


Subject Overview: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Daycare	Begin to form friendships.	Begin to develop independence and make their own choices.	Regulating emotions in different scenarios.	Developing friendships and responding to others.	To be able to take turns and construct social skills.	Develop awareness and confidence through questioning.
Nursery	Begin to understand simple instructions.	Begin to communicate with peers and adults.	Learning how offers emotional support for others.	Developing emotional intelligence towards others.	To evolve resilience, fairness and perseverance when facing challenges.	Developing co-operation and positive relationships with peers.
Reception	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. 		Focus on Oral hygiene – visit from school dental nurse	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. • NSPCC 'PANTS' lessons - unwanted touch (RSE) 		

	NSPCC 'PANTS' lessons					
Year 1	<p>Living in the Wider World:</p> <p>What are class rules? (British Values)</p>	<p>Mental and Emotional Health:</p> <p>What makes me happy? What are feelings?</p> <p>What is the difference between good secrets and bad secrets?</p> <p>How does my behaviour affect others?</p>	<p>Healthy Lifestyles:</p> <p>What foods should I eat?</p> <p>How can I look after my teeth?</p> <p>Why is it important to wash my hands?</p>	<p>Keeping Safe:</p> <p>What are the rules for keeping me safe at school and outside?</p> <p>What are rules about household substances?</p> <p>What is an emergency and what do I do?</p> <p>NSPCC 'PANTS' lessons</p>	<p>Relationships and Sex Education:</p> <p>Who are the people in my life who love and care for me?</p> <p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys?</p>	<p>Living in the wider world:</p> <p>Where does our money come from?</p> <p>What is the environment?</p>
Year 2	<p>Living in the wider world:</p> <p>What groups and communities am I a part of?</p>	<p>Mental and Emotional Health:</p> <p>What is the difference between small feelings and big feelings?</p> <p>How can I keep safe online?</p> <p>What makes others happy? What is the different between</p>	<p>Healthy Lifestyles:</p> <p>How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases spreading?</p>	<p>Keeping Safe:</p> <p>Feeling Unwell</p> <p>Safe at home (electrical and fire)</p> <p>My responsibilities</p>	<p>Relationships and Sex Education:</p> <p>What is private? (body parts)</p> <p>What happens when the body grows young to old?</p> <p>What is fair, unfair, kind and unkind? (friendship)</p>	<p>Living in the wider world:</p> <p>How do we make choices about spending money?</p> <p>How can we look after the environment?</p>

		joking, teasing and bullying?				
Year 3	Living in the wider world: How do rules and law protect me?	Mental and Emotional Health: How do my feelings affect my behaviour How can I manage my feelings? What are the ways we communicating online? What am I good at?	Healthy Lifestyles: What is a healthy diet? What is an unhealthy diet? How do I keep safe in the sun? Why is personal hygiene important?	Keeping Safe: What happens when I breathe smoke in the air? How do I recognise risks in my life? What do I do in an emergency?	Relationships and Sex Education: What is personal space? What does a healthy relationship look like? Why is being equal important in relationships?	Living in the wider world: What is the difference between my local British communities and global communities? What are the links between work and money?
Year 4	Living in the wider world: What are the rights of the child?	Mental and Emotional Health: What is resilience? What does it mean to have responsibility over my choices and actions? What is discrimination?	Healthy Lifestyles: How do I make sure I sleep well? What is fuel for the body? How do I know if I'm physically ill?	Keeping Safe: How do I manage risks in my life? What is self-control? What is the difference between legal and illegal drugs? Are all drugs harmful?	Relationships and Sex Education: What is diversity? Do boys and girls have different roles? What changes happen to my body?	Living in the wider world: How do we look after our money? What is sustainability?
Year 5	Living in the wider world:	Mental and Emotional Health: What is mental health?	Healthy Lifestyles: How can we stop the spread of infection?	Keeping Safe: How do I respond to dares? What are 'habits'?	Relationships and Sex Education: What is puberty?	Living in the wider world: What is Fair Trade?

	How are rules and law made and changed?	How do I negotiate and compromise? How do I stay safe on a mobile or tablet? How can I be happy being me? (body image)	Why is it important to know about nutritional content of food?	Who or what influences me?	What are the different relationships in my life? What is unwanted touch? (Additional lesson) Understanding FGM	How can I develop my enterprise skills?
Year 6	Living in the wider world: Why is it important to be critical of the media online and offline?	Mental and Emotional Health: How can I challenge negative thoughts and feelings? What is stereotyping? How can the internet positively and negatively affect our mental health?	Healthy Lifestyles: How is my mental and physical wellbeing connected? How do I keep physically healthy? Can I plan and prepare a healthy meal?	Keeping Safe: How do drugs affect the mind and body? How do I manage peer pressure? What are basic emergency first aid skills?	Relationships and Sex Education: What changes happen in my life? What happens in a loving relationship and what is forced marriage? How is a baby made?	Living in the wider world: How do people manage money? What do I want to be?