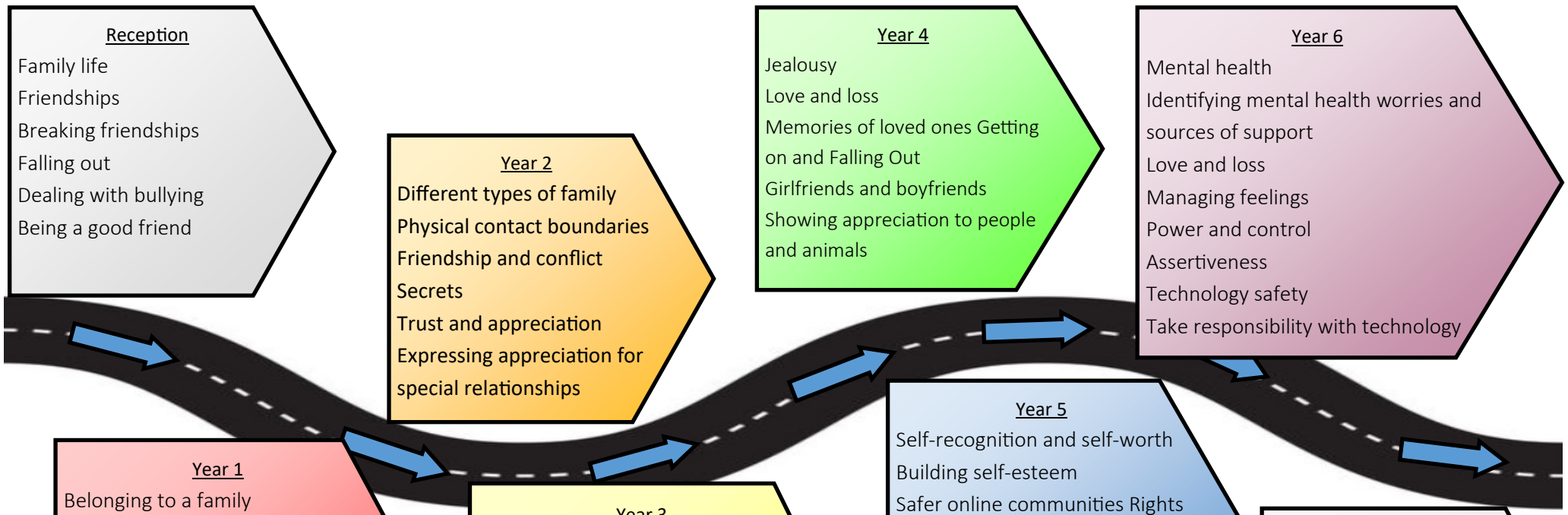
PSHE Curriculum Journey

(Relationships)



Reception

Family life
Friendships
Breaking friendships
Falling out
Dealing with bullying
Being a good friend

Year 1

Belonging to a family
Making friends/being a good friend
Physical contact preferences People who help us
Qualities as a friend and person
Self-acknowledgement
Being a good friend to myself Celebrating special relationships

Year 2

Different types of family
Physical contact boundaries
Friendship and conflict
Secrets
Trust and appreciation
Expressing appreciation for special relationships

Year 3

Family roles and responsibilities
Friendship and negotiation
Keeping safe online and who to go to for help
Being a global citizen
Being aware of how my choices affect others
Awareness of how other children have different lives
Expressing appreciation for family and friends

Year 4

Jealousy
Love and loss
Memories of loved ones Getting on and Falling Out
Girlfriends and boyfriends
Showing appreciation to people and animals

Year 5

Self-recognition and self-worth
Building self-esteem
Safer online communities Rights and responsibilities online
Online gaming and gambling
Reducing screen time
Dangers of online grooming
SMARRT internet safety rules

Year 6

Mental health
Identifying mental health worries and sources of support
Love and loss
Managing feelings
Power and control
Assertiveness
Technology safety
Take responsibility with technology

Year 7

How do I build positive and respectful relationships?
What does it mean to be a UK Citizen?
How am I different from how I was in Primary School?