

# PSHE Road Map

## Spring Term

### Relationships

Module 1: Friendships

- Anti-bullying (inc. cyber and discrimination)
- Resolving conflict
- Qualities and characteristics

Module 2: Healthy Relationships

- Families
- Respectful behaviours
- Boundaries

## Autumn Term

### Health & Wellbeing

Module 1: Emotions and Feelings

- Recognising different emotions
- Regulation strategies
- Self reflection and identity

Module 2: Healthy Lifestyles

- Exercise
- Diet
- Sleep
- Socialising
- Hygiene

## Summer Term

### Living in the Wider World

Module 1: Responsibilities

- Rights, rules and laws
- People who help us
- Internet safety
- Personal safety (roads, water and fire)

Module 2: Preparing for the Future

- Careers
- Finance
- Communities

01

02

03