



Personal, Social and Health Education Journey Map

Personal, Social and Health Education (PSHE) incorporates Relationships and Sex Education. In this particular subject there is no separation of skills and knowledge, because they are so closely intertwined.

In Years 1 – 3, aspects of PSHE are planned across a three-year rolling programme, so that each child studies each aspect. Certain aspects, in particular Relationships and Sex Education (RSE) and anti-bullying, are covered each year. Digital lifestyles are covered through the Computing scheme of work.

In Years 4 – 6, aspects of PSHE are taught on a two-year rolling programme, but with different content for each class. This way, children revisit some content in Year 6 which they have learned in Year 4, but in greater depth. Again, RSE and anti-bullying are covered each year and digital lifestyles are taught through Computing.

We follow the Cambridgeshire PSHE programme, whose units are referred to in brackets after each aspect name.



Years 1 - 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Journey Plan A 2021 - 22 2024 - 25	Myself and My Relationships Beginning and Belonging (MMR BB 1/2) Digital Lifestyles covered through computing lessons	Myself and My Relationships Anti-bullying (MMR AB 1/2 spread over 2 years) + Anti-bullying week	Citizenship Rights, rules and responsibilities (CIT RR 1/2)	Citizenship Financial capacity (EW FC 1/2)	Healthy & Safer Lifestyles Personal Safety (HSL PS 1/2)	Healthy & Safer Lifestyles Relationships and Sex Education (HSL RS1, 2, 3 taught in individual year groups)
Journey Plan B 2022 - 23 2025 - 26	Myself and My Relationships My Emotions (MMR ME 1/2) Digital Lifestyles covered through computing lessons	Myself and My Relationships Anti-bullying (MMR AB 1/2 spread over 2 years) + Anti-bullying week	Citizenship Working together (CIT WT 1/2)	Healthy & Safer Lifestyles Managing Safety and Risk (HSL MSR 1/2)	Healthy & Safer Lifestyles Drug Education (HSL DE 1/2)	Healthy & Safer Lifestyles Relationships and Sex Education (HSL RS1, 2, 3 taught in individual year groups)
Journey Plan C 2023 - 24 2026 - 27	Myself and My Relationships Family and Friends (MMR FF 1/2) Digital Lifestyles covered through computing lessons	Myself and My Relationships Lost and Found (ENR LF 1/2) + Anti-bullying week	Citizenship Diversity and Communities (CIT DC 1/2)	Myself and My Relationships Managing change (MMR MC 1/2)	Healthy & Safer Lifestyles Healthy Lifestyles (HSL HL 1/2)	Healthy & Safer Lifestyles Relationships and Sex Education (HSL RS1, 2, 3 taught in individual year groups)
Years 4 - 6	Autumn 1	Spring 1	Spring 1	Spring 2	Summer 1	Summer 2
Journey Plan A 2021 - 22 Journey Plan C 2023 - 24	Myself and My Relationships Beginning and belonging (MMR BB 3/4 and 5/6)	Citizenship Working together (CIT WT 3/4 and 5/6) + Anti-bullying week	Citizenship Rights, rules and responsibilities (CIT RR 3/4 and 5/6)	Healthy & Safer Lifestyles Personal Safety (HSL PS 3/4 and 5/6)	Healthy & Safer Lifestyles Drug Education (HSL DE 3/4 and 5/6)	Healthy & Safer Lifestyles Relationships and Sex Education (HSL RS 4, 5 and 6 - Each year group to be taught separately)

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	Digital Lifestyles covered through computing lessons					
Journey Plan B 2022 - 23 Journey Plan A 2024 - 25	<p>Myself and My Relationships My Emotions (MMR ME 3/4 and 5/6)</p> <p>Digital Lifestyles covered through computing lessons</p>	<p>Myself and My Relationships Anti-bullying (MMR AB 3/4 and 5/6)</p>	<p>Citizenship Diversity and Communities (CIT DC 3/4 and 5/6)</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk (HSL MSR 3/4 and 5/6)</p>	<p>Healthy & Safer Lifestyles Healthy Lifestyles (HSL HL 3/4 and 5/6)</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education (HSL RS 4, 5 and 6 - Each year group to be taught separately)</p>