

PSHE Whole School Overview – Objectives highlighted in red are linked to safeguarding

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><u>Living in the wider world</u> Our Golden Rules and Values</p> <p><u>Caring friendships</u> Taking turns and sharing</p>	<p><u>Health and Prevention</u> Personal Hygiene – Handwashing and the spread of diseases.</p> <p><u>Families and People who care for me</u> Identifying special people, what makes you special and how do special people care for one another. Who should you go to if I am worried and how can you attract their attention?</p>	<p><u>Health and Prevention</u> Sleep – Why is it important to get sufficient good quality sleep and how do poor sleeping habits affect weight, mood and ability to learn?</p> <p>Online Safety – Relationships Rules for and ways of keeping safe when using ICT and going online. How to recognise risks, harmful content and contact, and how to report them.</p>	<p><u>Families and People who care for me</u> Recognise the different types of relationships – acquaintances, friends, relatives and families – respect differences and know that all families are built on love and care.</p>	<p>Relationships Secrets and confidentiality</p> <p><u>Online Relationships</u> Recognise how images in the media and online do not always reflect reality.</p>	<p>Families and people who care for me Recognise ways in which a relationship can be unhealthy and whom to talk to if you need support.</p>	<p><u>Families and people who care for me</u> Civil partnership and marriage as a public demonstration of commitment made between two people who love and care for each other.</p> <p>Remembrance Sunday</p> <p><u>Health and Prevention</u> Personal Hygiene – Handwashing and the spread of diseases – Link to 'Coughs and sneezes spread diseases.</p>
Autumn 2	<p><u>Living in the Wider World</u> Start to join the whole school for collective worship</p> <p><u>Health and Prevention</u> Personal Hygiene – Handwashing and the spread of diseases.</p> <p>Online Safety Rules for and ways for keeping safe online.</p>	<p>Online Safety - Relationships Rules for and ways of keeping safe when using ICT and going online. How to recognise risks, harmful content and contact, and how to report them.</p> <p><u>Anti-Bullying Week</u> Caring friendships – Recognise what is fair and unfair, kind and unkind, right and wrong. If someone is unkind, how should you respond and who should you tell? Recognise that bodies and feelings can be hurt.</p> <p><u>Respectful relationships</u> Understand that everyone and every living thing has rights</p>	<p><u>Families and people who care for me/Respectful relationships</u> Identify and respect similarities and differences.</p> <p><u>Anti-Bullying Week</u> <u>Caring friendships/respectful relationships</u> Recognise that your behaviour can affect other people. Recognise different types of bullying and teasing and understand these are unacceptable. Consider strategies to resist bullying or teasing, responsibilities as a bystander and who to tell.</p>	<p><u>Anti-Bullying week</u> <u>Caring friendships</u> Develop strategies to solve disputes and conflict through negotiation and appropriate compromise</p> <p>Online Safety Responsible use of technology Respectful relationships – Understand personal boundaries, identify what you are willing to share with different people friends, classmates and others – in real life and online</p> <p>The responsible use of mobile phones and safe user habits (time limits, turning it off at night) How is this linked to maintaining a healthy, balanced lifestyle?</p>	<p><u>Anti-Bullying Week</u> <u>Respectful Relationships</u> Realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyber-bullying, use of prejudice based language, trolling) and how to respond and ask for help.</p> <p>Online Safety Responsible use of technology – linked to cyber bullying. Strategies for keeping safe online – protecting personal information including passwords, addresses</p> <p><u>Health and Prevention</u> Dental hygiene – what are the health benefits of good oral hygiene including brushing and flossing. The importance of regular dental check-ups.</p>	<p><u>Anti-Bullying Week</u> <u>Respectful Relationships</u> Realise the consequences of antisocial behaviour, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities. Develop strategies to support yourself and others at risk.</p> <p>Online Safety Responsible use of technology – cyber bullying and trolling. Explore how pressure to behave in unacceptable, unhealthy or risky ways can come from different sources. Focus on online grooming</p>	<p><u>Anti-Bullying Week</u> <u>Respectful Relationships</u> Recognise and challenge stereotypes</p> <p><u>Online Relationships</u> Critically examine what is presented in social media and why it is important to do this. Understand that social media can misrepresent and mislead.</p> <p>Being Safe How to manage requests for images of themselves or others – what is and what is not appropriate to share and who to talk to if you feel uncomfortable</p> <p><u>Health and Prevention</u> The facts and science related to immunisation and vaccination</p>
Spring 1	<p>Stranger Danger What is the definition of a stranger? Introduce the concept of good strangers and bad strangers – people who help us vs real strangers. What should you do if you get lost? Ways to stay safe – stay close to a grown up, hold hands</p> <p>Road Safety</p>	<p><u>Families and people who are special to me</u> Where do I belong? Groups and communities</p> <p><u>Mental Wellbeing</u> Describe good and not so good feelings and develop simple strategies to manage them? How can you communicate your feelings to others? What do you do if others show you their feelings and how should you respond?</p> <p>Being safe Understand what is meant by privacy, their right to keep things private and the importance of respecting the privacy of others. NSPCC Pants Campaign</p>	<p><u>Physical Health and Fitness</u> What are the mental and physical benefits of an active lifestyle? Why is it important to build regular exercise into daily and weekly routines and how can this be done? What are the consequences of an inactive lifestyle and who would you speak to if you were worried about your health?</p> <p><u>Relationships</u> Coping with change and loss</p>	<p><u>Living in the Wider World</u> Rules and Laws Human Rights United Nations Declaration of the Rights of a Child Why and how do laws protect us?</p>	<p><u>Living in the Wider World</u> Responsibilities, rights and duties at home, at school and in the community Littering</p>	<p><u>Living in the Wider World</u> Money Management – What is debt? What is a loan and what is interest? What are the advantages and disadvantages of loans? Where can you go for support?</p> <p><u>Living in the Wider World</u> Rules and Laws linked to Anti-social and aggressive behaviours Consequences</p>	<p>Being safe Judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond. Understand that you have the right to protect your body from unwanted/inappropriate contact</p> <p>Expect Respect (Domestic Violence Toolkit)</p>

