

The Whitby Heath Way
Curriculum Pathway
Including PSHE and MHM

Whole School Titles:	Autumn Term Autumn 1: Settlements and homes Autumn 2: Inventions, changes and their legacy		Spring Term Spring 1: Big decisions, big impact Spring 2: Leaders make a difference		Summer Term Spring 1: One World Spring 2: Our future in our hands			
myHappy mind	Meet your brain	Celebrate	Appreciate	Relate	Engage			
	How does my brain work?	Understanding my character strength	Developing gratitude as a habit	Building positive relationships	Engaging with the world			
PSHE Themes	Relationships		Living in the wider world		Health and Wellbeing			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
PSHE Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	How rules and age restrictions help us; keeping safe online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	What rules are; caring for others' needs; looking after the environment

	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1		Summer 2
PSHE Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Safety in different environments; risk and safety at home; emergencies	what money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Belonging to a group; roles and responsibilities; being the same and different in the community
	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1		Summer 2
PSHE Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places

	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1		Summer 2
PSHE Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1		Summer 2
PSHE Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Personal identity; recognising individuality and different qualities; mental wellbeing	Identifying job interests and aspirations; what influences career choices; workplace	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Protecting the environment; compassion towards others	Keeping safe in different situations, including responding in emergencies, first aid

			tion		stereotypes			
	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1		Summer 2
PSHE Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Human reproduction and birth; increasing independence; managing transition	Valuing diversity; challenging discrimination and stereotypes	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Expressing opinions and respecting other points of view, including discussing topical issues	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media