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| **PSHE at Stakesby Primary Academy: an overview** |

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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | Relationships:  *Me and my family*  Who is in my family? How do families differ? | Health and Wellbeing:  *People who help us – health specific.*  School nurse, dentist, doctor, optician etc. | Living in the Wider World?   *What do we use money for?*  Needs and wants. | Relationships:  *Who is special to us?*  Ourselves and others; people who care for us; groups we belong to; families | Health and Wellbeing:  *What helps us stay healthy?*  Healthy food choices; hygiene; people who help us. | Living in the Wider World:  *How do we look after each other, and the world?*  Ourselves and others; understanding the world around us; caring for others; growing and changing. |
| **1** | Relationships:  *What is the same and different about us?*  Ourselves and others; similarities and differences; individuality; our bodies | Health and Wellbeing:  *Who helps to keep us safe?*  Keeping safe; people who help us | Living in the Wider World:  *What can we do with money?*  Money; making choices; needs and wants | Relationships:  *Who is special to us?*  Ourselves and others; people who care for us; groups we belong to; families | Health and Wellbeing:  *What helps us stay healthy?*  Being healthy; hygiene; medicines; people who help us with health | Living in the Wider World:  *How can we look after each other and the world?*  Ourselves and others; the world around us; caring for others; growing and changing |
| **2** | Relationships:  *What makes a good friend?*  Friendship; feeling lonely; managing arguments | Health and wellbeing:  *What helps us to stay safe?*  Keeping safe; recognising risk; rules | Living in the Wider World:   *What jobs do people do?*  People and jobs; money; role of the internet | Relationships:  *What is bullying?*  Behaviour; bullying; words and actions; respect for others | Health and Wellbeing:  *What can help us grow and stay healthy?*  Being healthy: eating, drinking, playing and sleeping | Health and wellbeing:  *How do we recognise our feelings?*  Feelings; mood; times of change; loss and bereavement; growing up |
| **3/4/5 A** | Relationships:  *How can we be a good friend?*  Friendship; making positive friendships, managing loneliness, dealing with arguments | Health and wellbeing:  *What keeps us safe?*  Keeping safe; at home and school; our bodies; hygiene; medicines and household products | Living in the Winder World:  *What makes a community and how can we contribute ours?*  Community; belonging; similarities and differences; respect for others; responsibility (including financial) | Relationships:  *How do families differ?*  Families; family life; caring for each other | Health and Wellbeing:  *Why should we eat well and look after our teeth?*  Being healthy: eating well, dental care | Health and Wellbeing:  *Why should we keep active and sleep well?*  Making healthy choices; keeping active, taking rest |
| **3/4/5 B** | Relationships:  *How do we treat each other with respect?*  Respect for self and others; courteous behaviour; safety; human rights | Health and Wellbeing:  *How can we manage risk in different places?*  Keeping safe; out and about; recognising and managing risk | Living in the Wider World?  *How can our choices make a difference to the community and the environment?*  Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions, including financial. | Relationships  *How can we build and develop relationships with others.*  Feelings and emotions; expression of feelings; behaviour, empathy, developing positive relationships, understanding the differences between a positive and negative relationship. | Health and Wellbeing:  *How will we grow and change?*  Growing and changing; puberty | Health and Wellbeing  *What strengths, skills and interests do we have?*  Self-esteem: self-worth; personal qualities; goal setting; managing set backs |
| **3/4/5 C** | Relationships:  *How can friends communicate safely?*  Friendships; relationships; becoming independent; online safety | Health and Wellbeing:  *How can we help in an accident or emergency?*  Basic first aid; accidents; dealing with emergencies | Living in the Wider World:  *What jobs would we like?*  Careers; aspirations; role models; the future | Relationships:  *What is a healthy relationship?*  *How do relationships differ?*  Mutual respect, compromise, communication, abuse, neglect, same sex relationships, different types of families, including adoption. | Health and Wellbeing:  *How can drugs common to everyday life affect health?*  Drugs, alcohol and tobacco and their effect on the wider family; healthy habits | Health and Wellbeing:  *What makes up our identity?*  Identity; personal attributes and qualities; similarities and differences; culture, community; individuality; stereotypes |
| **6** | Relationships  *What will change as we become more independent?*  Different relationships, changing and growing, adulthood, independence, moving to secondary school | Health and Wellbeing  *How will growing up affect the way we live our lives?*  Looking after ourselves; growing up; becoming independent; responsibilities, family relationships, implications for friendships | Living the Wider World:  *What decisions can people make with money?*  Making decisions, spending and saving, ethical implications, setting goals. | Health and Wellbeing:  *How can we keep healthy as we grow?*  Healthy mind, positive relationships, managing emotions, physical health | Relationships:  *SRE*  See separate curriculum plan | Living in the Wider World:  *How can we keep ourselves safe in an increasingly media-driven world?*  Media literacy, digital resilience; influences and decision making; online safety.  Transition |