



## PSHE Subject Rationale



Year Group	Unit	We teach this because...	We teach this now because...
EYFS	Autumn Term	<p>Pupils learn about self-regulation and feelings to help them recognise, name, and talk about their emotions, and begin to understand how different situations can make them feel in different ways. Children learn what makes them unique, encouraging confidence, self-esteem, and respect for others. Through building friendships, pupils practise sharing, taking turns, expressing likes and dislikes, and giving simple opinions, helping them to develop positive relationships from the very start of school life. Pupils are taught the importance of good hygiene, such as tooth brushing, to support healthy routines. They learn why we have rules at Bankfields Primary School and how rules help keep everyone safe, happy, and able to learn together. Personal safety is introduced in an age-appropriate way by helping children understand who the police are and that they are friendly and there to help, as well as learning who a stranger is and how to keep themselves safe. Together, these lessons lay strong foundations for wellbeing, safety, and positive behaviour both in school and beyond.</p>	<p>We teach this in Reception because it lays the foundations for children's emotional wellbeing, safety, and relationships at the very start of their school journey. Learning about feelings and self-regulation helps children recognise and express their emotions, begin to manage them appropriately, and understand that everyone has different feelings. Exploring what makes them unique supports confidence, self-esteem, and respect for others. Building friendships and learning to share opinions helps children develop early social skills, such as turn-taking, listening, and showing kindness. Teaching routines like tooth brushing promotes healthy habits that can last a lifetime. Understanding why rules exist in school helps children feel secure and learn how rules support fairness and safety for everyone. Learning about people who help us, such as the police, and understanding who a stranger is supports early personal safety and helps children know when and how to seek help. Together, these experiences provide a strong, age-appropriate foundation for wellbeing, safety, and positive behaviour as children progress through school.</p>
EYFS	Spring Term	<p>In Reception, children are taught to manage themselves by taking on challenges and developing independence and confidence in new situations. They learn that they are part of a family at home, in school, and within the wider community, helping them understand belonging and responsibility. Children are introduced to online safety in a simple, age-appropriate way, learning how to keep themselves safe and why this is important. Through British Values, children take part in voting and making personal choices, helping them understand fairness and having a voice. Self-regulation is developed through listening, following instructions, and learning to take turns and share with others. Children explore what is fair and unfair and reflect on how this makes themselves and others feel. Rules are taught through familiar stories and well-known characters, making them meaningful and helping children understand why rules exist and how they support positive behaviour and safety.</p>	<p>We teach this in Reception because it helps children continue to develop the essential foundations for emotional, social, and personal development. Learning to manage themselves, take on challenges, listen, and follow instructions supports independence, confidence, and readiness for learning. Exploring families, school, and community helps children develop a sense of belonging and understand that they are part of a wider world. Introducing online safety, rules, and fairness in an age-appropriate way helps children begin to understand how to keep themselves safe and make positive choices. British Values, such as making choices and voting, help children understand that their voice matters. Using familiar stories and characters to explore rules makes learning meaningful and supports children in understanding why rules exist and how they help keep everyone safe, happy, and included.</p>
EYFS	Summer Term	<p>In Reception, children learn about building positive relationships through exploring family and friendships, understanding the importance of sharing, and learning how to work and play cooperatively with others. They develop an awareness of their own wellbeing by recognising feelings and learning how to look after themselves. Children explore how people grow and change throughout their lives by learning about different generations within their families. As part of celebrating progress, children reflect on their achievements and those of their peers, recognising what they are proud of. This learning supports children to think about the future by identifying their own hopes and aspirations for the year ahead, helping them feel confident and motivated as they move on in their learning journey.</p>	<p>We teach this in Reception because it supports children in developing the essential social, emotional, and self-awareness skills they need to feel secure and confident in school. They learn how to build positive relationships and understand how to work cooperatively with others. Exploring wellbeing supports children to recognise their feelings and begin to understand how to look after themselves and others. Learning about growth and change helps children make sense of the world around them and understand that change is a natural part of life. Celebrating achievements and reflecting on progress builds self-esteem and a sense of pride which in turn encourages a positive attitude towards future learning.</p>
