

"Love one another as Jesus loved us" (John 13 v 34-35)

St. John's C.E. (VA) School, Cliviger

'Learn, Pray, Care & Play'

PSHE Curriculum Overview

	<u>Autumn 1 - Relationships</u>	<u>Autumn 2 - Health</u>	<u>Spring 1 - Living in the Wider World, including Health & Relationships</u>	<u>Spring 2 - Relationships</u>	<u>Summer 1 - Health</u>	<u>Summer 2 - Living in the Wider World</u>
	Caring & Respectful Friendships: British Value Focus – Respect	Mental wellbeing & Physical Health British Value Focus – Liberty	Internet Safety & Harms, Online Relationships, Media literacy & digital Resilience British Value Focus – Respect	Families & People Who Care for Me, Being Safe British Value Focus – Tolerance	Health Ed – Healthy Eating, Drugs, Health & Prevention, First Aid, Changing Adolescent Body British Value Focus – Rule of Law	Living in the Wider World - Shared Responsibilities, Communities, Economic Wellbeing British Value Focus – Democracy
Rec	What makes a good friend - How I can be a good friend? How we are the same & different to others How we are special and unique Fair & unfair behaviour - How I can play nicely with others? What are rules & why they are needed - What are rules? Yoga Tots on Tyres	To recognise and name different feelings Things we can do to make us happy What is exercise Anti-bullying Week Let's get brushing Recognise their feelings	What is the internet How to be online safely What to do if we see something we don't like Respect for All Week Mental Health Week Yoga Road Safety Let's get brushing	To identify people who care for us How people we love care and help us How to respond to adults they don't know - strangers and trusted people Let's get brushing Explain their ideas and	Staying safe around home - How I can keep safe at home? Recognising simple risks - How can I keep safe at school? People who keep us healthy - Ringing 999 Basic hygiene Let's get brushing Demonstrate active listening skills	Caring for living things & the environment What is money Needs & wants Our strengths Transition to Year 1 Let's get brushing Demonstrate making a simple choice

Love-Trust-Hope-Joy-Forgiveness-Respect-Kindness-Truthfulness

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	Let's get brushing Recognise likes and dislikes Plays with others		Begin to think about making a safe choice	response to an issue		
Year 1	How people choose their friends - How I can make friends? How to ask for help if a friendship is making them unhappy - What if my friends are making me sad? How hurtful behaviour is not acceptable How to be polite & courteous Begin to understand that sometimes people persuade you to do things you don't want to do Explain their ideas and responses to an issue	To recognise how others might be feeling What helps us to feel good How to manage when finding things difficult Ways to be physically active Anti-bullying Week Know that it is OK to make mistakes	Basic rules to keep safe online Age restrictions that keep us safe How people may behave differently online Respect for All Week Mental Health Week Negotiate with one another	Families have up & downs - what should we do if something about their family makes them unhappy Recognise importance of privacy - private body parts How to ask for help Speak using the assertive 'I'	What keeping healthy means How to be healthy Healthy food Risks of eating too much sugar To think about and verbalise what is important to them when making a choice	Different jobs in the community Strengths/ interests needed for different jobs Earning money Saving & spending money Communities - same and different to ours Road Safety Transition to Year 2 Find a partner, sit with them and work with them
Year 2	What is a positive friendship - Why are relationships important? How to resolve differences with our friends How to treat themselves & others with respect Bullying or teasing	How can we manage our feelings To recognise when we need to ask for help with our feelings Benefits of an active lifestyle Rest and relax Importance of sleep	What is meant by personal information Not all information online is true Hurtful behaviour (offline & online) is not acceptable Respect for All Week	Different types of families - How do I share family worries? Families different to our own - What is a family? Showing respect to families different to our own	Keeping safe in familiar & unfamiliar environments Dealing with accidents & getting help Safety around medicines & household products -What are medicines?	Recognising how they are special & unique How to manage when finding things difficult Growing & changing - how peoples needs change Human life cycle Main parts of the body,

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	Demonstrate compassion, empathy & tolerance	Anti-bullying Week Fire Safety Talk Understand verbal and non verbal communication Recognise simple body language	Mental Health Week Speak in front of a group	Importance of not keeping secrets - How do I share family worries? Resisting pressure Speak using the assertive 'I' Say no and mean no Begin to understand that sometimes people persuade you to do things you don't want to	Think why they made a particular choice Demonstrate making a simple choice	including external genitalia - What are private body parts? Road Safety Transition to Year 3 Ask questions for clarification
Year 3	How positive friendships support wellbeing What constitutes a positive healthy friendship Shared interests Strategies to improve courteous, respectful relationships Recognise own likes, dislikes, traits & individual preferences Recognise other people's likes, dislikes, traits & preferences	Dealing with worry - How can I share my worries? How family & friends can support mental health Dealing with feelings appropriately How physical exercise supports our mental health Anti-bullying Week Know that it is OK to make mistakes Ask for time to think things over	Why someone may behave differently online Reporting concerns Opportunities to connect online Respect for All Week Mental Health Week Negotiate in small groups Coming to a 'consensus'	To recognise different types of relationships Positive family life Different ways people care for each other Confidential or secret - When should I break a secret? Understand the skill (Assertiveness) and can put it into practice Speak using the assertive 'I' Say 'No' and mean it	Elements of a balanced healthy lifestyle Choices that support a healthy lifestyle A healthy diet Risks of a poor diet Oral hygiene Explore factors which influence choosing Make more informed choices	Recognise positive things about themselves & achievements Personal interests & values Setting goals Teamwork & communication Transition to Year 4 Demonstrate that they can work in a pair and small group Demonstrate that they know the process for decision making

