MCPA

Personal Social Economic Education: Annual Overview 2024-2025

Theme	Relationships	Health and Well being	Living in the Wider World	Relationships	Health and Well being	Living in the Wider World		
Link UNICEF	Behaviour European Day of Languages	Determination/ Grit Remembrance	Courage Children's mental health week	Friendship International Women's Day	Attitude Earth Day	Enthusiasm Soccer Aid for UNICEF		
RRS	World Food Day/ Harvest Black History month	International day of Persons with Disabilities Anti-bullying week	Safer internet day LGBT+ History month	World Water Day	Mental Health Awareness week	World Refugee Day Holiday safety		
	Autuman 1	At	Caving 1	Saving 2	Summar 1	Summor 2		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Nursery		'Think Equal' Curriculum						
Year R	 Roles different people play in our lives Identify people who love and care for them and what they do to help them feel cared for. How people make friends and what makes a good friendship. Bodies and feelings can be hurt by words and actions. To recognise that some things are private and the importance of respecting privacy: that parts of the body covered by underwear are private. What is kind and unkind behaviour, and how this can affect others. 	 What keeping healthy means Foods that support good health and the risks of eating too much sugar Different feelings humans can experience To recognise and name feelings Recognise what makes them special Recognise the ways in which we are all unique Recognise risk in simple everyday situations and what action to take to minimise harm The people whose job it is to keep us safe 	 What rules are and why they are needed Different groups we belong to Not all information is true What money is- its forms and sources Everyone has different strengths 	 To identify common features of family life How to recognise when they or someone else feels lonely and what to do That bodies and feelings can be hurt by words and actions; that people can say hurtful things online How to respond safely to adults they don't know Recognise the ways in which they are the same and different to others 	 About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) About growing and changing from young to old and how people's needs change Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely About things that people can put into their body or on their skin; how these can affect how people feel 	 What money is; forms that money comes in; that money comes from different sources About the difference between needs and wants; that sometimes people may not always be able to have the things they want About preparing to move to a new class/year group About change and loss; to identify feelings associated with this; to recognise what helps people to feel better About growing and changing from young to old and how people's needs change 		
Year 1	1. Identify common features of family life 2. Recognise when they or someone else feels lonely and what to do 3. How people may feel if they experience hurtful behaviour or bullying 4. How to respond safely to adults they don't know 5. Recognise ways in which they are the same and different to others	 Simple hygiene routines that can stop germs from spreading Medicines (including vaccinations and immunisations and those that support allergic reactions) can help people stay healthy How feelings can affect people's bodies and how they behave To recognise what others might be feeling To recognise ways in which we are all unique That household products (including medicines) can be harmful if not used correctly People whose job it is to keep us safe 	1. People and other living things have different needs 2. Recognise the ways they are the same as and different to other people 3. Role of the internet in everyday life 4. Difference between needs and wants 5. Jobs help people to earn money to pay for things	 Roles different people play in our lives Simple strategies to resolve arguments between friends positively That hurtful behaviour is not acceptable; how to report bullying; the importance of telling a trusted adult How to respond if physical contact makes them feel uncomfortable or unsafe Know there are situations when they should ask for permission and also when there permission should be sought How to treat themselves and others with respect; how to be polite and courteous How to listen to other people and play and work cooperatively 	 How to keep safe in the sun and protect skin from sun damage To recognise that not everyone feels the same at the same time, or feels the same about the same things About ways of sharing feelings; a range of words to describe feelings To name the main parts of the body including external genitalia (Pantosaurus) About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely About things that people can put into their body or on their skin; how these can affect how people feel 	 Different jobs that people they know or people who work in the community do That everyone has different strengths About preparing to move to a new class/year group About change and loss; to identify feelings associated with this; to recognise what helps people to feel better About growing and changing from young to old and how people's needs change 		

Year 2	 Different types of families including those that may be different from their own Simple strategies to resolve arguments between friends positively That hurtful behaviour including teasing, name calling, bullying and deliberate exclusion of others is not acceptable; how to report bullying; the importance of telling a trusted adult Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe To listen carefully to other people and play and work cooperatively How to talk about and share their opinions on things that matter to them 	 How physical activity helps us to stay healthy; and ways to be physically active About the people who help us stay physically healthy How to recognise what others might be feeling To recognise what they are good at, what they like and dislike About rules and age restrictions that keep us safe Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult 	 Things we can do to look after the environment Roles and responsibilities of people in the community People make different choices about how to save and spend money Jobs people we know or people in the community do 	 Importance of telling someone if something about their family makes them feel unhappy or worried How to ask for help if a friendship is making them feel unhappy How people may feel if they experience hurtful behaviour or bullying The importance of not keeping adults' secrets What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard About how to treat themselves and others with respect; how to be polite and courteous That sometimes people may behave differently online, including by pretending to be someone they are not 	 About different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it How to manage when finding things difficult About growing and changing from young to old and how people's needs change About what to do if there is an accident and someone is hurt How to get help in an emergency (how to dial 999 and what to say 	 About some of the strengths and interests someone might need to do different jobs That money needs to be looked after; different ways of doing this That not all information seen online is true To recognise the ways they are the same as, and different to, other people About preparing to move to a new class/year group About change and loss; to identify feelings associated with this; to recognise what helps people to feel better About growing and changing from young to old and how people's needs change
Year 3	 To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step parents, blended families, foster parents); that families of all types can give family members love, security and stability What constitutes a positive healthy friendship (eg mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same applies to online friendships Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, trolling, name calling, bullying, harassment or exclusion); how to report concerns and get support How to get advice and report concerns if worried about their own or someone else's personal safety (including online) To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others 	 What constitutes a healthy diet; how to plan healthy meals; benefits to health and well-being of eating nutritionally rich foods; risks of not eating a healthy diet including obesity and tooth decay To recognise that habits can have both positive and negative effects on a healthy lifestyle To recognise that feelings can change over time and range in intensity Personal identity; what contributes to who we are (eg ethnicity, family, gender, faith, culture, hobbies, likes/ dislikes) Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about How to predict, assess and manage risk in different situations 	 Shared responsibility for protecting the environment in school and at home; how everyday choices affect the environment Different groups that make up our community; what living in a community means Ways the internet and social media can be used negatively and positively Risks associated with money and ways of keeping money safe There is a broad range of jobs we can doand people can have more than one job/ career 	 That a feature of positive family life is caring relationships; about the different ways in which people care for one another To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty About the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background 	 About the elements of a balanced, healthy lifestyle Develop a varied vocabulary to use when talking about feelings; about how to express feelings in different ways That mental health, just like physical health, is part of daily life; the importance of taking care of mental health About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) 	 About the different groups that make up their community; what living in a community means That people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) To identify the kind of job that they might like to do when they are older The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information Strategies to manage transitions between classes and key stages

