

Our PSHE Constellation Pathway



Year 2

Autumn

Me and My Relationships & Valuing Difference

Children will begin Year 2 thinking about their relationships in school. They will consider how to be a good friend and understand strategies for dealing with bullying. They will look at physical and non-physical differences and similarities between people and how we can show kindness to all.

Spring

Keeping Safe & Rights and Respect

To build on their knowledge of how to stay safe, children will identify a range of situations where they may need to say 'Yes', 'No', 'I'll ask' or 'I'll tell'. This will also support their learning of safe secrets including surprises.

Summer

Being My Best & Growing and Changing

This term, children will continue to build on their knowledge of physical health alongside being their best during the learning process by looking at mind-set strategies. Children will revisit their learning on private body parts and understand inappropriate touch.

Spring

Keeping Safe & Rights and Respect

This term, children will define danger and risk to allow them to identify risk factors and ways of managing risk to keep themselves safe. They will learn a range of skills surrounding rights and respect including roles of volunteers, jobs and looking after the environment.

Summer

Being My Best & Growing and Changing

Children will learn how food impacts overall health as well as understanding infectious illnesses and how hygiene can combat these. To finish their Year 3 journey, children will understand body space, recognise how secrets and surprises make them feel and recognise changes in their bodies.

Autumn

Me and My Relationships & Valuing Difference

When considering relationships, children will define and demonstrate cooperation and collaboration along with strategies to resolve conflict. The children will consider the differences within their community and celebrate what makes us unique.

Year 3

Year 4

Autumn

Me and My Relationships & Valuing Difference

To start their learning, children will build on their knowledge of relationships to understand what positive, healthy relationships look like and how these affect our feelings. They will also build on their knowledge of ways people are different and how we can show respect to those differences.

Spring

Keeping Safe & Rights and Respect

After learning the terms danger and risk, they will also consider hazards to explain the difference. They will be able to consider ways to identify and manage risks they may come across. Children will understand the need for rules and how these contribute to keeping themselves and others safe.

Summer

Being My Best & Growing and Changing

To finish their learning, Year 4 will consider uniqueness and choices they make for themselves along with thinking about how to contribute to the care of the environment. Children will also look at the changes their bodies will go through and explain why puberty happens as part of their growing and changing unit.

Spring

Keeping Safe & Rights and Respect

Building on their learning about keeping safe in different situations, children will recognise the difference between positive and negative risks and how to weight up risk factors to help them make decisions. Children will consider fact and opinion and the influence of the media on health and wellbeing.

Summer

Being My Best & Growing and Changing

When considering being their best, children will identify their own strengths and talents and understand strategies to reach their own goals. To finish Year 5, children will learn about products needed during puberty along with understanding some of the myths associated with puberty.

Autumn

Me and My Relationships & Valuing Difference

To build on their learning of relationships, children will understand collaboration, negotiation and compromise. They will also consider the importance of being assertive in certain situations. They will explain the importance of living in a diverse society and the importance of challenging discrimination.

Year 5



Year 6

Autumn

Me and My Relationships & Valuing Difference

Children will build on their knowledge of relationships with a focus on friendships in Year 6 and how to deal with challenges that arise in friendships and empathising with behaviours within peer-group dynamics. When thinking about diverse societies, children will understand and explain the terms prejudice and stereotypes.

Spring

Keeping Safe & Rights and Respect

Children will learn about addiction, drugs and alcohol including the basic laws around these and the categorisation of drugs. They will build on their understanding of facts and opinions to think about the difference between those which are biased and those that are unbiased.

Summer

Being My Best & Growing and Changing

In Year 6, children will learn about aspirational goals and actions needed to set and achieve these along with considering their wellbeing and how this contributes to a healthy lifestyle. For their final growing and changing unit, children will consider physical and emotional changes during puberty including changes that happen to allow sexual reproduction to happen.