**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. | | |
| 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 behaviour  How 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? |