



CITIZENSHIP UNITS (QCA)		
1. Taking Part (communicating and participating) Year 1	5. Living in a Diverse World Year 2	9. Respect for Property Year 4
2. Choices Year 3	6. Developing Our School Grounds	10. Local Democracy for Young Citizens Year 5
3. Animals & Us Year 1	7. Children's Rights - Human Rights Year 3	11. In the Media Year 5
4. People Who Help Us Year 2	8. Rules & Laws Year 6	12. Moving On Year 6

SEAL UNITS		
Year A		
Autumn	Spring	Summer
New Beginnings	Good to be Me	Relationships
Year B		
Autumn	Spring	Summer
Getting On and Falling Out	Going for Goals	Changes

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>'Myself and Others'</p> <ul style="list-style-type: none"> • Dispositions and attitudes • Confidence to try new activities • Working as part of a group • Behaviour and self-control • Consequences of words and actions <p>ESPRESSO FOUNDATION PSED MY SCHOOL DAY</p>	<p>'Health & Hygiene'</p> <ul style="list-style-type: none"> • Self-care • Dress/undress independently • Manage own personal hygiene 	<p>'Feelings'</p> <ul style="list-style-type: none"> • Self-confidence and self-esteem • Respond to significant experiences showing a range of feelings 	<p>'Consequences'</p> <ul style="list-style-type: none"> • Behaviour/self-control • Understand what is right, wrong and why • Consider consequences 	<p>'Family Networks'</p> <ul style="list-style-type: none"> • Self-confidence and self-esteem • Awareness of own needs, views, feelings and be sensitive to needs of others • Form good relationships with adults and peers <p>ESPRESSO FOUNDATION PSED ALL ABOUT ME</p>	<p>'Needs'</p> <ul style="list-style-type: none"> • Self-confidence and self-esteem • Develop respect for own cultures and beliefs • Know people have different needs, views, cultures and beliefs <p>ESPRESSO FOUNDATION PSED CELEBRATIOS</p>

Year 1	RELATIONSHIPS	ENJOY & ACHIEVE	BEING HEALTHY	EMOTIONAL HEALTH	STAYING SAFE	POSITIVE CONTRIBUTION
	<p>Unit 3: Animals and Us (section 2)</p> <p>'Caring for Living Things'</p> <ul style="list-style-type: none"> • Caring for animals • Eg. Visit from Dogs Trust/RSPCA 	<p>Unit 1: Developing our communication skills</p> <ul style="list-style-type: none"> • Effective listening • Responding to other people • Setting rules • Discussing and cooperating • Problem-solving 	<p>Unit 2 : Keeping the Body Healthy</p> <ol style="list-style-type: none"> 1. Looking at the body; 2. How bodies develop 3. Looking after the body <p>ESPRESSO KS1 PSHE KEEPING HEALTHY</p>	<p>Unit 1 (SRE)</p> <ol style="list-style-type: none"> 1. Who are special people? 2. being friends 3. What does family mean? 	<p>Unit A (DATE): Keeping Ourselves and Others Safe:</p> <ol style="list-style-type: none"> 1. Feeling unwell & medicines 3. Safety around household substances <p>Medicines & household substances Electrical dangers & fire safety</p>	<p>Money and me!</p> <p>The difference between 'wants' and 'needs' Playing my part What is a charity? Raising money</p>

