



PSHE Overview



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	<p>Relationships: Friendships –</p> <ul style="list-style-type: none"> • Make new friends and relationships with adults <p>Develop understanding of sharing with others</p> <ul style="list-style-type: none"> • Differences and similarities of us and our friends. <p>Valuing Differences: Curriculum integrated texts:</p> <ul style="list-style-type: none"> • 'Look Up' – Mae Jamieson. • My Pet Star. <p>Managing feelings and behaviour :</p> <ul style="list-style-type: none"> • Further develop understanding of our feelings • Develop 'golden classroom rules' and discuss expectations • Develop understanding of school routines <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Creating Classroom Rules • Following rules in school. • Friendship circle • Friendship scenarios <p>Valuing Differences:</p> <ul style="list-style-type: none"> • Anti-Bullying – why we celebrate Anti-Bullying Week. • Whole School Day - Odd socks – celebrating differences • What does Bullying mean? • How to show kindness. <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC – PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Class charter • Understand what to do if I am going through difficult times. • What makes a good friend. <p>Valuing Differences:</p> <ul style="list-style-type: none"> • To know what bullying means. • To recognise who looks after me, my family networks, who to go to if I am worried. • To understand what bullying means and how I can stay safe. • To identify my trusted adults. <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Recognising feelings when people are unkind. • Personal value. • To understand – what is PSHE? (objective covered from pupil voice) <p>Valuing Differences: Black History Month:</p> <ul style="list-style-type: none"> • Diversity in black musicians and their routes into music. <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Class charter • To understand different aspects of my identity. • Positive affirmations. <p>Valuing Differences:</p> <ul style="list-style-type: none"> • To understand what bullying means and how to stay safe. • To understand the term 'discrimination' and 'diversity'. <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Class Charter • Friendships and falling out online. • To understand different forms of abuse and how to stay safe. <p>Valuing Differences:</p> <ul style="list-style-type: none"> • To understand what bullying means and how we can prevent it. • Create a leaflet to advise others dealing with bullying. • To know how to stay safe both in and out of school. <p>Black History Month;</p> <ul style="list-style-type: none"> • To identify where in the world Windrush families came from. • To imagine what it was like for Windrush families settling into a new country. <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>	<p>Relationships:</p> <ul style="list-style-type: none"> • Happiness and where it comes from. • Positive mental health techniques. • Responses to friendship issues using positivity. <p>Valuing Differences: Black History Month:</p> <ul style="list-style-type: none"> • Windrush – Learning from the past – Diversity and discrimination <p>National Initiative: Anti-Bullying Week, Odd Socks Day, NSPCC - PANTS</p>