Year 1	Autumn Term	<p>Pupils learn to recognise and talk about their feelings, notice positive emotions, and begin to understand how thoughts can be helpful or unhelpful. They are encouraged to speak up, ask for help, and share worries with trusted adults. Through exploring friendships and relationships, pupils learn how to make friends, show</p>	<p>We teach this in Year 1 because it lays the essential foundations for children's emotional wellbeing, safety, and relationships at the very start of their school journey. At this age, pupils are developing their ability to recognise and talk about their feelings, notice positive emotions, and begin to understand how thoughts can be helpful or</p>

		<p>kindness and respect, recognise bullying, and understand how to be an ally. Personal safety is introduced by helping children identify safe and unsafe situations, particularly in new places, and by learning about the people who help keep them healthy. British Values are embedded as pupils learn about democracy, making decisions together, and the importance of rules in keeping everyone safe and happy.</p>	<p>unhelpful. Teaching these skills early supports children to manage emotions, build confidence, and develop resilience. Pupils are encouraged to speak up, ask for help, and share worries with trusted adults, helping them to feel safe and supported in school. Through learning about friendships and relationships, children develop kindness, respect, and an understanding of bullying and how to be an ally. Introducing personal safety helps pupils recognise safe and unsafe situations, especially in new environments, and understand the role of people who help keep them healthy. British Values are embedded to support children in learning how to make decisions together and to understand the importance of rules in keeping everyone safe and happy, supporting positive behaviour and a sense of belonging.</p>
Year 1	Spring Term	<p>Pupils are introduced to online wellbeing, safety, and early financial understanding in a simple and age-appropriate way. Children learn about having the right amount of screen time and making safe choices about what they do online. Through relationships education, pupils explore what it means to feel safe online, how to share online worries with trusted adults, why "safe hands" are important, and why name-calling is unkind both online and offline. Children are also taught about safety with substances, including medicines and household products, in a way that supports keeping themselves safe. Learning about relationships is further developed by introducing gender stereotypes. Financial education introduces the concept of money, including what money is and the difference between saving and spending.</p>	<p>We teach this in Year 1 because it provides children with the essential foundations for staying safe, healthy, and respectful in an increasingly digital and complex world. At this early stage, pupils are beginning to access technology more regularly, so learning about appropriate screen time and making safe online choices helps establish positive habits from the start. Teaching children how to feel safe online and understand why name-calling is unkind supports respectful behaviour and emotional wellbeing both online and offline. Introducing safety with substances helps pupils recognise everyday risks and understand how to keep themselves safe. Learning about gender stereotypes at an early age encourages fairness and challenges limiting ideas before they become embedded. Financial education introduces basic concepts of money, saving, and spending, helping children develop early awareness and responsible attitudes that will support them as they grow.</p>
Year 1	Summer Term	<p>Pupils learn what private information is and why it should be kept safe, alongside understanding who their trusted adults are and what families can look like. Through general wellbeing learning, pupils explore change and loss and are supported to talk about their feelings. Physical health and fitness is developed by learning about healthy routines such as getting ready for bed and making healthy food choices, including where some food and drink come from. Health protection and prevention focuses on handwashing, personal hygiene, and basic first aid, including understanding allergies. As part of growing and changing, children learn about asking for permission and respecting boundaries. British Values are embedded through learning about liberty by recognising the needs of others, and through tolerance and respect by exploring how people can be similar yet different.</p>	<p>We teach this in Year 1 because it supports pupils in developing the essential foundations for wellbeing, safety, and positive relationships at a crucial stage in their development. At this age, children are learning to understand themselves and others, so exploring families helps pupils feel valued and recognise that families can be different. General wellbeing learning encourages children to talk about their feelings and begin to develop emotional resilience, while teaching healthy routines supports physical wellbeing and the formation of lifelong healthy habits. Learning about health protection and prevention helps pupils understand how to care for themselves and others. Teaching about asking for permission and respecting boundaries supports personal safety and positive relationships. British Values are embedded to help pupils recognise the needs of others, understand liberty, and appreciate that people can be similar yet different, promoting tolerance, respect, and inclusion from an early age.</p>
