

SUBJECT OVERVIEW – PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Why we need rules. Different rules for different situations. We are all unique That everyone has different strengths. The things that I am good at and the things I want to get better at. Some strategies I can use when I am finding things hard.</p>	<p>Different jobs Different ways to keep healthy Physical activity to stay healthy How to be physically active every day. Knowing when to take a break from time online or TV. People who help us to stay physically healthy</p>	<p>A range of feelings people experience Recognise and name feelings I have Different feelings affect my body Recognise and name feelings others have Not everyone feels the same at the same time, or feels the same about the same things</p>	<p>Different people play different roles in my life. Special people in my life. Different types of families Common features of family life.. Tell someone if something about my family makes me feel unhappy/worried.</p>	<p>Kind and unkind behaviour. Using good manners. Respond safely to adults I don't know. Permission – giving and getting. Names of the main parts of the body inc external genitalia If physical contact makes me feel uncomfortable/unsafe.</p>	<p>The benefits of a balanced, diet How germs spread – hand hygiene Safe & unsafe sun Basic rules to keep safe online Different pets have different needs. Some ways we can help look after our school & local environment.</p>
Year 2	<p>The importance of sleep. Different ways of relaxing & when How food and drink affect my teeth. Keeping my teeth healthy. Use colours to describe my feelings. How memories make us feel. People's needs change as they get older.</p>	<p>Hazards at home. Simple rules to make things safer. If there is an accident at home. Feeling unwell/better Medicines. An emergency - 999 Know my address and postcode. Groups people belong to. Jobs which benefit the community</p>	<p>Showing respect to different people Spending and saving money - choices Money comes from having a job. Money to eat, have shelter & stay safe. Need vs want Forms of money: cash, notes, cheque, credit card. Keeping money safe in a bank account or safe place.</p>	<p>Jobs help people pay for things they need. A good friend is kind. We need friends that care and are kind. Resolve arguments positively. Be mindful of own words & actions. Bullying is a deliberate repeated action to hurt someone else. Talk to a trusted adult if I am worried.</p>	<p>Surprise vs secret Talk to a trusted adult if I am worried/unhappy Resisting pressure from peers or online. My choice to say yes or no may be different Who to ask for help if I feel unsafe or worried. Working cooperatively Important qualities of a good friendship Making new friends Solving disagreements</p>	<p>Define terms bullying and teasing & impact. Identify risks on the Internet & rules Skills needed to co-operate with others. Change is part of life. Positive aspects of change. Challenges which change brings. Who can help us deal with change.</p>

<p>Year 3</p>	<p>Different types of relationships. Family structures. Families give love and stability. Caring relationships as key to positive family life. Characteristics of healthy family life. If family makes them feel unhappy or unsafe.</p>	<p>What is safe to share online Responding appropriately to unknown people. What is bullying Dealing with unkind behaviour online and Cyberbullying My behaviour can affect others Manners vary in different situations.</p>	<p>Why we have rules (BV: Rule of Law) Human Rights. Relationship between rights and responsibilities Environmental benefits of recycling Not all emails are genuine Not all information found on search engines is valuable</p>	<p>Skills and interests that might benefit a range of jobs. My strengths and their impact. Self-respect links to happiness Many people will have more than one job or career Stereotypes in the workplace should not limit peoples career aspirations</p>	<p>A balanced diet & its effect on mood and behaviour. Carbohydrates & energy/ Protein & Repair Food Groups Dental hygiene Relax the body & mind My actions impact my happiness My qualities</p>	<p>Break a problem down into smaller, achievable goals. Learning from mistakes. Road safety. Call the emergency services Assess a casualty's condition /identify an allergic reaction Recognise an asthma attack Give basic first aid</p>
<p>Year 4</p>	<p>Friendship boundaries All friendships will sometimes have problems & how to resolve them Similarities and differences with between people. The effect of what I do and say Compassion Charities support communities and how I can help. Dental hygiene</p>	<p>What is mental health. Ways I can ask for help if I feel alone Online friends vs real world friends People behave differently online Reporting any concerns I have when I'm online Name people I can trust The impact of bullying. Bystanders of bullying</p>	<p>Privacy Secrets vs surprises Human rights and why they are important Community groups and how they use community buildings Contribution of community groups How community groups can focus on a different area of interest. The value of diversity within the community</p>	<p>Online content can be age restricted and why that is there to protect us. Benefits/risks of sharing online Reusing vs recycling and which benefits the environment. Healthy food choices. The benefits of physical activity on our body and mind. What it means to have a balanced lifestyle</p>	<p>Different ways to pay - all require money. What is good value for money. What influences our spending decisions. Budgeting & creating a simple budget. Situations involving money impact on how we feel. Keeping track of money Money can be lost, feelings this might cause and ways to prevent this.</p>	<p>Taking medicines correctly, using household products safely, identifying risk. Medicines support health & wellbeing. Preventative medicines stop disease spreading. Bereavement Goals and future achievement Non verbal communication. Being a good listener Places of calm and relaxation</p>