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring</p>	<p>Health and Wellbeing: Keeping Safe - Online Safety</p> <p>National Initiative: Safer Internet Day Living in the Wider World: Taking Care of the Environment</p> <p>National Initiative: Earth Day</p> <p><u>Building Relationships:</u> * Develop friendships with peers and relationships with adults * Listening to others and responding</p> <p>- <u>Self Regulation :</u> * Identify 'things I can do...' * Develop confidence when working independently</p> <p>- <u>Managing Self :</u> * Maintaining friendships with peers * Develop ability to share * Helping each other</p> <p><u>Building Relationships:</u> * Develop friendships with peers and relationships with adults * Listening to others and responding in a range of situations</p> <p>- <u>Self Regulation :</u> * Develop confidence when working independently * Develop ability to listen to others ideas in their play</p> <p>- <u>Managing Self :</u> * Maintaining friendships with peers * Continue to develop ability to share, wait own turn * Helping each other</p>	<p>Health and Wellbeing: New Year Resolutions</p> <p>Keeping Safe - Online Safety:</p> <ul style="list-style-type: none"> Trusted Adults Seeking permission to share photos online Seeking help if you feel unsafe online. <p>Health and Wellbeing:</p> <ul style="list-style-type: none"> Respecting the needs of ourselves and others. Identify and recognise skills and abilities and how these differ between people. Compare and contrast – respecting differences. <p>National Initiative: Safer Internet Day</p>	<p>Health and Wellbeing: Keeping Safe - Online Safety:</p> <ul style="list-style-type: none"> To know safer internet rules and benefits of searching using a safe site. Safer internet use. <p>Health and Wellbeing :</p> <ul style="list-style-type: none"> How to ask for help. How to recognise when I need help. <p>Mini First Aid course.</p> <p>National Initiative: Safer Internet Day</p>	<p>Health and Wellbeing: Keeping Safe - Online Safety: How to stay safe online</p> <ul style="list-style-type: none"> Firemen visit: Floor plan safety route Stereotypes in the workplace. <p>Health and Wellbeing:</p> <ul style="list-style-type: none"> Positive mindset. Resilience <p>National Initiative: Safer Internet Day</p>	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> To set new goals, hopes and dreams for the coming year. To discuss and celebrate similarities and differences. To identify acts of kindness I can do. <p>Mini First Aid Course</p> <p>Keeping Safe - Online Safety:</p> <ul style="list-style-type: none"> To understand how we can protect ourselves from online identity theft. To identify risks and benefits of installing software including APPs. <p>National Initiative: Safer Internet Day</p>	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> To consider New Year's Resolutions. To choose positive affirmations that are perfect for me. My voice – importance of freedom of speech and self-worth – letter to local MP. To understand how to keep my body clean. <p>Keeping Safe - Online Safety:</p> <ul style="list-style-type: none"> To understand the importance of safer internet rules To know that when things go online, they stay online. To understand what it means to be a good digital citizen. To choose an effective password. To know the appropriate age for different APPS. <p>Mini First Aid Course.</p> <p>National Initiative: Safer Internet Day</p>	<p>Health and Wellbeing: My voice – importance of freedom of speech and self-worth – letter to Prime Minister. Positive relationships.</p> <p>Keeping Safe - Online Safety; Respect and relationships online.</p> <p>West Mercia Police 5 hour STAR course – Choices, drugs, alcohol, smoking, peer pressure and hate crime.</p> <p>Knife Crime workshop.</p> <p>National Initiative: Safer Internet Day</p>
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<p style="text-align: center;">Summer</p>	<p>Health and Wellbeing: Growing and Changing:</p> <p>National Initiative: Walk to School Week Living in the Wider World Rights and Responsibilities: <u>Managing Self</u> :</p> <ul style="list-style-type: none"> *Demonstrate confidence when trying new activities and meeting new people *Explain the reasons for class rules/expectations *Understand the need for rules by a road and how to follow them <p><u>Building Relationships:</u> *Work and play cooperatively with others *Discuss and demonstrate how to be a good friend</p> <p>-</p> <p><u>Self Regulation :</u> *Discuss feelings and how to wait for something they want *Talk about planning to reach a goal</p> <p>-</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> Identify and Recognise how we have changed since we were a baby. Basic Personal Hygiene. <p>National Initiative: Walk to School Week</p> <p>Fair Trade/School Fair Enterprise</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> To discuss what I can and can't do yet. To know who my trusted adults are. To know about 'good' touch and 'bad' touch and what to do if we are unsure. To design a worry box. To know the different parts of the body. To identify male and female body parts and know the importance of using correct names. <p>Fair Trade/School Fair Enterprise</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> Healthy hygiene habits. Physical and emotional changes as part of puberty. Worries and feelings about change as we grow – are they specific to gender? Identify current levels of knowledge and understanding regarding puberty, menstruation and conception. Puberty facts and fiction. <p>National Initiative: Walk to School Week</p> <p>Fair Trade/School Fair Enterprise</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> To know that during puberty, a body changes from a child to an adult and it is part of the life cycle. To recognise and understand the emotional and physical changes during puberty. To know that each person experiences puberty differently. To establish knowledge and understanding of menstruation. <p>National Initiative: Walk to School Week</p> <p>Fair Trade/School Fair Enterprise</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> To understand physical and emotional changes during puberty and how to manage them. To understand what menstruation is and why it occurs. The understand changes in male bodies throughout puberty. Reproduction. Pregnancy <p>Knife Crime Workshop.</p> <p>National Initiative: Walk to School Week</p> <p>Fair Trade/School Fair Enterprise</p>	<p>Health and Wellbeing: RSE:</p> <ul style="list-style-type: none"> Consider why honesty, loyalty, understanding and respect are important in relationships. Recognise their own worth and identify positive things about themselves and others Appreciate that similarities and differences between people are a result of many factors Know how changes at puberty affect bodily hygiene Know that body changes are a preparation for sexual maturity Learn the correct names for body parts and their functions Recognise the need to ask for support and whom to ask Know that body changes are a preparation for sexual maturity and understand the process of reproduction Know how changes at puberty affect body hygiene <p>Knife Crime workshop – follow up.</p> <p>Transition to Secondary:</p> <ul style="list-style-type: none"> Telford Minster transition sessions x 3 Transition to secondary school – worries, preparation. Small group mental health nurse transition anxieties. <p>National Initiative: Walk to School Week</p> <p>Fair Trade/School Fair Enterprise</p>
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