**CATFORTH PRIMARY SCHOOL**

**PSHE COVERAGE ACROSS THE SCHOOL**

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| **YEAR GROUP** | **AUTUMN TERM A** | **AUTUMN TERM B** | **SPRING TERM A** | **SPRING TERM B** | **SUMMER TERM A** | **SUMMER TERM B** |
| **Lions****Nursery** | **Me and My relationships** Marvelous Me!I’m special!People who are special to me | **Valuing differences** Me and my friendsFriends and familyIncluding everyone | **Keeping myself safe** People who help me and keep me safeSafety indoors and outdoorsWhat’s safe to go into my body | **Rights and responsibilities**Looking after myselfLooking after othersLooking after my environment | **Being my best** What does my body need?I can keep tryingI can do it! | **Growing and changing**Growing and changing in NatureWhen I was a babyGirls, boys and families |
| **Lions****EYFS** | **Me and My relationships** What makes me specialPeople close to meGetting help | **Valuing differences** Similarities and differenceCelebrating differenceShowing kindness | **Keeping myself safe** Keeping my body safeSafe secrets and touchesPeople who help to keep us safe | **Rights and responsibilities**Looking after things: friends, environment, money | **Being my best** Keeping by body healthy – food, exercise, sleepGrowth Mindset | **Growing and changing** CyclesLife stagesGirls and boys – similarities and difference |
| **Tigers****Cycle A** | **Me and My relationships** FeelingsGetting helpClassroom rulesSpecial peopleBeing a good friend | **Valuing differences** Recognising, valuing and celebrating differenceDeveloping respect and accepting othersBullying and getting help | **Keeping myself safe** How our feelings can keep us safe – including online safetySafe and unsafe touchesMedicine SafetySleep  | **Rights and responsibilities** Taking care of things:MyselfMy moneyMy environment | **Being my best** Growth MindsetHealthy eatingHygiene and healthCooperation | **Growing and changing** Getting helpBecoming independentMy body partsTaking care of self and others |
| **Tigers** **Cycle B** | **Me and My relationships** Bullying and teasingOur school rules about bullyingBeing a good friendFeelings/self-regulation | **Valuing differences** Being kind and helping others Celebrating difference People who help usListening Skills | **Keeping myself safe** Safe and unsafe secretsAppropriate touch Medicine safety | **Rights and responsibilities** CooperationSelf-regulationOnline safetyLooking after money – saving and spending | **Being my best** Growth MindsetLooking after my bodyHygiene and healthExercise and sleep | **Growing and changing** Life cyclesDealing with lossBeing supportiveGrowing and changingPrivacy |
| **Jaguars****Cycle A** | **Me and My relationships** Rules and their purposeCooperationFriendship (including respectful relationships)Coping with loss | **Valuing differences** Recognising and respecting diversityBeing respectful and tolerant My community | **Keeping myself safe** Managing riskDecision-making skillsDrugs and their risksStaying safe online | **Rights and responsibilities** Skills we need to develop as we grow upHelping and being helpedLooking after the environmentManaging money | **Being my best** Keeping myself healthyand well Celebrating anddeveloping my skillsDeveloping empathy | **Growing and changing** RelationshipsChanging bodies and pubertyKeeping safeSafe and unsafe secrets |
| **Jaguars****Cycle B** | **Me and My relationships** Healthy relationshipsListening to feelingsBullyingAssertive skills | **Valuing differences** Recognising and celebrating difference (including religions and cultural difference)Understanding and challenging stereotypes | **Keeping myself safe** Managing riskUnderstanding the norms of drug use (cigarette and alcohol use)InfluencesOnline safety | **Rights and responsibilities** Making a difference (different ways of helping others or the environment)Media influenceDecisions about spending money | **Being my best** Having choices and making decisions about my healthTaking care of my environmentMy skills and interests | **Growing and changing** Body changes during pubertyManaging difficult feelingsRelationships including marriage |
| **Panthers****YEARS 5** | **Me and My relationships** FeelingsFriendship skills, including compromiseAssertive skills CooperationRecognising emotional needs | **Valuing differences** Recognising and celebrating difference, including religions and culturalInfluence and pressure of social media | **Keeping myself safe** Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol)Decision-making skills | **Rights and responsibilities** Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending  | **Being my best** Growing independence and taking ownershipKeeping myself healthy Media awareness and safety My community | **Growing and changing**Managing difficult feelingsManaging changeHow my feelings help keeping safeGetting help  |
| **Panthers YEAR 6** | **Me and My relationships** AssertivenessCooperationSafe/unsafe touchesPositive relationships | **Valuing differences** Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping  | **Keeping myself safe** Understanding emotional needsStaying safe online Drugs: norms and risks (including the law) | **Rights and responsibilities** Understanding media bias, including social mediaCaring: communities and the environmentEarning and saving moneyUnderstanding democracy | **Being my best** Aspirations and goal setting Managing risk Looking after my mental health | **Growing and changing** Coping with changesKeeping safe Body ImageSex educationSelf-esteem  |