

PSHE Overview 2023/2024

<u>Units</u>	<u>Autumn 1</u> Me and my relationships	<u>Autumn 2</u> Being my best	<u>Spring 1</u> Keeping Safe	<u>Spring 2</u> Rights and Respect	<u>Summer 1</u> Valuing Difference	<u>Summer 2</u> Growing and changing
Two's Class Birth to five matters	Making relationships	Sense of self	Making relationships	Understanding emotions	Sense of self	Understanding emotions
Pre- school Class	Marvellous me I'm special People who are special	What does my body need I can keep trying I can do it	People who help me and keep me safe Safety indoors and outdoors what 's safe to go into my body	Looking after myself Looking after others Looking after my environment	Me and my friends Friends and family Including everybody	Growing and changing in nature When i was a baby Girls, boys and families
Reception Class	What makes me special. People close to me. Getting help.	Keeping by body healthy - food, exercise, sleep. Growth Mindset.	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Similarities and difference Celebrating difference Showing kindness	Cycles Life stages Girls and boys - similarities and difference
Year 1	Feelings Getting help Classroom rules Special people Being a good friend	Growth Mindset Healthy eating Hygiene and health Cooperation	How our feelings can keep us safe - including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Getting help Becoming independent My body parts Taking care of self and others
Year 2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money - saving and spending	Being kind and helping others Celebrating difference People who help us Listening Skills	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year 3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Recognising and respecting diversity Being respectful and tolerant My community	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

Year 4	<p>Healthy relationships Listening to feelings Bullying Assertive skills</p>	<p>Having choices and making decisions about my health Taking care of my environment My skills and interests</p>	<p>Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety</p>	<p>Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p>Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p>	<p>Body changes during puberty Managing difficult feelings Relationships including marriage</p>
Year 5	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p>	<p>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p>	<p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p>	<p>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</p>	<p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p>	<p>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>
Year 6	<p>Assertiveness Cooperation Safe/unsafe touches Positive relationships</p>	<p>Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)</p>	<p>Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>	<p>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</p>	<p>Coping with changes Keeping safe Body Image Self-esteem Puberty</p>