Year 2	Autumn Term	<p>Pupils build on their understanding of wellbeing, relationships, and safety by developing greater awareness of their thoughts, feelings, and actions. Children learn to notice and name a wider range of feelings, understand how thoughts and feelings can change, and begin to manage unhelpful thoughts by thinking about their reactions and responses. Through learning about relationships, pupils explore why relationships are important, how to work positively with different people, and how to recognise and respond to other people's feelings, including managing unhappy friendships in a respectful way. Personal safety learning focuses on fire safety and understanding what medicines are and how they should be used safely. British Values are embedded through learning about democracy via the School Council and understanding the Rule of Law by</p>	<p>We teach this in Year 2 because it builds on pupils' early learning and supports their growing emotional awareness, independence, and responsibility. At this stage, children are better able to notice and name a wider range of feelings. Learning how to manage unhelpful thoughts and think about their reactions and responses helps pupils develop self-control and resilience. Through relationships education, pupils explore why relationships are important, how to work positively with different people, and how to recognise and respond to other people's feelings. Personal safety learning supports pupils in understanding real-life risks and how to keep themselves safe. British Values are embedded through learning about democracy via the School Council and understanding the Rule of Law by exploring rules beyond school, helping pupils recognise how rules support fairness, safety, and positive behaviour in the wider community.</p>

		exploring rules beyond school and how they help keep communities safe and fair.	
Year 2	Spring Term	Pupils are introduced to a deeper understanding of online wellbeing, safety, relationships, and early financial awareness. Children learn what the internet is and how to stay safe when gaming and watching videos online. Through relationships education, pupils explore who people on the internet might be, how to talk safely to people online, different types of meetings, and the difference between secrets and surprises. Safety learning includes staying safe with medicines and understanding that substances must only be used with adult permission. Relationships learning is further developed by exploring gender stereotypes linked to careers and jobs, helping children understand that everyone can have different aspirations. Financial education introduces where money comes from and helps pupils distinguish between wants and needs.	We teach this in Year 2 because pupils are becoming more independent users of technology and are starting to encounter a wider range of online content, relationships, and real-life choices. Learning what the internet is and how to stay safe when gaming and watching videos helps children develop safe and responsible online habits. Through relationships education, pupils explore who people on the internet might be, how to communicate safely online, different types of meetings, and the difference between secrets and surprises, supporting personal safety and trust. Teaching safety with medicines reinforces the importance of adult permission and safe decision-making. Exploring gender stereotypes linked to careers and jobs helps pupils challenge limiting beliefs and understand that everyone can have different aspirations. Financial education supports early decision-making skills and responsible attitudes towards money.
Year 2	Summer Term	Pupils learn about media influence and begin to explore whether everything they see online is true. Through relationships education, pupils learn how families offer stability and love and consider how to share family worries safely with trusted adults. General wellbeing learning supports children in understanding what happens when things change and how this can make them feel. Physical health and fitness focuses on being active and the importance of regular exercise, alongside learning about a healthy diet. Health protection and prevention includes looking after teeth and basic first aid, such as how to respond to bites and stings. As part of growing and changing, pupils practise giving and seeking permission. British Values are embedded through learning about liberty by giving opinions respectfully, and through tolerance and respect by exploring similarities and differences within their local community.	We teach this in Year 2 because pupils are developing greater awareness of the world around them and are beginning to question and interpret information they encounter, particularly online. Through relationships education, pupils explore how families provide stability and love and learn safe ways to share family worries with trusted adults, supporting emotional security. General wellbeing learning helps children understand that change is a normal part of life and supports them managing the feelings that can come with it. Physical health and fitness learning encourages active lifestyles and introduces the importance of a healthy, balanced diet whilst health protection and prevention support pupils in caring for their bodies. As part of growing and changing, pupils practise giving and seeking permission, supporting personal safety and respectful relationships. British Values are embedded to help pupils express opinions respectfully and appreciate similarities and differences within their local community, promoting tolerance, respect, and inclusion.