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Year 4	Healthy friendships: recognising when others feel lonely or excluded - What is a healthy friendship? How to seek support if feeling lonely The importance of self-respect - How can we be role models? Demonstrate compassion, empathy and tolerance	Importance of taking care of mental health Strategies to support mental health Good physical health Basic first aid - What is first aid? Anti-bullying Week Recognise simple body language Understand verbal and non-verbal communication Demonstrate speaking and listening skills	Reliability of sources of information online How text & images online can be manipulated Positives/ negatives of being online Respect for All Week Mental Health Week Explore factors which influence choosing Make more informed choices Understand that they have choices Identify points of choice	Seeking help with family relationships Shared characteristics of family life Physical contact - acceptable/ unacceptable Bikeability Understand where they can get help if something feels uncomfortable or if someone is trying to influence them in a negative way	Habits - good / bad Risks & effects of legal drugs - cigarettes, vaping, alcohol, medicines - What are hazards in the home? Impact on Health Laws surrounding use of legal drugs - know some drugs are illegal Allergies, immunisation & vaccination Menstrual cycle (girls) Recognise the influences over choice and decisions, both internal and external	Different groups that make a community - Who makes up my community? Different contributions people make What is diversity & prejudice - What is diversity? What is a stereotype Bikeability Transition to Year 5 Demonstrate active listening skills Speak in front of others
	Managing peer influence - What is peer pressure? Strategies to resolve disputes The benefits of having different types of friends Respecting similarities & differences between people Period Coach Recognise own and other people's personality traits, individual preferences and characteristics	Recognising warning signs about mental health Seeking support, help with worry Risks of an inactive lifestyle Anti-bullying Week Know it is OK to make mistakes Know where to go for help	Strategies for keeping safe online - What are online friendships? How to report concerns Importance of keeping personal information private - What are online friendships? Managing requests for personal information Respect for All Week Mental Health Week	Valuing diversity Recognising & respecting different family structures - single/ same sex/ step/ blended/ foster parents Marriage and civil partnership Self respect Demonstrate respectful interactions with others	Key facts about puberty Identifying external genitalia Changing adolescent body Menstrual wellbeing Menstrual cycle Personal hygiene Allergies, immunisation & vaccination Human reproduction - Sex Ed (Non-Statutory) Demonstrate speaking and listening skills	Saving & spending Spending - priorities, needs, wants Different jobs & careers What might influence career choices Careers & aspirations Stereotypes in the workplace Transition to Year 6 Job Junction Recognise the importance of skills and how different

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	Recognise challenging behaviours and the negative effects these can have on relationships		Know the process for making a decision Demonstrate the use of the process			people bring different skills to tasks Demonstrate negotiation and compromise
Year 6	Online relationships Impact of bullying on/offline Respectful behaviour online Consequences of hurtful behaviour Period Coach Recognise choices and decisions they will have to make in the future Identify ways of helping and supporting friends under pressure	Problem solving strategies for dealing with emotions Challenges & change Importance of sleep Seeking support if worried about their health Anti-bullying Week Fire Safety Talk Demonstrate speaking and listening skills Consider how they respond to challenging circumstances, e.g. conflict and violence Demonstrate strategies for calmness	Social media - regulations and restrictions - Why does media have age restrictions? Social media - positives/negatives Appropriate things to share online Respect for All Week Mental Health Week Further understand the skill of being assertive Speak using the assertive 'I' Say 'no' and mean it	Appropriate friendships, including online Privacy & personal boundaries Recognising pressure from others to do something unsafe Consent in different situations Laws and British Values Recognise peer influence Understanding ways in which peer influence can have positive and negative outcomes Developing strategies for resisting negative peer influence	Key facts about puberty Identifying external genitalia Changing adolescent body Menstrual wellbeing Menstrual cycle Personal hygiene Recognising early signs of physical illness Basic first aid Human reproduction - Sex Ed (Non Statutory) Recognise more complex body language and nonverbal signals Understand that sometimes nonverbal signals can be misinterpreted by others and develop strategies for dealing with this	Recognise positive things & achievements Setting goals Valuing diversity Skills that will help us Identifying jobs they might like How to keep safe around water Bikeability Transition to high school - How can I get ready for secondary relationships? Know that different people react in different ways when working in a group Demonstrate their knowledge of group dynamics