Theme: Living in the Wider World Lesson Intent: Gratitude - what does it mean? Strands: L2	Core Themes: Relationships Lesson Intent: Helping others around the world Strands: R33
Autumn 2	Core Theme: Living in the Wider World Lesson Intent: Helping animals Strands: L2 L4 L5	Core Theme: Living in the Wider World Lesson Intent: What do I feel proud of? Strands: L25	Core Theme: Health and Wellbeing Lesson Intent: My feelings - dealing with fear Strands: H19 H20	Core Theme: Health and Wellbeing Lesson Intent: My 'Uh-Oh' signs Strands: H38	Core Theme: Health and Wellbeing Lesson Intent: Worrying Strands: H38 H39	Core Themes: Health and Wellbeing Lesson Intent: Changes Strands: H19 H20
Spring 1	Core Theme: Relationships Living in the Wider World Lesson Intent: Respect and valuing yourself Strands: R32 L25	Core Theme: Living in the Wider World Lesson Intent: The emergency services Strands: L1 L7	Core Theme: Living in the Wider World Lesson Intent: Making choices about who we can tell Strands: L12	Core Theme: Living in the Wider World Lesson Intent: In the community Strands: L5 L6 L7 L8	Core Theme: Living in the Wider World Lesson Intent: Help the environment Strands: L5	Core Themes: Health and Wellbeing Lesson Intent: Dealing with feelings Strands: H19 H20 H17
Spring 2	Core Theme: Relationships Living in the Wider World Lesson Intent: Me and my friends Strands: R32 L25	Core Theme: Living in the Wider World Lesson Intent: The emergency services Strands: L1 L7	Core Theme: Living in the Wider World Lesson Intent: Making choices about who we can tell Strands: L12	Core Theme: Living in the Wider World Lesson Intent: In the community Strands: L5 L6 L7 L8	Core Theme: Living in the Wider World Lesson Intent: Help the environment Strands: L5	Core Themes: Health and Wellbeing Lesson Intent: Dealing with feelings Strands: H19 H20 H17
Summer 1	Core Theme: Living in the Wider World Lesson Intent: My community Strands: L5 L6 L7 L8	Core Theme: Health and Wellbeing Lesson Intent: The emergency services Strands: H16 H40	Core Theme: Living in the Wider World Lesson Intent: Things we use in the home Strands: L12	Core Theme: Health and Wellbeing Lesson Intent: Drugs Strands: H40 H46 H47 H48 H49 H50	Core Theme: Relationships Lesson Intent: Living together Strands: R1 R2 R3 R5 R6 R7 R8 R9	Core Themes: Living in the Wider World Lesson Intent: Why do I need to go to school? Strands: L1 L2 L25 L27
Summer 2	Core Theme: Relationships Lesson Intent: My home Strands: R1 R3 R2 R4 R5 R6 R7 R8 R9 R11	Core Theme: Living in the Wider World Lesson Intent: Managing money Strands: L17 L18 L19 L23 - 32	Core Theme: Living in the Wider World Lesson Intent: Looking after our possessions Strands: L19	Core Theme: Living in the Wider World Lesson Intent: What are my dreams? Strands: L25 L27 L31	Core Theme: Health and Wellbeing Lesson Intent: People who can help us? Strands: H37 H44	Core Themes: Living in the Wider World Health and Wellbeing Relationships Lesson Intent: Dot's Final Quiz

Year Group 5	Autumn	Spring	Summer
Autumn 1	Core Theme: Health and Wellbeing Lesson Intent: What are values? Strands: H25 H27 H28	Core Theme: Health and Wellbeing Relationships Lesson Intent: Why are values important? Strands: H25 H27 H28 R32	Core Theme: Health and Wellbeing Relationships Lesson Intent: Value of religion Strands: H25 H27 H28 R31 R32 R33
Autumn 2	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: Rights for every child Strands: H35 L2 L7 L3	Core Theme: Health and Wellbeing Living in the Wider World Lesson Intent: Rights and responsibilities for children Strands: H25 L2 L3	Core Theme: Relationships Lesson Intent: Value of love, honour and courage Strands: R5
Spring 1	Core Theme: Relationships Lesson Intent: Value of love, honour and courage Strands: R5	Core Theme: Relationships Lesson Intent: Value of friendship Strands: R10 R11 R14	Core Theme: Relationships Lesson Intent: Shared values in friendship Strands: R10 R11 R14
Spring 2	Core Theme: Relationships Lesson Intent: Group and gangs Strands: R15	Core Theme: Relationships Health and Wellbeing Lesson Intent: Value of being in group/gang Strands: R15 H37 H38	Core Theme: Relationships Lesson Intent: Negative values of being in a group/gang Strands: R15 R18 R21 R30 R31
Summer 1	Core Theme: Relationships Lesson Intent: Bullying Strands: R19 R21	Core Theme: Relationships Health and Wellbeing Lesson Intent: Bullying - different perspectives Strands: R15 H37 H38	Core Theme: Relationships Lesson Intent: Negative values of being in a group/gang Strands: R15 R18 R21 R30 R31
Summer 2	Core Theme: Relationship Health and Wellbeing Lesson Intent: Behaviour of friends Strands: R28 H37 328	Core Theme: Relationships Lesson Intent: Feelings Strands: R19 R20	Core Theme: Relationships Lesson Intent: Feeling angry Strands: R20