Year 3	Autumn Term	Pupils explore a broad range of emotions and learn strategies for managing thoughts, feelings, and worries, including understanding how their responses can affect themselves and others. They are taught when it is appropriate to keep a secret and when it is important to break a secret to stay safe. Through relationships education, pupils revisit bullying, learning to distinguish between friendship conflict and bullying, how to be a kind and supportive friend, and what to do when friendships go wrong. Personal safety learning introduces emergency services and helps pupils understand the concept of risk and how to make safer choices. British Values are embedded through learning about local democracy and the importance of rules in school and society, helping pupils understand how rules support fairness, safety, and responsibility.	We teach this in Year 3 because pupils are developing greater emotional awareness, independence, and social understanding, and are ready to engage with more complex ideas about safety, relationships, and responsibility. At this stage, children are able to explore a wider range of emotions and learn practical strategies for managing thoughts, feelings, and worries. Teaching when it is appropriate to keep a secret and when it is important to break a secret supports safeguarding and helps pupils make safe choices. Revisiting bullying allows pupils to develop skills to be kind, supportive friends and to manage friendships when things go wrong. Introducing emergency services and the concept of risk helps pupils understand real-life safety situations and make safer decisions. British Values are embedded through learning about local democracy and the importance of rules, supporting pupils in understanding fairness, safety, responsibility, and their role within the wider community.
Year 3	Spring Term	Pupils develop a stronger understanding of online wellbeing, safety, and responsible decision-making. Children learn about cyberbullying and how to recognise and respond to fake emails, helping them stay safe online. Through relationships education, pupils explore what to do if they feel uncomfortable online, the rules for healthy online friendships, making safe and respectful choices, and communicating their feelings clearly. Safety learning includes understanding the hazards of household products, supporting the message of keeping themselves safe at home. Relationships learning also addresses stereotypes linked to age,	We teach this in Year 3 because pupils are becoming more confident and independent users of technology and are increasingly able to understand risk, choice, and responsibility. At this age, children are ready to learn about how to stay safe and informed online. Through relationships education, pupils develop the skills to recognise when something feels uncomfortable online, understand the rules for healthy online friendships, make safe and respectful choices, and communicate their feelings clearly. Learning about the hazards of household products reinforces important safety messages and supports pupils in keeping themselves safe at home.

		helping pupils challenge unfair assumptions. Financial education introduces the concept of budgeting and encourages pupils to explore how people can feel differently about money.	Addressing age-related stereotypes helps pupils challenge unfair assumptions and develop respect for others. Introducing budgeting and exploring different feelings about money supports pupils in developing early financial awareness, empathy, and responsible decision-making.
Year 3	Summer Term	Pupils learn how to decide whether a question is too personal when online, helping them protect their privacy. Through relationships education, pupils explore what healthy families look like and how families can change over time. General wellbeing learning supports children in understanding change and loss and recognising their own feelings. Physical health and fitness focuses on keeping a healthy diary and developing healthier eating and drinking habits. Health protection and prevention includes learning about sun safety, linked to science, and basic first aid such as treating burns. As part of growing and changing, pupils develop pride in themselves and their achievements. British Values are embedded through learning about liberty by understanding rights and responsibilities, and through tolerance and respect by learning to respect differences in others.	We teach this in Year 3 because pupils are developing greater independence, curiosity, and emotional maturity, and are ready to explore more complex aspects of wellbeing, safety, and relationships. Learning how to decide whether a question is too personal online helps pupils protect their privacy as their online interactions increase. Exploring healthy families and how families can change supports pupils in understanding their own experiences and developing empathy for others. Learning around change and loss helps children recognise and manage their feelings, building emotional resilience. At this stage, children are encouraged to take greater responsibility for their wellbeing through their choices. Health protection and prevention equips pupils with practical knowledge to keep themselves and others safe. Developing pride in themselves and their achievements supports positive self-esteem. British Values are embedded to help pupils understand rights and responsibilities and to respect differences in others, promoting tolerance, respect, and inclusion.
