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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 |