

# LifeWise



Content  
overview for  
Lifewise PSHE  
and activity  
scheme



The content is organised into Year Groups, but it is important to note that these topics are interchangeable. With significant lack of face-to-face teaching, varied approaches to home learning, and issues raised by the Covid-19 pandemic, children are facing unique challenges. Whatever their individual experiences, it is likely all pupils will need reintroduction to learning routines and some support with wellbeing, rebuilding confidence, self-esteem and learning potential.

The 'topics' as named in the '**Lifewise PSHE** and **Activity Scheme**' within the 6 YEAR GROUPS can be used and adapted cross-phase.



**'Lifewise PSHE and Activity Scheme'**  
units cover the National Curriculum,  
Statutory and Non-Statutory Guidance  
and DfE 'Relationships' and 'British  
Values' documents



DfE  
Relationships and Sex Education (RSE)  
Health Education'  
2019

Drugs  
Education

Female  
Genital  
Mutilation

RSE

Fundamental British Values



## Topic Information

Year 1	National Curriculum Subjects	Statutory Relationships Education	Statutory Physical Health and Well-Being Education	RSE, Drugs and FGM
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**RSE** is taught across **all Year Groups from Y1 – Y6** in the ‘**Lifewise PSHE and Activity Scheme**’. It also links to a number of other topics covered in each Year Group. **RSE is not compulsory** in primary education, **however** the DfE recommends that it should be taught at this age and elements of the National Curriculum for Science already include sexual reproduction in humans, **which is compulsory**.

**Drugs Education** is specifically taught in **Years 2 and Year 6** in the ‘**Lifewise PSHE and Activity Scheme**’ and there are also links to content about medicines, household substances, peer pressure etc. across topics in other Year Groups in the Scheme. Drug awareness is part of the DfE ‘Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education’ 2019.


**Female Genital Mutilation** is specifically taught in **Year 5** in the ‘**Lifewise PSHE and Activity Scheme**’ however, there are links to areas such as respect, law, boundaries, the human body etc. across other Year Groups in the Scheme. **The decision about if, when and how to teach this subject, remains with the school**. Many primary schools teach their pupils in mixed gender lessons about FGM. (Refer to the DfE ‘Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education’ 2019 about pupils, the law and FGM for more information.

**Fundamental British Values** are **compulsory** in schools. The '**Lifewise PSHE and Activity Scheme**' addresses democracy, the rule of law, individual liberty, and mutual respect and tolerance, in **specifically taught lessons from years 3 – 6**, ensuring young people leave school prepared for life in modern Britain. **Ofsted** and the independent inspectorates take the work of schools in this area **into account during inspections**. Schools are expected to prepare learners for life in modern Britain by equipping them to be responsible, respectful, active citizens who contribute positively to society; developing their understanding of fundamental British values and appreciation of diversity; celebrating what we have in common and promoting respect for **the different protected characteristics as defined in law**.

**Trust**  
Part 2

An icon showing two stylized human figures, one red and one green, standing side-by-side with their hands raised and touching at the tips, symbolizing trust or agreement.

**Hygiene & Me**  
Part 2

An icon of a human mouth with teeth and a tongue, surrounded by small red arrows pointing outwards, representing oral hygiene.

**Family Relationships**  
Part 2

An icon showing two hands, one brown and one pink, holding each other. There are small pink hearts floating around the hands, symbolizing family or love.


**A Balanced Diet**  
Part 1

An icon of a food pyramid divided into four horizontal sections. From top to bottom: a yellow section with a triangle, a red section with a circle, a green section with a leaf, and a blue section with a square.

**Road Safety**  
Part 2

An icon of a triangular road sign with a yellow background and a black border, showing a road narrowing ahead.

**Understand Difficult Feelings**  
Part 2

An icon of a person's head and shoulders with a lightning bolt striking their forehead, symbolizing anger or frustration.

**Being Mindful**  
Part 1

An icon of a person sitting in a meditative pose with a lotus flower above their head, symbolizing mindfulness.

**Signalling and Sign Language**  
Part 2

An icon showing two hands in a specific sign language gesture, with the index finger pointing up.

**My Body Belongs to Me**  
Part 2

An icon of a young girl with blonde hair, wearing a school uniform, representing a child.

**Communicating Effectively**  
Part 2

An icon of two speech bubbles, one green and one yellow, representing communication.

