

## PSHE Year Overview – as a discrete subject and links across the curriculum

	<u>Half Term 1</u>	<u>Half Term 2</u>	<u>Half Term 3</u>	<u>Half Term 4</u>	<u>Half Term 5</u>	<u>Half Term 6</u>
<b><u>Whole School Focus/ Diary Dates</u></b>	<ul style="list-style-type: none"> <li>Rewards and consequences, school rules</li> <li>Setting up a school council</li> <li>Black History Month</li> <li>One World Week</li> </ul>	<ul style="list-style-type: none"> <li>National Anti-Bullying Week/Friendship week</li> <li>Bonfire Night</li> <li>International Children's day</li> </ul>	<ul style="list-style-type: none"> <li>Unicef Day of change</li> <li>Recycling Week</li> <li>Life Bus</li> <li>Heart Start</li> <li>Healthy Week</li> <li>E-Safety Week</li> <li>Martin Luther King Day</li> </ul>	<ul style="list-style-type: none"> <li>Mother's Day</li> <li>Red Nose Day</li> <li>Fairtrade fortnight</li> <li>International Book day</li> </ul>	<ul style="list-style-type: none"> <li>Father's Day</li> <li>Family Week</li> <li>National Children's Day</li> </ul>	<ul style="list-style-type: none"> <li>Sports/Healthy Week</li> <li>Environmental Day</li> <li>Summer Fayre</li> <li>International Week</li> <li>My Money Week</li> </ul>
<b><u>SEALs</u></b>	New Beginnings	Getting on and falling out Say no to Bullying	Going for Goals	Good to be me	Feelings and Relationships	Changes
<b><u>Reception</u></b>	Ourselves All about Me * Past and present events in own lives and lives of family members Friendship – being a good friend	Journeys Cold places Celebrations * To know about differences between self and others and among communities and traditions	Light and Dark – How does it make us feel?  * Being safe on the roads in the dark  School Nurse	Growth and Change  Healthy Eating – Showing some understanding of good exercise, eating, sleeping and hygiene	* To know about important people – the queen/royal family	Moving on – talk about worries and aspirations for year ahead.
<b><u>Year 1</u></b>	<b><u>We're All Stars!</u></b> <ul style="list-style-type: none"> <li>Devising a class charter</li> <li>Getting to know each other</li> </ul>	<b><u>Be Friendly, Be Wise</u></b> <ul style="list-style-type: none"> <li>Making friends</li> <li>Falling out with a friend</li> <li>Managing anger</li> </ul>	<b><u>Table Manners</u></b>  <b><u>Living Long, Living Strong</u></b> <ul style="list-style-type: none"> <li>SRE – Keeping clean</li> </ul>	<b><u>Daring to be Different</u></b> <ul style="list-style-type: none"> <li>Our likes and dislikes</li> <li>Feeling proud</li> <li>Being special</li> </ul>	<b><u>People who help us – stranger danger</u></b>  <b><u>Dear Diary</u></b> <ul style="list-style-type: none"> <li>Asking for help</li> <li>Feeling loved</li> </ul>	<b><u>Right and wrong</u></b> <ul style="list-style-type: none"> <li>Joining in and Joining up</li> <li>Listening effectively</li> </ul>

