# Torbay PSHE Unit of Learning Curriculum

This follows a spiral curriculum approach which enables children to revisit and deepen their understanding. These are suggested units of learning and should be adapted to reflect the local context of each school and can be reordered to reflect each school’s individual curriculum. These lessons can also be taught through discrete weekly lessons.

Years One, Three and Five

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| --- | --- | --- | --- | --- | --- | --- |
|  | Unit One | Unit Two | Unit Three | Unit Four | Unit Five | Unit Six |
| PSHE Unit of Learning | Happiness, Positivity and Feeling Special | Emotions, Feelings and Friends | Choices, Decisions and Democracy | Individuality, Independence and Assertiveness | Being Safe and Asking for Help | Growing Up, Staying Healthy and Making Ambitions |
| PSHE Association Key Theme | Relationships | Relationships | Living in the Wider World | Health and Well-Being | Relationships | Health and Well-Being |

Years Two, Four and Six

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Unit One | Unit Two | Unit Three | Unit Four | Unit Five | Unit Six |
| PSHE Unit of Learning | Citizenship, Responsibility and Leadership | Following the Law, Staying Safe and Overcoming Peer Pressure | Earning, Saving and Spending | Trade, Food Growing and Fairness | Families, Friendships and Relationships | Changes, Transitions and Maintaining Positivity |
| PSHE Association Key Theme | Living in the Wider World | Health and Well-Being | Living in the Wider World | Living in the Wider World | Relationships | Health and Well-Being |

*These suggested units of learning meet the statutory and non-statutory guidance for Key Stage One and Key Stage Two provided by the DfE; it is recommended the Christopher Winter Project for RSHE is used alongside this to securely meet the statutory requirements for Relationships and Health Education, alongside wider school opportunities.*

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[Unit of Learning: Happiness, Positivity and Feeling Special PSHE Association Theme: Relationships Year Group: 1/3/5](#_heading=h.1fob9te)

[Unit of Learning: Emotions, Feelings and Friends PSHE Association Theme: Relationships Year Group: 1/3/5](#_heading=h.3znysh7)

[Unit of Learning: Choices, Decisions and Democracy PSHE Association Theme: Living in the Wider World Year Group: 1/3/5](#_heading=h.2et92p0)

[Unit of Learning: Individuality, Independence and Assertiveness PSHE Association Theme: Health and Well-Being Year Group: 1/3/5](#_heading=h.tyjcwt)

[Unit of Learning: Being Safe and Asking for Help PSHE Association Theme: Relationships Year Group: 1/3/5](#_heading=h.3dy6vkm)

[Unit of Learning: Growing Up, Staying Healthy and Making Ambitions PSHE Association Theme: Health and Well-Being Year Group: 1/3/5](#_heading=h.1t3h5sf)

[Unit of Learning: Citizenship, Responsibility and Leadership PSHE Association Theme: Living in the Wider World Year Group: 2/4/6](#_heading=h.4d34og8)

[Unit of Learning: Following the Law, Staying Safe and Overcoming Peer Pressure PSHE Association Theme: Health and Well-Being Year Group: 2/4/6](#_heading=h.2s8eyo1)

[Unit of Learning: Earning, Saving and Spending PSHE Association Theme: Living in the Wider World Year Group: 2/4/6](#_heading=h.17dp8vu)

[Unit of Learning: Trade, Food Growing and Fairness PSHE Association Theme: Living in the Wider World Year Group: 2/4/6](#_heading=h.3rdcrjn)

[Unit of Learning: Families, Friendships and Relationships PSHE Association Theme: Relationship Year Group: 2/4/6](#_heading=h.26in1rg)

[Unit of Learning: Changes, Transitions and Maintaining Positivity PSHE Association Theme: Health and Well-Being Year Group: 2/4/6](#_heading=h.lnxbz9)