|  |
| --- |
| 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 More2.Listening3.Being Kind4.Bullying and Teasing5.Brilliant Brains6.Making Good Choices | **Diverse Britain**1.My School2.My Community3.My Neighbourhood4.My Country5.British People6.What Makes Me Proud Of Britain? | **Be Yourself**1.Marvellous Me2.Feelings3.Things I like 4.Uncomfortable Feelings5.Changes6.Speak Up! | **It’s My Body**1.My Body, My Business2.Active And Asleep3.Happy Healthy Food4.Clean As A Whistle5. Can I eat it?6.I Can Choose | **Money Matters**1.Money2.Where Money Comes From3.Look After It4.Save Or Spend?5.Want Or Need?6.Going Shopping | **Aiming High**1.Star Qualities2.Positive Learners3.Bright Futures4.Jobs For All5.Going For Goals6.Looking Forward |
| Year 2 | **VIPs**1.Who Are Your VIPs?2.Families3.Friends4.Falling Out5.Working Together6.Showing You Care | **Digital Wellbeing**1.The Internet And Me2.Online And Offline3.Staying Safe Online 4.Personal Information5.Communicationg Online6.True Or False? | **Safety First**1.Keeping Safe2.Staying Safe At Home3.Staying Safe Outside4.Staying Safe Online5.The Underwear Rule6.People Who Can Help | **Growing Up**1.Our Bodies2.Is It OK?3.Pink And Blue4.Your Family, My Family5.Getting Older6.Changes | **One World**1.Families2.Homes.3.Schools4.Environments5.Resources6.Planet Protectors | **Think Positive**1.Think Happy, Feel Happy2.It’s Your Choice3.Go-Getters4.Let It Out5.Be Thankful6.Be Mindful |
| Year 3 | **Team**1.A New Start2.Together Everyone Achieves More3.Working Together4.Being Considerate5.When Things Go Wrong6.Responsibilites | **Diverse Britain**1.Living In The British Isles2.Democracy3.Rules, Laws And Responsibilities4.Liberty5.Tolerance And Respect6.What Does It Mean To Be British? | **Be Yourself**1.Pride2.Feelings3.Express Yourself4.Know Your Mind5.Media-Wise6.Making It Right | **It’s My Body**1.My Body, My Choice2.Fit As A Fiddle3.Good Night, Good Day4.Cough, Splutter, Sneeze!5.Drugs: Healing or Harmful?6.Choices Everywhere | **Money Matters**1.Where does Money Come From?2.Ways To Pay3.Lending And Borrowing4.Priorities5.Advertising6.Keeping Track | **Aiming High**1.Achievements2.Goals3.Always Learning4.Jobs and Skills5.No Limit!6.When I Grow Up |
| Year 4 | **VIPs**1.Family And Friends2.Fabulous Friends3.Is This A Good Relationship?4.Falling Out5.What Is Bullying?6.Stand Up To Bullying | **Digital Wellbeing**1.The Digital World2.Digital Kindness3.Do I Know You?4.Online Information5.Keep It Private6.My Digital Wellness | **Safety First**1.New Responsibilities2.Risks, Hazards And Danger3.Under Pressure4.Road Safety5.Dangerous Substances6.Stay Safe Online | **Growing Up**1.Human Reproduction2.Changes In Boys 3.Changes In Girls4.Changing Emotions5.Relationships and Families6.Where Do I Come From?7.All About Periods (Girls) | **One World**1.Chiwa and Kwende2.Chiwa’s Dilemma (1)3.Chiwa’s Dilemma (2)4.Chiwa’s Sugar5.Chiwa’s World6.Charity for Chiwa | **Think Positive**1.Happy Minds, Happy People2.Thoughts And Feelings3.Changes4.Keep Calm And Relax5.You’re The Boss6.Always Learning |
| Year 5 | **Team**1.Together Everyone Achieves More2.Communicate3.Compromise and Collaborate4.Care5.Unkind Behaviour6.Shared Responsibilities | **Diverse Britain**1.Identities2.Communities3.Respoecting The Law4.Local Government5.National Government6.Making A Difference | **Be Yourself**1.You Are Unique2.Let It Out!3.Uncomfortable Feelings4.The Confidence Trick5.Do The Right Thing6.Making Amends | **It’s My Body**1.Your Body Is Your Own2.Sleep Well, Be Well3.Taking Care Of Our Changing Bodies4.Harmful Substances5.How We Think And Feel About Our Bodies6.Healthy Choices7.All About Periods (Girls) | **Money Matters**1.Look After It!2.Critical Consumers3.Value For Money and Ethical Spending4.Budgeting5.Borrowing And Saving6.Money In The Wider World | **Aiming High**1.You Can Achieve Anything!2.Breaking Down Barriers3.Future Focus4.Equal Opportunities5.Inniovation and Enterprise6.Onwards and Upwards |
| Year 6 | **VIPs**1.People We Love2.Think Before You Act3.It’s OK To Disagree4.You Decide5.Secrets6.False Friends | **Digital Wellbeing**1.My Digital Life2.Staying Safe, Healthy And Happy Online3.Online Relationships4.Soacial Media5.Saying No To Online Bullying6.Fake News | **Safety First**1.You Are Responsible2.What Are The Risks?3.Making Your Mind Up4.In An Emergency5.Keep IT Safe6.Click Safe, Click Happy | **Growing Up**1.Changing Bodies2.Changing Emotions3.Just The Way You Are4.Relationships5.Let’s Talk about Sex6.Human Reproduction7.All About Periods (Girls) | **One World**1.Global Citizens2.Global Warning3.Energy4.Water5.Biodiversity6.In Our Hands | **Think Positive**1.The Cognitive Triangle2.Thoughts Are Not Facts3.Face Your Feelings4.Choices And Consequences5.Being Present6.Yes, I Can! |
| Area of the PSHE and Citizenship Curriculum Key:  | Health and Wellbeing | Living in the Wider World | Relationships |