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	<ul style="list-style-type: none"> <li>• Problem-Solving</li> <li>• Looking after each other</li> <li>• Happy Playtimes</li> <li>• Making choices</li> </ul>	<ul style="list-style-type: none"> <li>• Anti-bullying</li> <li>• Hazards in the home and safety</li> <li>• Road safety</li> </ul>	<ul style="list-style-type: none"> <li>• SRE – Growing and changing</li> <li>• SRE – families and care</li> <li>• Looking after our teeth</li> <li>• Staying healthy</li> <li>• Setting a simple personal goal</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising worries</li> <li>• Staying calm and relaxed</li> <li>• Standing up for myself</li> </ul>	<ul style="list-style-type: none"> <li>• and cared for</li> <li>• Managing uncomfortable feelings – proud and jealous</li> <li>• Thoughts, feelings and behaviour</li> <li>• Dealing with worries</li> <li>• Supporting each other</li> </ul>	<ul style="list-style-type: none"> <li>• Expressing opinions</li> <li>• Knowing right and wrong</li> <li>• Needs of living things</li> <li>• Developing responsibility</li> <li>• Looking after animals</li> <li>• Who else looks after animals?</li> </ul>
<b><u>Year 2</u></b>	<p style="text-align: center;"><b><u>It's Our World</u></b></p> <ul style="list-style-type: none"> <li>• Devising a class charter</li> <li>• Getting to know each other</li> <li>• Communities we belong to</li> <li>• Saving energy around the school</li> <li>• Recycling</li> <li>• Pollution</li> </ul>	<p style="text-align: center;"><b><u>Say No!</u></b></p> <ul style="list-style-type: none"> <li>• Drugs Ed: medicines</li> <li>• Drugs Ed: household substances</li> <li>• Drugs Ed: the dangers of smoking</li> <li>• Drugs Ed: The dangers of alcohol</li> <li>• Feeling safe: real and imaginary hazards</li> <li>• Anti-bullying</li> </ul>	<p style="text-align: center;"><b><u>Money Matters</u></b></p> <ul style="list-style-type: none"> <li>• Why do we have money?</li> <li>• Keeping money safe</li> <li>• Can I afford it?</li> <li>• Wants and needs</li> <li>• What does it mean to be rich?</li> <li>• Setting a simple goal.</li> </ul>	<p style="text-align: center;"><b><u>Who likes Chocolate?</u></b></p> <ul style="list-style-type: none"> <li>• Foods from around the world</li> <li>• Customs and rituals</li> <li>• Special day foods and celebrations</li> <li>• How much chocolate do we eat? Where does chocolate come from?</li> <li>• Fair trade principles</li> </ul>	<p style="text-align: center;"><b><u>People Around us</u></b></p> <ul style="list-style-type: none"> <li>• Special people</li> <li>• People who help us</li> <li>• Feeling lonely</li> <li>• Different kinds of families</li> <li>• Difficult choices – leaving home</li> <li>• People and places around the world</li> </ul>	<p style="text-align: center;"><b><u>Growing up</u></b></p> <ul style="list-style-type: none"> <li>• SRE: differences: boys and girls</li> <li>• SRE: Differences male and female</li> <li>• SRE: naming the body parts</li> <li>• Being unique</li> <li>• Making changes happen</li> <li>• Changing our behaviour</li> </ul>
<b><u>Year 3</u></b>	<p style="text-align: center;"><b><u>We're All Stars!</u></b></p> <ul style="list-style-type: none"> <li>• Devising a class charter</li> </ul>	<p style="text-align: center;"><b><u>Be Friendly, Be Wise</u></b></p> <ul style="list-style-type: none"> <li>• The importance</li> </ul>	<p style="text-align: center;"><b><u>Living Long, Living Strong</u></b></p> <ul style="list-style-type: none"> <li>• SRE –</li> </ul>	<p style="text-align: center;"><b>Road Safety</b></p> <p style="text-align: center;"><b><u>Daring to be</u></b></p>	<p style="text-align: center;"><b>Recycling and the environment</b></p>	<p style="text-align: center;"><b>Staying safe and keeping healthy</b></p>

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	<ul style="list-style-type: none"> <li>• Gifts and talents</li> <li>• Exploring feelings</li> <li>• Working cooperatively</li> <li>• Happy playtimes</li> <li>• Having opinions</li> </ul>	<p>of friends</p> <ul style="list-style-type: none"> <li>• Falling out with a friend</li> <li>• Managing anger</li> <li>• Anti-bullying</li> <li>• What to do in an emergency</li> <li>• E-safety</li> </ul>	<p>differences: male and female</p> <ul style="list-style-type: none"> <li>• SRE – personal space</li> <li>• SRE – family differences</li> <li>• Feeling happy</li> <li>• Staying healthy</li> <li>• Overcoming barriers to reaching goals.</li> </ul>	<p><b><u>Different</u></b></p> <ul style="list-style-type: none"> <li>• Similarities and differences</li> <li>• Feeling good about yourself</li> <li>• Surprises</li> <li>• Hopeful and disappointed</li> <li>• Hiding or showing feelings</li> <li>• Standing up for myself</li> </ul>	<p><b><u>Dear Diary</u></b></p> <ul style="list-style-type: none"> <li>• Knowing where to go for help</li> <li>• Taking responsibility</li> <li>• Making wise choices</li> <li>• Managing uncomfortable feelings - loss</li> <li>• Dealing with worries</li> <li>• Supporting each other</li> </ul>	<p><b><u>Right and wrong</u></b></p> <ul style="list-style-type: none"> <li>• Jobs at home and in school</li> <li>• Representation – local council</li> <li>• Voting and debating</li> <li>• Having a say in the school community</li> <li>• Voluntary, community and pressure groups</li> <li>• Fundraising</li> </ul>
<b><u>Year 4</u></b>	<p><b><u>It's Our World</u></b></p> <ul style="list-style-type: none"> <li>• Devising a class charter</li> <li>• Understanding rules and laws</li> <li>• Saving energy</li> <li>• Climate change</li> </ul>	<p><b><u>Say No!</u></b></p> <ul style="list-style-type: none"> <li>• Drugs Ed: Risk taking</li> <li>• Drugs Ed: Legal and illegal drugs</li> <li>• Drugs Ed: Effects and risks of smoking</li> <li>• Drugs Ed: Effects and risks of alcohol</li> <li>• Keeping safe in my local area</li> <li>• Anti-bullying</li> </ul>	<p><b><u>Money Matters</u></b></p> <ul style="list-style-type: none"> <li>• Keeping track of my money</li> <li>• Paying for goods</li> <li>• Family expenses</li> <li>• Planning and budgeting</li> <li>• Charity work</li> <li>• Fund-raising for charity</li> <li>•</li> </ul>	<p><b><u>Who likes Chocolate?</u></b></p> <ul style="list-style-type: none"> <li>• The real cost of chocolate</li> <li>• What is fair trade?</li> <li>• Consumer power?</li> <li>• The media and information</li> <li>• Advertising</li> <li>• Recognising and challenging stereotypes</li> </ul>	<p><b><u>People Around us</u></b></p> <ul style="list-style-type: none"> <li>• Similarities and differences</li> <li>• How we are all connected</li> <li>• Living and working cooperatively</li> <li>• Recognising and challenging prejudice</li> <li>• Gender-stereotypes</li> <li>• Contributing to society – jobs people do.</li> </ul>	<p><b><u>In the Media</u></b></p> <p><b><u>Growing up</u></b></p> <ul style="list-style-type: none"> <li>• SRE: growing and changing</li> <li>• SRE – body changes and reproduction</li> <li>• SRE: what is puberty</li> <li>• Wishes, hopes and dreams</li> <li>• Positive change</li> <li>• Unwelcome change</li> </ul>

