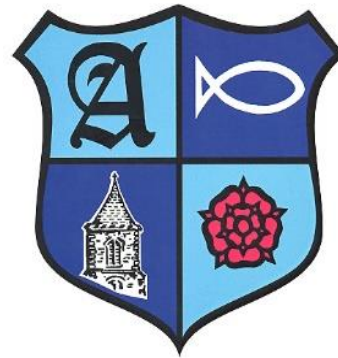


St Anne's Catholic Primary School



'Loving God in all we do'

PSHE Curriculum

PSHE Long Term overview

	Autumn Term: <i>Health & Well-Being</i>			Spring Term: <i>Relationships</i>			Summer Term: <i>Living in the wider world</i>		
	Physical health and Mental Well-Being	Growing and changing	Keeping safe	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work
Year 1	Keeping healthy: hygiene routines Different ways to relax: Well-being exercise Dental health Sun safety	Different feelings Sharing feelings Managing feelings What makes us special	Rules and age restrictions keep us safe To recognise risk in everyday situations Keeping safe at home and in unfamiliar environments Keeping safe online	Growing up in a loving home To recognise signs that we are loved	How we are kept safe in our families	Celebrate ways that God loves and cares for us	What rules are Caring for living things Looking after the environment Different groups they belong to	Using the internet and digital devices safely Communicating safely online	Different jobs/ roles in the community
Year 2	Keeping healthy: Food and physical activity Medicines The importance of sleep Hygiene routines Things that help people feel good	Moving class/ year group Growing older	Rules and age restrictions keep us safe Keeping safe at home Keeping safe online Getting help in an emergency	Growing and developing in diverse communities	Being safe in our community	Celebrate ways of meeting God in our community	The need for rules Looking after the environment Different groups they belong to Roles and responsibilities in the community	Using the internet and digital devices safely to find things out and communicate with others The role of the internet in everyday life, but not all information online is true	Money: the difference between needs and wants

Year 3	<p>Health choices and habits</p> <p>What affects feelings and how we can express them</p>	<p>Personal strengths and achievements</p> <p>Managing setbacks</p>	<p>Safety in the local environment and unfamiliar places</p>	<p>Friendships make us feel happy and safe</p>	<p>Friendships break down, but they can be repaired and strengthened</p>	<p>Happiness of living in friendship with God and others</p>	<p>The value of rules and laws, rights, freedoms and responsibilities</p>	<p>How the internet is used.</p> <p>Assessing information online</p>	<p>Different jobs and skills</p> <p>Job stereotypes</p> <p>Setting personal goals</p>
Year 4	<p>Make informed decisions about health</p> <p>Elements of a balanced, healthy lifestyle</p> <p>Benefits to, and risks of not, eating a balanced diet</p> <p>How to maintain good oral hygiene</p>	<p>Personal identity; what contributes to who we are</p> <p>Recognising their individuality and personal qualities</p> <p>Identify personal strengths, skills, achievements and interests</p>	<p>Hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe</p> <p>Strategies for keeping safe online</p>	<p>We should all be accepted and respected</p>	<p>How we should treat others in our diverse modern society</p>	<p>Celebrate the uniqueness and innate beauty of each of us</p>	<p>Different groups that make up their communities</p> <p>What diversity means</p> <p>How to recognise behaviours/actions which discriminate against others</p>	<p>Recognise ways in which the internet and social media can be used both positively and negatively</p>	<p>People's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charities</p> <p>Stereotypes in the workplace and that a person's career aspirations should not be limited by them</p> <p>Skills that will help them in their future careers</p>

Year 5	<p>Choices that support a healthy lifestyle</p> <p>The importance of taking care of mental health</p>	<p>identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p>How to manage setbacks and perceived failures</p>	<p>Reasons for following and complying with regulations and restrictions</p> <p>How to predict, assess and manage risk</p> <p>What to do if frightened or worried by something seen or read online</p> <p>The risks and effects of legal drugs common to everyday life and their impact on health</p>	<p>Different ways that we care for one another</p> <p>The importance of friendships</p> <p>What constitutes a positive healthy friendship</p> <p>Marriage is a legal declaration of commitment made by two adults who love and care for each other</p> <p>People who love and care for each other can be in a committed relationship</p>	<p>Privacy and personal boundaries (inc online)</p>	<p>Respecting the differences and similarities between people and what they have in common with others</p> <p>Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</p> <p>Discrimination: what it means to challenge it</p>	<p>The relationship between rights and responsibilities</p> <p>Shared responsibilities for protecting the environment in school and at home</p> <p>Strategies for challenging stereotypes</p>	<p>Recognise things appropriate to share and things that should not be shared on social media</p> <p>How text and images in the media and on social media can be manipulated or invented</p>	<p>Identify the ways that money can impact on people's feelings and emotions</p> <p>There is a broad range of different jobs/careers that people can have</p> <p>Some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid</p>
Year 6	<p>Make informed decisions about health</p> <p>Diseases can be prevented by vaccinations/ immunisations</p> <p>Strategies and behaviours that support mental health</p> <p>Dealing with emotions, challenges and change, inc transition to new schools</p>	<p>Recognise their individuality and personal qualities</p> <p>Physical and emotional changes</p>	<p>How to manage requests for personal information or images</p> <p>Importance of taking medicines correctly</p> <p>Laws surrounding the use of legal drugs</p> <p>Why people choose to use or not use drugs</p>	<p>The importance of friendships</p> <p>What constitutes a positive healthy friendship</p> <p>Recognise characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty</p>	<p>How to respond safely and appropriately (including online)</p>	<p>Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</p> <p>How to discuss topical issues, respect other people's point of view and constructively challenge those they disagree with</p>	<p>Recognise the reasons for rules and laws</p> <p>Human rights, that are there to protect everyone</p> <p>What living in a community means</p> <p>Value the contributions that people/ groups make to the community</p>	<p>Different ways information and data is shared and used online</p> <p>How to make safe, reliable choices from search results</p> <p>Rules surrounding distribution of images</p>	<p>Recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes</p> <p>Identify the kind of job that they might like to do when they are older</p>