Year 4	Autumn Term	Pupils further develop their understanding of wellbeing, relationships, and safety by exploring how thoughts, feelings, and behaviours are connected. Children learn about different thinking habits and ways to manage worries, alongside strategies for staying safe in their local area and understanding how their actions can make them positive role models. Through relationships education, pupils focus on respect and manners, what healthy friendships look like, how their behaviour affects others, and how to recognise and respond to bullying. Personal safety learning helps children understand how to keep safe on the road and identify hazards in the home. British Values are embedded through learning about democracy by exploring the role of local councillors, and through the Rule of Law by introducing the concept of human rights and how rules and laws protect individuals and communities.	We teach this in Year 4 because pupils are becoming more socially aware, reflective, and independent, and are ready to deepen their understanding of how thoughts, feelings, and behaviours are linked. At this stage, children can begin to recognise different thinking habits and learn practical strategies for managing worries, supporting emotional regulation and resilience. Learning how to stay safe in their local area and understanding how their actions can make them positive role models helps pupils develop a sense of responsibility within their community. Through relationships education, pupils focus on respect and manners, recognise what healthy friendships look like, understand how their behaviour affects others, and learn how to respond appropriately to bullying. Personal safety learning around road safety and hazards in the home supports pupils in managing everyday risks more independently. British Values are embedded through learning about democracy by exploring the role of local councillors, and through the Rule of Law by introducing human rights, helping pupils understand how laws protect individuals and communities and support fairness, safety, and responsibility.
Year 4	Spring Term	Pupils develop a more mature understanding of online wellbeing, relationships, and personal responsibility. Children learn about the internet and age restrictions, including the importance of being Share Aware and protecting personal information online. Through relationships education, pupils explore who they can interact with online, how to know who to trust, the influence of peers, and the different people they may encounter online. Safety learning includes understanding tobacco and why it is harmful to health. Relationships learning also focuses on challenging stereotypes related to disability and promoting inclusion and respect. Financial education helps pupils understand why it is important to keep track of money and explore different ways to look after and manage money responsibly.	We teach this in Year 4 because pupils are becoming more independent online and are increasingly exposed to digital content, social influences, and real-life choices. At this age, children are ready to develop a more mature understanding of online wellbeing and personal responsibility. Exploring who they can interact with online, how to know who to trust, and the influence of peers supports pupils in making safer and more informed choices in digital spaces. Learning about tobacco helps pupils understand health risks before they are likely to encounter pressure or misinformation. Challenging stereotypes related to disability promotes inclusion, empathy, and respect as pupils' social awareness grows. Financial education supports pupils in understanding why it is important to keep track of money and introduces responsible ways to look after and manage money, helping to build skills for independence and informed decision-making.
