



Monkston Primary School Twinkl Life PSHE Programme of Study



	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
EYFS	All About Me <ul style="list-style-type: none"> • Our classroom and school rules • How we all help to make our classroom a happy place to learn • My Feelings • Words I can use to describe how I'm feeling • What I can do when I feel angry or upset. 	Journeys <ul style="list-style-type: none"> • Teamwork and sharing • Working together • Waiting to take turns • How can I help my friends? 	Space <ul style="list-style-type: none"> • Including everyone • Diversity within our school and the wider community. 	Growing and Changing <ul style="list-style-type: none"> • Healthy diets to help us grow • What we need to eat • How we look after our bodies and keep ourselves clean. 	Kings and Queens <ul style="list-style-type: none"> • Doing things myself and helping others • Independence • What can I do if I am worried? 	Stories from the Past <ul style="list-style-type: none"> • Challenges – moving to year 1 • What do I do when things are hard? • Perseverance • Who can help me at school?
Year 1	TEAM <ol style="list-style-type: none"> 1. Together Everyone Achieves More 2. Listening 3. Being Kind 4. Bullying and Teasing 5. Brilliant Brains 6. Making Good Choices 	Diverse Britain <ol style="list-style-type: none"> 1. My School 2. My Community 3. My Neighbourhood 4. My Country 5. British People 6. What Makes me Proud of Britain? 	Be Yourself <ol style="list-style-type: none"> 1. Marvellous Me 2. Feelings 3. Things I Like 4. Uncomfortable Feelings 5. Changes 6. Speak Up 	Money Matters <ol style="list-style-type: none"> 1. Money 2. Where Money Comes From 3. Look After It 4. Save or Spend? 5. Want or Need? 6. Going Shopping 	It's My Body <ol style="list-style-type: none"> 1. My Body, My Business 2. Active and Asleep 3. Happy Healthy Food 4. Clean as a Whistle 5. Can I Eat It? 6. I Can Choose 	Aiming High <ol style="list-style-type: none"> 1. Star Qualities 2. Positive Learners 3. Bright Futures 4. Jobs for All 5. Going for Goals 6. Looking Forward

Year 2	<p>Think Positive</p> <ol style="list-style-type: none"> 1. Think Happy, Feel Happy 2. It's Your Choice 3. Go-Getters 4. Let It Out 5. Be Thankful 6. Be Mindful 	<p>Safety First</p> <ol style="list-style-type: none"> 1. Keeping Safe 2. Staying Safe at Home 3. Staying Safe Outside 4. Staying Safe Around Strangers 5. Safe Secrets and Surprises 6. People Who Can Help 	<p>VIPs</p> <ol style="list-style-type: none"> 1. Who are your VIPs? 2. Families 3. Friends 4. Falling Out 5. Working Together 6. Showing You Care 	<p>One World</p> <ol style="list-style-type: none"> 1. Families 2. Homes 3. Schools 4. Environments 5. Resources 6. Planet Protectors 	<p>Digital Wellbeing</p> <ol style="list-style-type: none"> 1. The Internet and me 2. Online and Offline 3. Staying Safe Online 4. Personal Information 5. Communicating Online 6. True or False? 	<p>Growing Up</p> <ol style="list-style-type: none"> 1. Our Bodies 2. Is It Ok? 3. Pink and Blue 4. Your Family, My Family 5. Getting Older 6. Changes
Year 3	<p>TEAM</p> <ol style="list-style-type: none"> 1. A New Start 2. Together Everyone Achieves More 3. Working Together 4. Being Considerate 5. When Things Go Wrong 6. Responsibilities 	<p>Diverse Britain</p> <ol style="list-style-type: none"> 1. Living in the British Isles 2. Democracy 3. Rules, Laws and Responsibilities 4. Liberty 5. Tolerance and Respect 6. What does it mean to be British? 	<p>Money Matters</p> <ol style="list-style-type: none"> 1. Where does money come from? 2. Ways to Pay 3. Reasons to Borrow 4. Spending Decisions 5. Advertising 6. Keeping Track 	<p>Be Yourself</p> <ol style="list-style-type: none"> 1. Pride 2. Feelings 3. Express Yourself 4. Know Your Mind 5. Media-Wise 6. Making It Right 	<p>It's My Body</p> <ol style="list-style-type: none"> 1. My Body, My Choice 2. Fit as a Fiddle 3. Good Night, Good Day 4. Cough, Splutter and Sneeze 5. Drugs: healing or harmful? 6. Choices Everywhere! 	<p>Aiming High</p> <ol style="list-style-type: none"> 1. Achievements 2. Goals 3. Always Learning 4. Jobs and Skills 5. No Limit! 6. When I Grow Up