<p>Year 2</p>	<p>BEING HEALTHY</p> <p>Unit 2 (HL): Keeping the Body Healthy</p> <p>'Taking Care of Me'</p> <ul style="list-style-type: none"> personal hygiene spread of diseases <p>ESPRSSO KS1 PSHE HEALTH and FITNESS RESOURCE BOX</p>	<p>RELATIONSHIPS</p> <p>Unit 1 (SRE): Special People</p> <p>4. People who can help us</p> <p>'How to be a Good Friend'</p> <ul style="list-style-type: none"> Loving and caring relationships Appropriate physical behaviour <p>Giving compliments, sharing & resolving</p>	<p>ENJOY & ACHIEVE</p> <p>Unit A: Keeping ourselves & others safe</p> <p>'Playing it safe'</p> <ul style="list-style-type: none"> Dangers outside: road, water, risky rubbish, stranger danger Keeping ourselves safe Visit from road safety team/police 	<p>POSITIVE CONTRIBUTION</p> <p>Unit 5: Living in a diverse world</p> <p>'I Belong'</p> <ul style="list-style-type: none"> Communities Changing the local area Visit from council planners <p>Visit to old people's home</p>	<p>EMOTIONAL HEALTH</p> <p>Unit 3: Making choices for a healthy life</p> <ul style="list-style-type: none"> What does being healthy mean? Emotional health Leisure activities Choosing to be healthy Balance work and leisure 	<p>STAYING SAFE</p> <p>Unit 4: People Who Help Us – the local police</p> <p>'How Do I Feel?'</p> <ul style="list-style-type: none"> Likes & dislikes, fair & unfair, right and wrong Making choices <p>Role of the Police</p>
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Year 3	BEING HEALTHY	EMOTIONAL HEALTH	STAYING SAFE	RELATIONSHIPS	ENJOY & ACHIEVE	POSITIVE CONTRIBUTION
	<p data-bbox="302 188 555 247">UNIT 6 – eating healthily, being active</p> <ol data-bbox="302 252 515 370" style="list-style-type: none"> 1. staying healthy 2. healthy eating 3. Exercise 4. Hygiene <p data-bbox="353 981 533 1066">ESPRESSO KS2 PSHE OUR BODIES</p>	<p data-bbox="638 188 817 215">Unit 2: Choices</p> <ul data-bbox="600 252 840 438" style="list-style-type: none"> • Making choices • Right and wrong • Fair and unfair • Having an opinion • Resolving differences 	<p data-bbox="907 188 1146 247">Unit B: Risk-Taking & Dealing with Pressure</p> <ol data-bbox="891 284 1153 370" style="list-style-type: none"> 1. Taking a Risk 2. Weighing-up pros and cons of taking risks <p data-bbox="918 402 1131 427">‘What should I do?’</p> <ul data-bbox="891 438 1153 593" style="list-style-type: none"> • Behaving responsibly • Road safety • Health and safety • Basic first aid • Respect for property 	<p data-bbox="1232 188 1388 215">Unit 1b: SRE</p> <ul data-bbox="1187 252 1444 438" style="list-style-type: none"> • Self-esteem • Challenging gender stereotypes • Differences: male and female • Family differences 	<p data-bbox="1500 188 1814 247">Unit 7: C – Children’s rights and human rights</p> <p data-bbox="1534 279 1780 306">‘Rights and Refugees’</p> <ul data-bbox="1534 316 1780 406" style="list-style-type: none"> • Laws and rules • Children’s rights • Refugees 	<p data-bbox="1848 188 2139 247">Unit 7 (FC): Looking after my Money</p> <ol data-bbox="1848 252 2083 279" style="list-style-type: none"> 1. personal spending <p data-bbox="1848 284 2128 370">To consider saving, spending and budgeting in known contexts.</p> <ul data-bbox="1848 375 2139 893" style="list-style-type: none"> • To understand that individuals and families may need or choose to spend their money in different ways. • To know about different ways to gain money, including earning it through work. • To be aware of other people’s lifestyles and beliefs. • To know how money can make things different for other people here and in other countries. <p data-bbox="1870 925 2116 981">ESPRESSO KS2 PSHE FAMILIES</p> <p data-bbox="1848 1013 2116 1077">See: My money primary toolkit (Year 3 units)</p>

<p>Year 4</p>	<p>EMOTIONAL HEALTH</p> <p>Unit: Assertiveness (linked with SEAL: Getting on and Falling Out)</p> <p>'Friendship and Bullying'</p> <ul style="list-style-type: none"> • Setting personal goals • challenges 	<p>STAYING SAFE</p> <p>Unit B: Recognising dangerous situations</p> <p>3. Why take risks</p> <p>4. smoking</p> <p>5. resisting pressure</p>	<p>BEING HEALTHY</p> <p>Unit 6: Being Active</p> <p>3. keeping fit</p> <p>4. leisure activities</p> <p>ESPRESSO PSHE KS2 KEEPING HEALTHY</p>	<p>POSITIVE CONTRIBUTION</p> <p>Unit 9: Respect for Property</p> <ul style="list-style-type: none"> • solving dilemmas • laws and rules • the environment • why we should take responsibility for public spaces <p>ESPRESSO KS2 PSHE GOING GREEN</p>	<p>RELATIONSHIPS</p> <p>Unit 5: how the body works and changes in puberty</p> <p>'Bodily Changes'</p> <ul style="list-style-type: none"> • Girls physical changes • Boys physical changes • Menstruation • Personal hygiene <p>Names of sexual organs</p>	<p>ENJOY & ACHIEVE</p> <p>Unit 7: Looking after my money</p> <p>Understanding my money</p> <p>To consider saving, spending and budgeting in known contexts.</p> <ul style="list-style-type: none"> • To understand that individuals and families may need or choose to spend their money in different ways. • To consider savings, spending and budgeting in known contexts. • To begin to understand risk in relation to finances. • To know that you can plan for future spending and how to save. • To know that making comparisons between costs is important in managing your money. <p>See: My money primary toolkit (Year 4 units)</p>