Year 4	Summer Term	Pupils learn about consuming information online and how to think critically about what they see and read. Through relationships education, pupils explore families	We teach this in Year 4 because pupils are developing greater awareness of the wider world and are increasingly able to think critically about information,

		<p>in the wider world and the different challenges families may face. General wellbeing learning supports children in coping with grief and understanding that people experience loss in different ways. Physical health and fitness includes learning relaxation strategies to support mental and emotional wellbeing, alongside exploring healthy eating choices and the influences on them. Health protection and prevention focuses on dental health, while basic first aid learning introduces asthma and how to respond appropriately. As part of growing and changing, pupils learn about growing up and the changes this brings. British Values are embedded through learning about liberty by exploring UNICEF Rights of the Child, and through tolerance and respect by understanding what discrimination is and why it is unacceptable.</p>	<p>relationships, and their own wellbeing. Learning how to consume information online helps pupils question what they see and read, supporting safe and informed decision-making. Exploring families in the wider world and the challenges families may face helps pupils develop empathy and understanding of diverse experiences. Learning relaxation strategies and understanding influences on healthy eating supports both mental and physical wellbeing as pupils take more responsibility for their health. Health protection and prevention equips pupils with practical knowledge to care for themselves and others. Learning about growing up prepares pupils for change and supports confidence. British Values are embedded through exploring UNICEF Rights of the Child and understanding discrimination, helping pupils appreciate liberty, fairness, tolerance, and respect for others.</p>
Year 5	Autumn Term	<p>Pupils develop a deeper understanding of emotional wellbeing, relationships, and their growing responsibilities as they prepare for greater independence. Children learn to notice and name a wide range of emotions, explore how thinking habits can be changed, and understand rumination and worry, including strategies to manage them. Pupils consider how adult relationships can influence their future and the importance of positive role models. Through relationships education, children learn about inclusion, the impact of bullying, how words have power, and how to recognise and respond to peer pressure. Personal safety learning focuses on rail safety and ways to keep personal belongings safe. British Values are embedded through learning about democracy by exploring the role of Parliament, and through the Rule of Law by understanding what it means to break the law and why laws exist to protect people and society.</p>	<p>We teach this in Year 5 because pupils are approaching a stage of increased independence and are ready to develop a deeper understanding of their emotions, relationships, and responsibilities. At this age, children are better able to notice and name a wide range of emotions, reflect on their thinking habits, and understand concepts such as rumination and worry, alongside strategies to manage them effectively. Through relationships education, pupils explore inclusion, the impact of bullying, the power of words, and how to recognise and respond to peer pressure, supporting confident and respectful decision-making. Personal safety learning reflects real-life risks pupils may encounter as their independence increases. British Values are embedded through learning about Parliament and democracy, and through understanding the Rule of Law and the consequences of breaking it, helping pupils understand how laws protect individuals and society and prepare them for active citizenship.</p>
Year 5	Spring Term	<p>Pupils explore media influence and learn how to use mobile phones sensibly and responsibly. Through relationships education, pupils learn what online friendships are, identify dangers in online spaces and group chats, understand what grooming is in an age-appropriate way, and explore personal boundaries both online and offline. Safety learning includes developing knowledge about drugs and their risks to health. Relationships learning also focuses on challenging stereotypes related to race and religion, promoting respect and inclusion. Financial education helps pupils understand the risks associated with money, including handling money online and keeping financial information safe.</p>	<p>We teach this in Year 5 because pupils are preparing for greater independence and are increasingly exposed to complex influences both online and in the wider world. At this age, children are ready to think more critically about media, relationships, money, and personal safety. Teaching these skills helps pupils make informed, responsible choices, recognise and manage risk, and develop strong personal boundaries. Learning about inclusion, stereotypes, and respectful relationships supports empathy and positive social interactions. Developing financial awareness and understanding safety issues equips pupils with the confidence and knowledge they need as they move towards adolescence and the transition to secondary school.</p>
Year 5	Summer Term	<p>Pupils learn about deep fakes and how digital content can be manipulated, helping them think critically about what they see online. Through relationships education, pupils explore why special people are important, learn about committed relationships, and understand how these can provide care, trust, and support. General wellbeing learning supports pupils in understanding change and loss. Physical health and fitness focuses on the importance of rest, alongside healthy eating through practical learning such as Ready, Steady, Cook. Health protection and prevention includes learning about the importance of vaccines, while basic first aid develops pupils' knowledge of responding to bleeding and head injuries. As part of growing and changing, pupils take part in a nurse visit to support understanding of bodily changes. British Values are embedded through learning about liberty by exploring communities, and through tolerance and respect by</p>	<p>We teach this in Year 5 because pupils are approaching adolescence and are developing the independence, curiosity, and maturity needed to engage with more complex topics. At this stage, children benefit from learning how to think critically, manage change, and take greater responsibility for their health, relationships, and online behaviour. Teaching these skills helps pupils build resilience, make informed choices, and understand how their actions can affect themselves and others. Exploring community, respect, and differing viewpoints supports pupils in developing empathy and active citizenship, while practical health and safety learning prepares them for real-life situations as they move towards secondary school.</p>

		understanding pressure groups and how people express views in different ways.	