Year Group 5	Autumn	Spring	Summer
Autumn 1	Core Theme: Relationships Lesson Intent: Weapons Strands: R27 R28 R29	Core Theme: Relationships Lesson Intent: Consequences of weapons Strands: R27 R28 R29	Core Theme: Health and Wellbeing Relationships Lesson Intent: Value of life Strands: H24 H23
Autumn 2	Core Theme: Health and Wellbeing Lesson Intent: Value of life - emotions Strands: H23 H24	Core Theme: Health and Wellbeing Lesson Intent: Value of law - drugs, laws Strands: H46 -H50	Core Theme: Health and Wellbeing Lesson Intent: Value of law - crime Strands: H46 -H50
Spring 1	Core Theme: Relationships Lesson Intent: Bullying Strands: R21 R19	Core Theme: Relationships Lesson Intent: Bullying, hate, race and crime Strands: R19 R20	Core Theme: Relationships Lesson Intent: Value of team work Strands: R10 R11
Spring 2	Core Theme: Health and Wellbeing Lesson Intent: Emergency services Strands: H44	Core Theme: Health and Wellbeing Lesson Intent: What is a valuable number? Strands: H44	Core Theme: Relationships Health and Wellbeing Lesson Intent: Reporting crime Strands: H44 R29
Summer 1	Core Theme: Health and Wellbeing Lesson Intent: Doing the right thing Strands: H38	Core Theme: Living in the Wider World Lesson Intent: Value of money Strands: L18 L20 L22	Core Theme: Health and Wellbeing Lesson Intent: Making decisions Strands: H38
Summer 2	Core Theme: Living in the Wider World Lesson Intent: Values that help us live together Strands: L4 L5 L6 L7 L8	Core Theme: Living in the Wider World Lesson Intent: Making a difference Strands: L7 L5	Core Theme: Relationships Living in the Wider World Health and Wellbeing Lesson Intent: Protective Behaviours Strands: R30 H37 L9 L10



What does PSHE look like at Wren's Nest?

PSHE education at Wren's Nest helps keep children and young people safe, mentally and physically healthy and prepared for life and work.

To ensure our planning meets the needs of our children and the National Curriculum we have broken down the curriculum into three areas - **Health and Wellbeing**, **Relationships** and **Living in the Wider World** (which also includes a focus on economic well-being).

Health and Wellbeing

The Health and Wellbeing core theme of PSHE education includes food choices and exercise (and the impact this has on physical and mental health), drugs and alcohol, healthy sleep behaviour, first aid and emergency life-saving skills, mental health, puberty and personal safety. This education directly supports children to be mentally and physically healthy, which in turn supports their education outcomes (research evidence shows that educational outcomes and health are closely linked).



Relationships

The Relationships core theme includes learning about family life; positive friendships and managing conflict, bullying, safe and unsafe relationships, consent and respect for others. As outlined in the Sex Education Forum's review of the evidence base for relationships and sex education, this education supports children to develop healthy relationships with others, in an age-appropriate way, reduces a range of harms to children as they grow, and supports them to seek help should they experience harm.

Living in the wider world

The Living in the wider world core theme of PSHE education prepares children to participate in wider society, by covering learning about shared responsibilities and communities, economic wellbeing, aspirations and careers, and digital and media literacy. Although some teaching and learning in this theme is non-statutory, there are significant overlaps with the relationships, sex and health education statutory guidance. Economic wellbeing and careers education, for example, are included in the 'Living in the Wider World' strand of the personal, social, health and economic (PSHE) education curriculum. Though unlike relationships, sex and health aspects of the subject, economic wellbeing and careers education are not yet statutory (beyond a requirement to teach about gambling referenced in statutory RSHE guidance), they are a crucial part of any schools' PSHE provision.