<p>Year 5</p>	<p>STAYING SAFE</p> <p>Unit C: Building knowledge and understanding about drugs and alcohol</p> <p>1. what do we know about drugs?</p> <p>'Looking at Drugs'</p> <ul style="list-style-type: none"> • Illegal drugs • First aid & getting help 	<p>EMOTIONAL HEALTH</p> <p>Unit 11: In the media</p> <p>'The World We Live In'</p> <ul style="list-style-type: none"> • Resolving differences • Racism • Climate change • Global warming <p>Sendmyfriend.org</p>	<p>POSITIVE CONTRIBUTION</p> <p>Unit 10: local democracy</p> <p>'Who is David Cameron'?</p> <ul style="list-style-type: none"> • Democracy • Law-making • Elections • Trip to Parliament • Taking responsibility – what new uses can we find for empty buildings (teachingzone) <p>www.parliament.uk</p> <p>ESPRESSO KS2 PSHE DEMOCRACY AND ELECTIONS</p>	<p>RELATIONSHIPS</p> <p>Unit 7: Looking after my money</p> <p>Understanding my money</p> <ul style="list-style-type: none"> • To know what is deducted from earnings and why. • To consider degrees of risk and the possible consequences of taking financial risks. • To differentiate between manageable and unmanageable debt. • To know about fair trade and what it means. • To consider the needs of the global environment and the impact of consumer choices. <p>ESPRESSO KS2 PSHE FAIRTRADE FORTNIGHT</p> <p>See: My money primary toolkit (Year 5 units)</p>	<p>BEING HEALTHY</p> <p>Unit 4: Support networks</p> <ol style="list-style-type: none"> 1. interests and skills 2. what makes a friend 3. Caring about others' feelings 4. Different types of relationships 	<p>ENJOY & ACHIEVE</p> <p>Unit: Resolving Conflict</p> <p>'Bad, Sad, Mad'!</p> <ul style="list-style-type: none"> • Cooling-down techniques • Consequences of racism, bullying, teasing etc

<p>Year 6</p>	<p>RELATIONSHIPS</p> <p>Unit 8: Rules and Laws</p> <ul style="list-style-type: none"> • Rules and law • Reasons for crime • Visitor:eg police <p>Crime-stoppers:</p> <ul style="list-style-type: none"> • Vandalism • Arson • Graffiti • Theft • assault 	<p>STAYING SAFE</p> <p>Unit C: Substance use and misuse</p> <p>3. learning about alcohol</p> <p>4. attitudes to drinking alcohol</p> <p>5. debating a topic</p> <p>‘Looking at drugs’</p> <ul style="list-style-type: none"> • Risky situations • Peer pressure <p>Crime-Stoppers:</p> <ul style="list-style-type: none"> • drugs 	<p>POSITIVE CONTRIBUTION</p> <p>Unit 7: Financial Capability</p> <ul style="list-style-type: none"> • To know there are a range of salaries for different jobs. • To know what is deducted from earnings and why. • To consider degrees of risk and possible consequences of taking financial risk. • To understand ‘value for money’. • To recognise that resources are limited and we need to make choices. • To know that individual and community rights and responsibilities need to be taken into account when making decisions. 	<p>EMOTIONAL HEALTH</p> <p>Unit 4: support networks:</p> <ul style="list-style-type: none"> • Who can help us • Where can we find support <p>‘Risking it all’</p> <ul style="list-style-type: none"> • Resolving differences • New challenges • Recognising risks 	<p>BEING HEALTHY</p> <p>Unit: Puberty and reproduction</p> <p>Unit 5: How the body works and changes</p> <p>‘Bodily changes’</p> <ul style="list-style-type: none"> • Attraction and crushes • Fertilisation in humans • Pregnancy/how babies are born • Saying ‘no’ 	<p>ENJOY & ACHIEVE</p> <p>Unit 12: Moving On</p> <p>‘Life Skills’</p> <p>ESPRESSO KS2 PSHE MOVING ON COPING WITH CHANGE</p>