Spring 2	<p>Managing risk How can we stay safe at home, on the way to school, in school?</p> <p>Healthy Eating – What constitutes a healthy diet?</p>	<p><u>Living in the Wider World</u> Caring for our local environment including plants and animals.</p> <p>Health and wellbeing Understand that some household products, including medicines, can be harmful if not used properly.</p> <p>Basic first aid Who would you contact in case of an emergency? Teach the children when and how to dial 999. Look at the dangers associated with prank calls.</p>	<p>Keeping safe People who look after us</p> <p>Being safe Recognise that we have a shared responsibility for keeping ourselves and each other safe – Know when to say yes or no and when to ask for help or tell.</p> <p>Basic first aid Who would you contact in case of an emergency? Teach the children when and how to dial 999. Look at the dangers associated with prank calls.</p>	<p><u>Wellbeing</u> How do you make informed choices (consider the positive, negative and neutral consequences of a choice) and begin to understand the concept of a balanced lifestyle? <u>Food choices</u> What are the consequences of an inactive lifestyle (including obesity) and who would you speak to if you were worried about your health?</p> <p>Basic First Aid Asthma – what is it and what should you do if you suspect someone is having an asthma attack? Choking – what to do if someone is choking?</p>	<p>Health and Wellbeing Tobacco and vaping– What is it and how does it damage immediate and future health? Look at age restrictions and that it is illegal to own, use of give to others if under 18.</p> <p>Basic First Aid Anaphylaxis – What is it and what should you do if you suspect it? Burns and scalds</p>	<p>Health and Wellbeing Alcohol – What is it and how does it damage immediate and future health? Look at age restrictions and that it is illegal to own, use of give to others if under 18. Include energy drinks</p> <p>Basic First Aid Bone, muscle and joint injuries Head injuries</p>	<p>Health and Wellbeing Drugs – What is it and how does it damage immediate and future health? Understand that the use of recreational drugs is illegal.</p> <p>Basic first aid Primary survey, CPR and the recovery position Use of defibrillators</p> <p><u>Living in the Wider World</u> Real v fake news</p>
Summer 1	<p>Caring Friendships – Listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).</p>	<p><u>Living in the Wider World</u> Caring for our planet - Plastic Pollution</p> <p>Stranger Danger Revisit the definition of a stranger. What should you do if you get lost? Introduce the concept of a safe building – bank, post office, library, shop, doctor’s surgery</p> <p>Expect Respect (Domestic Violence Toolkit)</p>	<p><u>Living in the Wider World</u> Contributing to the life of the class What does everyone bring to the class?</p> <p>Being safe Know the difference between secrets and nice surprises and the importance of not keeping any secret that makes you feel uncomfortable or anxious.</p>	<p><u>Mental Wellbeing</u> Mental wellbeing is a normal part of daily life, in the same way as physical health. What positively and negatively affects physical, mental and emotional health? Who should you turn to if you need support for your mental health?</p>	<p><u>Mental Wellbeing</u> Recognise that you will experience conflicting emotions and how you might overcome these.</p> <p>Expect Respect (Domestic Violence Toolkit)</p> <p>Being safe Explore the idea of keeping something a secret and when you should and should not agree to this. When is it right to break a confidence or share a secret?</p>	<p><u>Mind fullness and emotional wellbeing</u> Deepen child’s understanding of good and not so good feelings, to extend their vocabulary and enable them to explain both the range and intensity of feelings. Make links to transition to Year 6</p> <p>Who should you turn to of you need support for your mental health?</p> <p>Recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing</p> <p>Expect Respect (Domestic Violence Toolkit)</p>	<p><u>Mind fullness and emotional wellbeing</u> Deepen child’s understanding of good and not so good feelings, to extend their vocabulary and enable them to explain both the range and intensity of feelings. Make links to transition to secondary school</p> <p>Who should you turn to if you need support for your mental health?</p> <p><u>Living in the Wider World</u> Money management – tax, VAT and enterprising</p>
Summer 2	<p>Basic first aid People Who Help Us – The emergency services</p>	<p><u>Healthy Eating</u> What constitutes a healthy diet? How can a healthy diet be maintained?</p> <p>Reflecting on and celebrating achievements</p>	<p><u>Living in the Wider World</u> Spending and saving Setting a budget Bank Accounts Pocket Money</p> <p>Reflecting on and celebrating achievements</p>	<p><u>Living in the Wider World</u> Working towards a shared goal</p> <p>Reflecting on and celebrating achievements</p>	<p>Being safe Water Safety – Staying safe around lakes, rivers and the sea. How can you protect yourself?</p> <p><u>Living in the Wider World</u> Plastic Pollution – damaging environments</p>	<p>Health and Wellbeing Sun Safety – Safe and unsafe skin exposure. Use of sunscreen and risks of skin cancer.</p> <p><u>Changing adolescent body</u> Key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes. Human reproduction (Science curriculum)</p>	<p>Being Safe Talk about caring for their body and understand that they have a right to protect their body from inappropriate and unwanted contact – Link to Female Genital Mutilation as a type of abuse and a crime. How would you support a friend if they were fearful of this?</p>