Year 4	Think Positive <ol style="list-style-type: none"> 1. Happy Minds, Happy People 2. Thoughts and Feelings 3. Changes 4. Keep Calm and Relax 5. You're the Boss 6. Always Learning 	Safety First <ol style="list-style-type: none"> 1. New Responsibilities 2. Risks, Hazards and Danger 3. Under Pressure 4. Safety When Out and About 5. Dangerous Substances 6. Injuries and Emergencies 	VIPs <ol style="list-style-type: none"> 1. Family and Friends 2. Fabulous Friends 3. Is This a Good Relationship? 4. Falling Out 5. What is Bullying? 6. Stand up to Bullying? 	One World <ol style="list-style-type: none"> 1. Chiwa and Kwende 2. Chiwa's Dilemma Part 1 3. Chiwa's Dilemma Part 2 4. Chiwa's Sugar 5. Chiwa's World 6. Charity for Chiwa 	Digital Wellbeing <ol style="list-style-type: none"> 1. The Digital World 2. Digital Kindness 3. Do I Know You? 4. Online Information 5. Keep It Private 6. My Digital Wellness 	Growing Up <ol style="list-style-type: none"> 1. Human Reproduction 2. Changes in Boys 3. Changes in Girls 4. Changing Emotions 5. Relationships and Families 6. Where Do I Come From?
Year 5	TEAM <ol style="list-style-type: none"> 1. Together Everyone Achieves More 2. Communicate 3. Compromise and Collaborate 4. Care 5. Unkind Behaviour 6. Shared Responsibilities 	Diverse Britain <ol style="list-style-type: none"> 1. Identities 2. Communities 3. Respecting the Law 4. Local Government 5. National Government 6. Making a Difference 	Be Yourself <ol style="list-style-type: none"> 1. You Are Unique 2. Let It Out! 3. Uncomfortable Feelings 4. The Confidence Trick 5. Do the Right Thing 6. Making Amends 	Money Matters <ol style="list-style-type: none"> 1. Look After It! 2. Critical Consumers 3. Value for Money and Ethical Spending 4. Budgeting 5. Money and Emotional Wellbeing 6. Money in the Wider World 	Aiming High <ol style="list-style-type: none"> 1. You Can Achieve Anything 2. Breaking Down Barriers 3. Future Focus 4. Equal Opportunities 5. The World of Work 6. Onwards and Upwards 	It's My Body <ol style="list-style-type: none"> 1. Your Body Is Your Own 2. Exercise Right, Sleep Tight 3. Taking Care of our Bodies 4. Harmful Substances 5. How We Think and Feel about our Bodies 6. Healthy Choices
Year 6	Think Positive <ol style="list-style-type: none"> 1. The Cognitive Triangle 2. Thoughts Are Not Facts 	Safety First <ol style="list-style-type: none"> 1. You Are Responsible 2. What Are the Risks? 	VIPs <ol style="list-style-type: none"> 1. People We Love 2. Think Before You Act 	One World <ol style="list-style-type: none"> 1. Global Citizens 2. Global Warming 3. Energy 4. Water 	Growing Up <ol style="list-style-type: none"> 1. Changing Bodies 2. Changing Emotions 	Digital Wellbeing <ol style="list-style-type: none"> 1. My Digital Life 2. Staying Safe, Healthy and Happy Online

	<ul style="list-style-type: none"> 3. Face Your Feelings 4. Choices and Consequences 5. Being Present 6. Yes I Can! 	<ul style="list-style-type: none"> 3. Making Your Mind Up 4. In an Emergency 5. Home – Safe and Sound 6. Outdoors – Playing it Safe 	<ul style="list-style-type: none"> 3. It's OK to Disagree 4. You Decide 5. Secrets 6. False Friends 	<ul style="list-style-type: none"> 5. Biodiversity 6. In Our Hands 	<ul style="list-style-type: none"> 3. Just the Way You Are 4. Relationships 5. Let's Talk About Sex 6. Human Reproduction 	<ul style="list-style-type: none"> 3. Online Relationships 4. Social Media 5. Saying No to Online Bullying 6. Fake News
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