Year 1		National Curriculum Subjects											Statutory Relationships Education				Statutory Physical Health and Well-being Education							Sex Education, Drugs and FGM							
Lesson Number	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Music/Drama	P.E	Computing	Languages & MFL	RE	PSHE	Families and people who care for me	Caring friendships	Respectful relations.	Online Relations.	Being Safe	Mental Well-Being	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating	Drugs, Alcohol and tobacco	Health and Prevention	Basic First Aid	Changing Adolescent Body	Drugs Education	Female Genital Mutilation	Sex Education	
1	Braving the Weather																														
2	Road Safety																														
3	Understanding Difficult Feelings																														
4	Emergency Services																														
5	Being Happy																														
6	First Aid/ CPR																														
7	Being Mindful																														
8	Communication																														
9	A problem Shared is a Problem Halved																														
10	Trust																														
11	Respecting Others																														
12	Safety symbols																														
13	Food Safety and What Not to Eat																														
14	Water Safety																														
15	My Body Belongs to Me																														
16	Getting your Sleep																														
17	Hygiene and Me																														
18	Signaling and Sign Language																														

Year 2		National Curriculum Subjects										Statutory Relationships Education					Statutory Physical Health and Well-being Education						Sex Education, Drugs and FGM								
Lesson Number	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Music/Drama	P E	Computing	Langs & WFL	R E	PSHE	Families and people who care for me	Caring Friendships	Respectful Relations	Online Relations	Being Safe	Mental Well-Being	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating	Drugs, Alcohol and tobacco	Health and Prevention	Basic First Aid	Changing Adolescence Body	Drugs Education	Female Genital Mutilation	Sex Education	
1	Forest Survival																														
2	Happiness																														
3	Its Okay Not to be Okay																														
4	Feeling Sad																														
5	Dealing with Loss																														
6	Personal Goal Setting																														
7	The Art of Failure																														
8	Fight or Flight																														
9	Relaxation																														
10	My Body is Growing																														
11	Fire safety																														
12	Medicine and Drugs																														
13	Desert Island																														
14	Navigation																														
15	Environment																														
16	Wildlife																														
17	Protecting Our Planet																														
18	Cyber Safety																														

Year 3		National Curriculum Subjects											Statutory Relationships Education					Statutory Physical Health and Well-being Education							Sex Education, Drugs And FGM			Fundamental British Values								
Lesson number	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Musical/Drama	PE	Computing	Langs & MFL	R E	PSHE	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Well-being	Internet Safety and Harms	Physical health and fitness	Healthy Eating	Drugs, Alcohol and Tobacco	Health and Prevention	Basic First Aid	Adolescent Body	Drugs Education	Female Genital Mutilation	Sex Education	Democracy	The rule of law	Individual liberty	Mutual Respect		
1	Relationships with Others																																			
2	Helping Others to Get Help																																			
3	Growth Mindset																																			
4	Mindfulness																																			
5	Self Image																																			
6	Anxiety																																			
7	Difficult Feelings & Behaviors																																			
8	Stress																																			
9	Problem Solving & Time Management																																			
10	Self-worth																																			
11	Personal Hygiene																																			
12	My Body, Your Body																																			
13	Vaccinations and Disease																																			
14	Sun Safety																																			
15	Who We Can Trust																																			
16	Exercise																																			
17	BV - Democracy & Law																																			
18	BV - Culture and Liberty																																			
19	Screen Time																																			
20	Staying Safe Online																																			



Year 4		National curriculum subjects													Statutory Relationships Education				Statutory Physical Health and Well-being Education							Sex Education, Drugs and FGM			Fundamental British Values					
Lesson Numbers	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Music/Drama	P.E.	Computing	LEGS & MFL	R.E.	PSHE	Families and People Who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Well-being	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating	Drugs, Alcohol and Tobacco	Health and Prevention	Basic First Aid	Changing Adolescent Body	Drugs Education	Female Genital Mutilation	Sex Education	Democracy	The Rule of Law	Individual Liberty	Mutual Respect
		1	Respect																															
2	Problem Solving & Resourcefulness																																	
3	Leadership																																	
4	Bullying																																	
5	Keeping My Body Safe																																	
6	Being Responsible																																	
7	Balanced Diet																																	
8	Healthy Eating																																	
9	Importance of Physical Activity																																	
10	Where Does My Food Come From?																																	
11	Sleep																																	
12	Screen Time																																	
13	Family Relationships																																	
14	BV - Government and Rules																																	
15	BV - Freedom in Beliefs																																	
16	Everything Will be All Right																																	
17	Try and Try Again																																	
18	Relaxing to Recharge																																	

