|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Heyhouses Whole School PSHE and Citizenship Overview (including RSE) | | | | | | | | |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | | Summer 1 | | Summer 2 |
| Year 1 | **Team**  1.Together, Everyone Achieves More  2.Listening  3.Being Kind  4.Bullying and Teasing  5.Brilliant Brains  6.Making Good Choices | **Diverse Britain**  1.My School  2.My Community  3.My Neighbourhood  4.My Country  5.British People  6.What Makes Me Proud Of Britain? | **Be Yourself**  1.Marvellous Me  2.Feelings  3.Things I like  4.Uncomfortable Feelings  5.Changes  6.Speak Up! | **It’s My Body**  1.My Body, My Business  2.Active And Asleep  3.Happy Healthy Food  4.Clean As A Whistle  5. Can I eat it?  6.I Can Choose | | **Money Matters**  1.Money  2.Where Money Comes From  3.Look After It  4.Save Or Spend?  5.Want Or Need?  6.Going Shopping | | **Aiming High**  1.Star Qualities  2.Positive Learners  3.Bright Futures  4.Jobs For All  5.Going For Goals  6.Looking Forward |
| Year 2 | **VIPs**  1.Who Are Your VIPs?  2.Families  3.Friends  4.Falling Out  5.Working Together  6.Showing You Care | **Digital Wellbeing**  1.The Internet And Me  2.Online And Offline  3.Staying Safe Online  4.Personal Information  5.Communicationg Online  6.True Or False? | **Safety First**  1.Keeping Safe  2.Staying Safe At Home  3.Staying Safe Outside  4.Staying Safe Online  5.The Underwear Rule  6.People Who Can Help | **Growing Up**  1.Our Bodies  2.Is It OK?  3.Pink And Blue  4.Your Family, My Family  5.Getting Older  6.Changes | | **One World**  1.Families  2.Homes.  3.Schools  4.Environments  5.Resources  6.Planet Protectors | | **Think Positive**  1.Think Happy, Feel Happy  2.It’s Your Choice  3.Go-Getters  4.Let It Out  5.Be Thankful  6.Be Mindful |
| Year 3 | **Team**  1.A New Start  2.Together Everyone Achieves More  3.Working Together  4.Being Considerate  5.When Things Go Wrong  6.Responsibilites | **Diverse Britain**  1.Living In The British Isles  2.Democracy  3.Rules, Laws And Responsibilities  4.Liberty  5.Tolerance And Respect  6.What Does It Mean To Be British? | **Be Yourself**  1.Pride  2.Feelings  3.Express Yourself  4.Know Your Mind  5.Media-Wise  6.Making It Right | **It’s My Body**  1.My Body, My Choice  2.Fit As A Fiddle  3.Good Night, Good Day  4.Cough, Splutter, Sneeze!  5.Drugs: Healing or Harmful?  6.Choices Everywhere | | **Money Matters**  1.Where does Money Come From?  2.Ways To Pay  3.Lending And Borrowing  4.Priorities  5.Advertising  6.Keeping Track | | **Aiming High**  1.Achievements  2.Goals  3.Always Learning  4.Jobs and Skills  5.No Limit!  6.When I Grow Up |
| Year 4 | **VIPs**  1.Family And Friends  2.Fabulous Friends  3.Is This A Good Relationship?  4.Falling Out  5.What Is Bullying?  6.Stand Up To Bullying | **Digital Wellbeing**  1.The Digital World  2.Digital Kindness  3.Do I Know You?  4.Online Information  5.Keep It Private  6.My Digital Wellness | **Safety First**  1.New Responsibilities  2.Risks, Hazards And Danger  3.Under Pressure  4.Road Safety  5.Dangerous Substances  6.Stay Safe Online | **Growing Up**  1.Human Reproduction  2.Changes In Boys  3.Changes In Girls  4.Changing Emotions  5.Relationships and Families  6.Where Do I Come From?  7.All About Periods (Girls) | | **One World**  1.Chiwa and Kwende  2.Chiwa’s Dilemma (1)  3.Chiwa’s Dilemma (2)  4.Chiwa’s Sugar  5.Chiwa’s World  6.Charity for Chiwa | | **Think Positive**  1.Happy Minds, Happy People  2.Thoughts And Feelings  3.Changes  4.Keep Calm And Relax  5.You’re The Boss  6.Always Learning |
| Year 5 | **Team**  1.Together Everyone Achieves More  2.Communicate  3.Compromise and Collaborate  4.Care  5.Unkind Behaviour  6.Shared Responsibilities | **Diverse Britain**  1.Identities  2.Communities  3.Respoecting The Law  4.Local Government  5.National Government  6.Making A Difference | **Be Yourself**  1.You Are Unique  2.Let It Out!  3.Uncomfortable Feelings  4.The Confidence Trick  5.Do The Right Thing  6.Making Amends | **It’s My Body**  1.Your Body Is Your Own  2.Sleep Well, Be Well  3.Taking Care Of Our Changing Bodies  4.Harmful Substances  5.How We Think And Feel About Our Bodies  6.Healthy Choices  7.All About Periods (Girls) | | **Money Matters**  1.Look After It!  2.Critical Consumers  3.Value For Money and Ethical Spending  4.Budgeting  5.Borrowing And Saving  6.Money In The Wider World | | **Aiming High**  1.You Can Achieve Anything!  2.Breaking Down Barriers  3.Future Focus  4.Equal Opportunities  5.Inniovation and Enterprise  6.Onwards and Upwards |
| Year 6 | **VIPs**  1.People We Love  2.Think Before You Act  3.It’s OK To Disagree  4.You Decide  5.Secrets  6.False Friends | **Digital Wellbeing**  1.My Digital Life  2.Staying Safe, Healthy And Happy Online  3.Online Relationships  4.Soacial Media  5.Saying No To Online Bullying  6.Fake News | **Safety First**  1.You Are Responsible  2.What Are The Risks?  3.Making Your Mind Up  4.In An Emergency  5.Keep IT Safe  6.Click Safe, Click Happy | **Growing Up**  1.Changing Bodies  2.Changing Emotions  3.Just The Way You Are  4.Relationships  5.Let’s Talk about Sex  6.Human Reproduction  7.All About Periods (Girls) | | **One World**  1.Global Citizens  2.Global Warning  3.Energy  4.Water  5.Biodiversity  6.In Our Hands | | **Think Positive**  1.The Cognitive Triangle  2.Thoughts Are Not Facts  3.Face Your Feelings  4.Choices And Consequences  5.Being Present  6.Yes, I Can! |
| Area of the PSHE and Citizenship Curriculum Key: | | | Health and Wellbeing | | Living in the Wider World | | Relationships | |