**Subject Overview: PSHE**

**2022-2023**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Reception | * See themselves as a valuable individual.
* Build constructive and respectful relationships.
* Express their feelings and consider the feelings of others
* Show resilience and perseverance in the face of challenge.
* Identify and moderate their own feelings socially and emotionally.
* Think about the perspectives of others.
 | Focus on Oral hygiene – visit from school dental nurse | * See themselves as a valuable individual.
* Build constructive and respectful relationships.
* Express their feelings and consider the feelings of others
* Show resilience and perseverance in the face of challenge.
* Identify and moderate their own feelings socially and emotionally.
* Think about the perspectives of others.
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| Year 1 | Living in the Wider World:What are class rules? (British Values) | Mental and Emotional Health: What makes me happy? What are feelings?What is the difference between good secrets and bad secrets?How does my behaviour affect others? | Healthy Lifestyles:What foods should I eat?How can I look after my teeth?Why is it important to wash my hands? | Keeping Safe: What are the rules for keeping me safe at school and outside?What are rules about household substances?What is an emergency and what do I do? | Relationships and Sex Education: Who are the people in my live who love and care for me?What are the differences and similarities between people?What are the similarities between girls and boys? | Living in the wider world:Where does our money come from? What is the environment? |
| Year 2 | Living in the wider world: What groups and communities am I a part of? | Mental and Emotional Health: What is the difference between small feelings and big feelings?How can I keep safe online?What makes others happy? What is the different between joking, teasing and bullying? | Healthy Lifestyles: How do I keep myself healthy?Why is it important to keep active?How can I prevent diseases spreading? | Keeping Safe: What happens when I breathe smoke in the air?How do I recognise risks in my life?What do I do in an emergency? | Relationships and Sex Education: What is private? (body parts)What happens when the body grows young to old?What is fair, unfair, kind and unkind? (friendship) | Living in the wider world: How do we make choices about spending money?How can we look after the environment? |
| Year 3 | Living in the wider world: How do rules and law protect me? | Mental and Emotional Health: How do my feelings affect my behaviourHow can I manage my feelings?What are the ways we communicating online?What am I good at? | Healthy Lifestyles: What is a healthy diet? What is an unhealthy diet?How do I keep safe in the sun?Why is personal hygiene important? | Keeping Safe: What happens when I breathe smoke in the air? How do I recognise risks in my life?What do I do in an emergency? | Relationships and Sex Education: What is personal space?What does a healthy relationship look like?Why is being equal important in relationships? | Living in the wider world: What is the difference between my local British communities and global communities?What are the links between work and money? |
| Year 4 | Living in the wider world:What are the rights of the child? | Mental and Emotional Health: What is resilience?What does it mean to have responsibility over my choices and actions?What is discrimination? | Healthy Lifestyles: How do I make sure I sleep well?What is fuel for the body?How do I know if I’m physically ill? | Keeping Safe: How do I manage risks in my life?What is self-control?What is the difference between legal and illegal drugs? Are all drugs harmful? | Relationships and Sex Education: What is diversity?Do boys and girls have different roles?What changes happen to my body? | Living in the wider world: How do we look after our money?What is sustainability? |
| Year 5 | Living in the wider world: How are rules and law made and changed? | Mental and Emotional Health: What is mental health?How do I negotiate and compromise? How do I stay safe on a mobile or tablet?How can I be happy being me? (body image) | Healthy Lifestyles: How can we stop the spread of infection?Why is it important to know about nutritional content of food? | Keeping Safe: How do I respond to dares?What are ‘habits’? Who or what influences me? | Relationships and Sex Education: What is puberty?What are the different relationships in my life?What is unwanted touch?(Additional lesson) Understanding FGM | Living in the wider world: What is Fair Trade?How can I develop my enterprise skills? |
| Year 6 | Living in the wider world:Why is it important to be critical of the media online and offline? | Mental and Emotional Health: How can I challenge negative thoughts and feelings?What is stereotyping?How can the internet positively and negatively affect our mental health? | Healthy Lifestyles: How is my mental and physical wellbeing connected?How do I keep physically healthy?Can I plan and prepare a healthy meal? | Keeping Safe: How do drugs affect the mind and body?How do I manage peer pressure?What are basic emergency first aid skills? | Relationships and Sex Education: What changes happen in my life?What happens in a loving relationship and what is forced marriage?How is a baby made? | Living in the wider world: How do people manage money?What do I want to be? |