Year 5		National Curriculum Subjects										Statutory Relationships Education					Statutory Physical Health and Well-being Education							Sex education, Drugs And FGM			Fundamental British Values										
Lesson Numbers	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Music/Drama	P E	Computing	Languages & MFL	RE	PSHE	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Well-being	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating	Drugs, Alcohol and Tobacco	Health and Prevention	Basic First Aid	Changing Adolescent Body	Drugs Education	Female Genital Mutilation	Sex Education	Democracy	The Rule of Law	Individual Liberty	Mutual Respect			
1	Learning	■				■	■			■			■	■	■	■	■	■	■	■	■																
2	Resilience	■				■	■			■			■	■	■	■	■	■	■	■	■	■							■								
3	Teamwork	■				■	■			■			■	■	■	■	■	■	■	■	■	■															
4	BV - Laws and Parliament	■				■	■			■			■	■	■	■	■	■	■	■	■	■													■	■	
5	Dealing with Adversity	■		■		■	■			■			■	■	■	■	■	■	■	■	■	■			■			■	■								
6	Responsibility and Inspiration	■	■			■	■			■			■	■	■	■	■	■	■	■	■	■						■								■	
7	Body Language & Communication	■		■		■	■			■			■	■	■	■	■	■	■	■	■	■														■	
8	Respecting Others' Boundaries/Beliefs	■				■	■			■			■	■	■	■	■	■	■	■	■	■						■	■	■						■	
9	My Body Changes	■		■		■	■			■			■	■	■	■	■	■	■	■	■	■					■									■	
10	The NHS	■				■	■			■			■	■	■	■	■	■	■	■	■	■						■	■								
11	You Get Out What You Put into Life	■				■	■			■			■	■	■	■	■	■	■	■	■	■						■								■	
12	Communicating Effectively	■				■	■			■			■	■	■	■	■	■	■	■	■	■															
13	The Digital World	■				■	■			■			■	■	■	■	■	■	■	■	■	■															
14	Supporting the Community	■		■		■	■			■			■	■	■	■	■	■	■	■	■	■															
15	BV - Freedom of Speech and Movement	■				■	■			■			■	■	■	■	■	■	■	■	■	■														■	■
16	Saving Money	■	■			■	■			■			■	■	■	■	■	■	■	■	■	■															
17	Borrowing Money	■				■	■			■			■	■	■	■	■	■	■	■	■	■															
18	Junk Food	■		■		■	■			■			■	■	■	■	■	■	■	■	■	■															
19	Nutritional Values	■				■	■			■			■	■	■	■	■	■	■	■	■	■															
20	The Human Body	■	■	■		■	■			■			■	■	■	■	■	■	■	■	■	■						■	■	■							
21	Keeping My Body, The Same	■				■	■			■			■	■	■	■	■	■	■	■	■	■						■	■							■	■

Year 6		National Curriculum Subjects											Statutory Relationships Education					Statutory Physical Health and Well-being Education							Sex Education, Drugs and FGM			Fundamental British Values								
Lesson Number	Topic	Literacy	Numeracy	Science	D & T	Geography	History	Art & Design	Music/Drama	PE	Computing	Living & MFL	RE	PSHE	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Well-being	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating	Drugs, Alcohol and Tobacco	Health and Prevention	Basic First Aid	Changing Adolescent Body	Drugs Education	Female Genital Mutilation	Sex Education	Democracy	The Rule of Law	Individual Liberty	Mutual Respect		
		1	Tax																																	
2	Entrepreneurship/ Enterprise and Business																																			
3	Banks																																			
4	First Aid																																			
5	Organisation of Life																																			
6	Pensions																																			
7	Power of Negotiation																																			
8	From Learning to Working																																			
9	How to Write a CV																																			
10	Self Perception																																			
11	The Government																																			
12	Law																																			
13	BV - Lawmakers and Activists																																			
14	Drugs Alcohol and Smoking																																			
15	My Amazing Body																																			
16	Transition																																			
17	BV - Rights and Radicalisation																																			
18	Feeling Anxious																																			
19	Managing Anger																																			

# LifeWise

Thank you So Much  
For Listening