Year 4	 To recognise that there are different types of relationships (eg friendship, family, romantic, online) How friendships can change over time, about making new friends and the benefits of having different types of friends About the impact of bullying, offline and online, and the consequences of hurtful behaviour About keeping something confidential or secret, when this should (eg surprise party) or should not be agreed to and when it is right to break confidence or share a secret That personal behaviour can affect other people; to recognise and model respectful behaviour (including online) 	 What good physical health means; how to recognise early signs of physical illness That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it About choices to support a healthy lifestyle and recognise what might influence these Strategies and behaviour that support mental health- including how good quality sleep, physical exercise, time outdoors, being involved in community, doing things for others, clubs, activities, hobbies and time with friends/ family can support mental health and well-being To identify personal strengths, skills, achievements and interests and how these contribute to self-worth About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and well-being with reference to social media, tv, films games 	 Importance of compassion towards others; shared responsibility we have to other living things Diversity; what it means, benefits of diverse communities and valuing diversity Ways information and data is shared and used online How people make spending decisions Different attitudes towards saving and spending How money can impact feelings and emotions Skills that can help them in their future careers 	 That people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online) Where to get advice and report concerns if worried about their own or someone else's personal safety (including online) How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this 	 To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult About everyday things that affect feelings and the importance of expressing feelings About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations About the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online About the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully) 	 To value the different contributions that people and groups make to the community About the relationship between rights and responsibilities About the difference between needs and wants; that sometimes people may not always be able to have the things they want That some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation Strategies to manage transitions between classes and key stages
Year 5	 To recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice The importance of seeking advice if feeling lonely or excluded That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them About discrimination; what it means and how to challenge it Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different from their own 	 How regular exercise benefits mental and physical health; recognising opportunities to be physically active and some of the risks associated with an inactive lifestyle How sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviours and ability to learn To recognise warning signs about mental health and well-being and how to seek support for themselves and others Recognise their individuality and persona; qualities How to manage setbacks/ perceived failures, including how to re-frame unhelpful thinking About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe 	 Reasons for rules and laws; consequences of not adhering How stereotypes can negatively influence behaviours and attitudes towards others About prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced How text and media can be manipulated or invented; strategies to evaluate sources Different ways to pay for things and the choices people have How people make spending decisions based on priorities, needs and wants Stereotypes in the workplace and how they should not limit aspirations What might influence a person's career or job decisions 	 About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others About seeking and giving permission (consent) in different situations About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know 	 About what is meant by first aid; basic techniques for dealing with common injuries About the mixed messages in the media about drugs, including alcohol and smoking/vaping About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break About why people choose to use or not use drugs (including nicotine, alcohol and medicines) How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say About the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully) How medicines, when used responsibly, contribute to health; that some diseases can be prevented by 	 About the different groups that make up their community; what living in a community means To value the different contributions that people and groups make to the community About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities Different ways to keep track of money To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes That some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid About risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe Strategies to manage transitions between classes and key stages

Year 6	 About the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary About discrimination: what it means and how to challenge it How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with 	 How to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult About the physical and emotional changes that happen when approaching and during puberty How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say About the importance of keeping personal information private: strategies 	 Recognise there are human rights that are there to protect everyone How stereotypes can negatively influence behaviours and attitudes towards others What things are appropriate to share and things that should not be shared on social media; including rules for sharing images People have different attitudes to towards saving and spending money; what is 'good' value for money What might influence a person's career or job decisions Skills that can help them in their future careers To recognise different routes into careers 	 That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with 	vaccinations and immunisations; how allergies can be managed 1. About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene 2. About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams 3. About where to get more information, help and advice about growing and changing, especially about puberty 4. To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction 5. About the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for	 About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information That people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations To identify the kind of job that they might like to do when they are older Strategies to manage transitions between classes and key stages
	them feel uncomfortable and strategies for managing this 5. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those	discuss feelings with a trusted adult 4. About the physical and emotional changes that happen when approaching and during puberty 5. How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	 5. What might influence a person's career or job decisions 6. Skills that can help them in their future careers 7. To recognise different routes into 	uncomfortable; how to manage this and ask for support if necessary 4. How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this 5. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those	changing, especially about puberty 4. To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction 5. About the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how	giving to charity) 4. About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations 5. To identify the kind of job that they might like to do when they are older 6. Strategies to manage transitions