


## Subject Overview: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> <li>• See themselves as a valuable individual.</li> <li>• Build constructive and respectful relationships.</li> <li>• Express their feelings and consider the feelings of others</li> <li>• Show resilience and perseverance in the face of challenge.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> <li>• Think about the perspectives of others.</li> </ul> <p>NSPCC PANTS lessons</p>		Focus on Oral hygiene – visit from school dental nurse	<ul style="list-style-type: none"> <li>• See themselves as a valuable individual.</li> <li>• Build constructive and respectful relationships.</li> <li>• Express their feelings and consider the feelings of others</li> <li>• Show resilience and perseverance in the face of challenge.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> <li>• Think about the perspectives of others.</li> <li>• PANTS- unwanted touch (RSE)</li> </ul>		
Year 1	<p>Living in the Wider World:</p> <p>What are class rules? (British Values)</p>	<p>Mental and Emotional Health:</p> <p>What makes me happy? What are feelings?</p>	<p>Healthy Lifestyles:</p> <p>What foods should I eat?</p> <p>How can I look after my teeth?</p>	<p>Keeping Safe:</p> <p>What are the rules for keeping me safe at school and outside?</p>	<p>Relationships and Sex Education:</p> <p>Who are the people in my live who love and care for me?</p>	<p>Living in the wider world:</p> <p>Where does our money come from?</p> <p>What is the environment?</p>

		<p>What is the difference between good secrets and bad secrets?</p> <p>How does my behaviour affect others?</p>	<p>Why is it important to wash my hands?</p>	<p>What are rules about household substances?</p> <p>What is an emergency and what do I do?</p> <p>NSPCC PANTS lessons</p>	<p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys?</p>	
Year 2	<p>Living in the wider world: What groups and communities am I a part of?</p>	<p>Mental and Emotional Health: What is the difference between small feelings and big feelings?</p> <p>How can I keep safe online?</p> <p>What makes others happy? What is the different between joking, teasing and bullying?</p>	<p>Healthy Lifestyles: How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases spreading?</p>	<p>Keeping Safe: Feeling Unwell</p> <p>Safe at home (electrical and fire)</p> <p>My responsibilities</p>	<p>Relationships and Sex Education: What is private? (body parts)</p> <p>What happens when the body grows young to old?</p> <p>What is fair, unfair, kind and unkind? (friendship)</p>	<p>Living in the wider world: How do we make choices about spending money?</p> <p>How can we look after the environment?</p>
Year 3	<p>Living in the wider world: How do rules and law protect me?</p>	<p>Mental and Emotional Health: How do my feelings affect my behaviour</p> <p>How can I manage my feelings?</p>	<p>Healthy Lifestyles: What is a healthy diet? What is an unhealthy diet?</p> <p>How do I keep safe in the sun?</p>	<p>Keeping Safe: What happens when I breathe smoke in the air?</p> <p>How do I recognise risks in my life?</p>	<p>Relationships and Sex Education: What is personal space?</p> <p>What does a healthy</p>	<p>Living in the wider world: What is the difference between my local British communities and global communities?</p>

		<p>What are the ways we communicating online?</p> <p>What am I good at?</p>	<p>Why is personal hygiene important?</p>	<p>What do I do in an emergency?</p>	<p>relationship look like?</p> <p>Why is being equal important in relationships?</p>	<p>What are the links between work and money?</p>
Year 4	<p>Living in the wider world: What are the rights of the child?</p>	<p>Mental and Emotional Health: What is resilience? What does it mean to have responsibility over my choices and actions?</p> <p>What is discrimination?</p>	<p>Healthy Lifestyles: How do I make sure I sleep well? What is fuel for the body?</p> <p>How do I know if I'm physically ill?</p>	<p>Keeping Safe: How do I manage risks in my life?</p> <p>What is self-control?</p> <p>What is the difference between legal and illegal drugs? Are all drugs harmful?</p>	<p>Relationships and Sex Education: What is diversity? Do boys and girls have different roles?</p> <p>What changes happen to my body?</p>	<p>Living in the wider world: How do we look after our money?</p> <p>What is sustainability?</p>
Year 5	<p>Living in the wider world: How are rules and law made and changed?</p>	<p>Mental and Emotional Health: What is mental health?</p> <p>How do I negotiate and compromise?</p> <p>How do I stay safe on a mobile or tablet?</p> <p>How can I be happy being me? (body image)</p>	<p>Healthy Lifestyles: How can we stop the spread of infection?</p> <p>Why is it important to know about nutritional content of food?</p>	<p>Keeping Safe: How do I respond to dares?</p> <p>What are 'habits'?</p> <p>Who or what influences me?</p>	<p>Relationships and Sex Education: What is puberty?</p> <p>What are the different relationships in my life?</p> <p>What is unwanted touch?</p> <p>(Additional lesson) Understanding FGM</p>	<p>Living in the wider world: What is Fair Trade?</p> <p>How can I develop my enterprise skills?</p>

Year 6	<p>Living in the wider world: Why is it important to be critical of the media online and offline?</p>	<p>Mental and Emotional Health: How can I challenge negative thoughts and feelings?</p> <p>What is stereotyping? How can the internet positively and negatively affect our mental health?</p>	<p>Healthy Lifestyles: How is my mental and physical wellbeing connected?</p> <p>How do I keep physically healthy? Can I plan and prepare a healthy meal?</p>	<p>Keeping Safe: How do drugs affect the mind and body?</p> <p>How do I manage peer pressure?</p> <p>What are basic emergency first aid skills?</p>	<p>Relationships and Sex Education: What changes happen in my life?</p> <p>What happens in a loving relationship and what is forced marriage? How is a baby made?</p>	<p>Living in the wider world: How do people manage money?</p> <p>What do I want to be?</p>
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