Year 6	Autumn Term	Pupils learn how to regulate their emotions, manage distraction, and explore the links between money and emotional wellbeing. They are encouraged to challenge stereotypes and think critically about fairness and equality. Through relationships education, pupils consider their relationship with authority, learn how to challenge sexism appropriately, understand what respectful relationships look like, and develop skills for resolving conflict. Personal safety learning focuses on water safety and understanding what spiking is, alongside strategies for keeping themselves and others safe. British Values are embedded through learning about national democracy and the Rule of Law, including the consequences of breaking the law and how laws protect individuals and society.	We teach this in Year 6 because pupils are at a key transition point and are preparing for the increased independence, responsibility, and challenge of secondary school. At this stage, children need a strong understanding of emotional regulation, respectful relationships, personal safety, and critical thinking. Teaching these areas helps pupils manage more complex social situations, make informed and responsible choices, and understand the impact of their actions. Exploring fairness, equality, and the law supports pupils in developing a strong moral compass and prepares them to engage confidently and responsibly as members of society.
Year 6	Spring Term	Pupils learn how their data can be shared online and why media content has age restrictions. Through relationships education, pupils explore safe and responsible use of images through Pick Your Pics, understand the impact of social media, learn to be critical consumers of online content, and consider how to build healthy relationships as they move into secondary school. Safety learning includes understanding alcohol and its risks. Relationships learning also addresses prejudice, helping pupils understand what it is and how they can challenge it and support others. Financial education focuses on spending influences online and making informed choices. Throughout the year, pupils are signposted to online wellbeing and support, helping them know where and how to seek help when needed.	We teach this in Year 6 because pupils are preparing for increased independence and wider digital access where they will face more complex online, social, and financial influences. At this age, pupils need a clear understanding of how their data can be shared online enabling them to make safer and more informed choices in digital spaces. Through relationships education, pupils develop the skills to form healthy, respectful relationships and manage peer influence as they move into new environments. Safety education around alcohol helps pupils understand risks and make responsible decisions, while learning about prejudice supports the development of empathy, fairness, and the confidence to challenge discrimination and support others. Financial education builds awareness of online spending influences, helping pupils make informed and responsible choices with money. By signposting online wellbeing and support services, pupils are empowered to recognise when they need help and know where to seek it, ensuring they leave primary school equipped with the knowledge, skills, and confidence to stay safe, healthy, and resilient in an increasingly digital and diverse world.
Year 6	Summer Term	Pupils learn what artificial intelligence is and how it is increasingly part of everyday life. Through relationships education, pupils explore how to respect different types of relationships, including marriage and partnerships. General wellbeing learning supports pupils in understanding how people manage loss and support one another. Physical health and fitness focuses on taking responsibility for personal health, alongside learning about the risks associated with a poor diet. Health protection and prevention includes exploring the impact of technology on health, while basic first aid develops pupils' confidence in responding to choking. As part of growing and changing, pupils learn about the physical and emotional changes of puberty in a respectful and age-appropriate way. British Values are embedded through learning about liberty by exploring human rights, and through tolerance and respect by valuing diversity and promoting inclusion.	We teach this in Year 6 because pupils are approaching adolescence and the transition to secondary school, where they will experience greater independence, responsibility, and exposure to more complex social, digital, and health-related situations. At this stage, pupils are ready to develop a deeper understanding of the modern world, including how technologies such as artificial intelligence affect everyday life and decision-making. Learning about relationships supports pupils in understanding respect, commitment, and diversity in an age-appropriate way. Physical health education encourages pupils to take increasing responsibility for their own health. Teaching about puberty prepares pupils for the physical and emotional changes they are beginning to experience, helping to reduce anxiety and promote confidence and self-respect. Embedding British Values through human rights, tolerance, and respect supports pupils in understanding fairness, inclusion, and diversity, preparing them to move on to secondary school as informed, respectful, and responsible young people.