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<b><u>Year 5</u></b>	<p><b><u>We're All Stars!</u></b></p> <ul style="list-style-type: none"> <li>Devising a class charter</li> <li>Gifts and talents</li> <li>Exploring feelings</li> <li>Working cooperatively</li> <li>Communication Skills</li> <li>Role models</li> </ul>	<p><b><u>Be Friendly, Be Wise</u></b></p> <ul style="list-style-type: none"> <li>Different types of friends</li> <li>Conflict resolution</li> <li>Managing anger</li> <li>Anti-bullying</li> <li>First Aid</li> </ul>	<p><b><u>Living Long, Living Strong</u></b></p> <ul style="list-style-type: none"> <li>SRE – talking about puberty</li> <li>SRE – male and female changes</li> <li>SRE – puberty and hygiene</li> <li>The concept of well-being</li> <li>Being an effective learner</li> <li>Role models</li> </ul>	<p><b><u>Daring to be Different</u></b></p> <ul style="list-style-type: none"> <li>Differences of opinion</li> <li>Agreeing and disagreeing</li> <li>Risky choices</li> <li>Standing out from the crowd</li> <li>Being assertive</li> <li>Anti-bullying</li> </ul>	<p><b><u>Dear Diary</u></b></p> <ul style="list-style-type: none"> <li>Knowing where to go for help</li> <li>Managing uncomfortable feelings - embarrassment</li> <li>Put-downs and boost-ups</li> <li>Breaking friends</li> <li>Forgiveness</li> <li>Supporting each other</li> </ul>	<p><b><u>Right and wrong</u></b></p> <ul style="list-style-type: none"> <li>Anti-social behaviour and the consequences of crime</li> <li>Rules and laws</li> <li>The local courts</li> <li>Voting and debating</li> <li>Having a say in the school community</li> <li>Fund-raising</li> </ul>
<b><u>Year 6</u></b>	<p><b><u>It's Our World</u></b></p> <ul style="list-style-type: none"> <li>Devising a class charter</li> <li>Understanding democracy</li> <li>Environmental awareness and responsibility</li> <li>Climate change</li> <li>Sustainability issues</li> </ul>	<p><b><u>Say No!</u></b></p> <ul style="list-style-type: none"> <li>Drugs Ed: Risk taking and dealing with pressure</li> <li>Drugs Ed: legal and illegal drugs</li> <li>Drugs Ed: say no to smoking</li> <li>Drugs Ed: attitude to alcohol</li> <li>Feeling safe in my local area</li> <li>Anti-bullying</li> </ul>	<p><b><u>Money Matters</u></b></p> <ul style="list-style-type: none"> <li>Earning money</li> <li>Value of money</li> <li>Lending and borrowing money</li> <li>Achieving goals</li> <li>Deductions and expenses</li> <li>Poverty</li> </ul>	<p><b><u>Who likes Chocolate?</u></b></p> <ul style="list-style-type: none"> <li>Rich and poor nations</li> <li>Trade across the world</li> <li>Global footprints</li> <li>Food shortages and hunger</li> <li>Fairness and responsibility</li> <li>Reporting the news.</li> </ul>	<p><b><u>People Around us</u></b></p> <ul style="list-style-type: none"> <li>National, religious and ethnic identities in the UK</li> <li>Different types of relationships</li> <li>Stereotyping and judgement</li> <li>Put-downs and conflict</li> <li>Ending friendships</li> <li>Forgiveness</li> </ul>	<p><b><u>Moving on Growing up</u></b></p> <ul style="list-style-type: none"> <li>SRE: Puberty and reproductions</li> <li>SRE: Relationships and reproduction</li> <li>SRE: Conception and pregnancy</li> <li>SRE: Being a parent</li> <li>Common responses to</li> </ul>

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							change
							<ul style="list-style-type: none"><li>• Transition and moving on</li></ul>