**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 friends  Friends and family  Including everyone | **Keeping myself safe**  People who help me and keep me safe  Safety indoors and outdoors  What’s safe to go into my body | **Rights and responsibilities**  Looking after myself  Looking after others  Looking after my environment | **Being my best**  What does my body need?  I can keep trying  I can do it! | **Growing and changing**  Growing and changing in Nature  When I was a baby  Girls, boys and families |
| **Lions**  **EYFS** | **Me and My relationships**  What makes me special  People close to me  Getting help | **Valuing differences**  Similarities and difference  Celebrating difference  Showing kindness | **Keeping myself safe**  Keeping my body safe  Safe secrets and touches  People who help to keep us safe | **Rights and responsibilities**  Looking after things: friends, environment, money | **Being my best**  Keeping by body healthy – food, exercise, sleep  Growth Mindset | **Growing and changing**  Cycles  Life stages  Girls and boys – similarities and difference |
| **Tigers**  **Cycle A** | **Me and My relationships**  Feelings  Getting help  Classroom rules  Special people  Being a good friend | **Valuing differences**  Recognising, valuing and celebrating difference  Developing respect and accepting others  Bullying and getting help | **Keeping myself safe**  How our feelings can keep us safe – including online safety  Safe and unsafe touches  Medicine Safety  Sleep | **Rights and responsibilities**  Taking care of things:  Myself  My money  My environment | **Being my best**  Growth Mindset  Healthy eating  Hygiene and health  Cooperation | **Growing and changing** Getting help  Becoming independent  My body parts  Taking care of self and others |
| **Tigers**  **Cycle B** | **Me and My relationships**  Bullying and teasing  Our school rules about bullying  Being a good friend  Feelings/self-regulation | **Valuing differences**  Being kind and helping others  Celebrating difference  People who help us  Listening Skills | **Keeping myself safe**  Safe and unsafe secrets  Appropriate touch  Medicine safety | **Rights and responsibilities**  Cooperation  Self-regulation  Online safety  Looking after money – saving and spending | **Being my best**  Growth Mindset  Looking after my body  Hygiene and health  Exercise and sleep | **Growing and changing** Life cycles  Dealing with loss  Being supportive  Growing and changing  Privacy |
| **Jaguars**  **Cycle A** | **Me and My relationships**  Rules and their purpose  Cooperation  Friendship (including respectful relationships)  Coping with loss | **Valuing differences**  Recognising and respecting diversity  Being respectful and tolerant  My community | **Keeping myself safe**  Managing risk  Decision-making skills  Drugs and their risks  Staying safe online | **Rights and responsibilities**  Skills we need to develop as we grow up  Helping and being helped  Looking after the environment  Managing money | **Being my best**  Keeping myself healthy  and well  Celebrating and  developing my skills  Developing empathy | **Growing and changing** Relationships  Changing bodies and puberty  Keeping safe  Safe and unsafe secrets |
| **Jaguars**  **Cycle B** | **Me and My relationships**  Healthy relationships  Listening to feelings  Bullying  Assertive skills | **Valuing differences**  Recognising and celebrating difference (including religions and cultural difference)  Understanding and challenging stereotypes | **Keeping myself safe**  Managing risk  Understanding the norms of drug use (cigarette and alcohol use)  Influences  Online safety | **Rights and responsibilities**  Making a difference (different ways of helping others or the environment)  Media influence  Decisions about spending money | **Being my best**  Having choices and making decisions about my health  Taking care of my environment  My skills and interests | **Growing and changing** Body changes during puberty  Managing difficult feelings  Relationships including marriage |
| **Panthers**  **YEARS 5** | **Me and My relationships**  Feelings  Friendship skills, including compromise  Assertive skills  Cooperation  Recognising emotional needs | **Valuing differences** Recognising and celebrating difference, including religions and cultural  Influence 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 ownership  Keeping myself healthy  Media awareness and safety  My community | **Growing and changing**  Managing difficult feelings  Managing change  How my feelings help keeping safe  Getting help |
| **Panthers YEAR 6** | **Me and My relationships**  Assertiveness  Cooperation  Safe/unsafe touches  Positive relationships | **Valuing differences** Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying  Understanding Bystander behaviour  Gender stereotyping | **Keeping myself safe**  Understanding emotional needs  Staying safe online  Drugs: norms and risks (including the law) | **Rights and responsibilities**  Understanding media bias, including social media  Caring: communities and the environment  Earning and saving money  Understanding democracy | **Being my best**  Aspirations and goal setting  Managing risk  Looking after my mental health | **Growing and changing** Coping with changes  Keeping safe  Body Image  Sex education  Self-esteem |