


## PSHE Topic Overview

	<b>Autumn</b> <b>Relationships</b>	<b>Spring</b> <b>Living in the wider world</b>	<b>Summer</b> <b>Health and wellbeing</b>
<b>EYFS</b>	<b>Families and friendships</b> (PSED, PD, UtW) <b>Safe relationships</b> (PSED) <b>Respecting ourselves and others</b> (PSED, CL, PD, UtW)	<b>Belonging to a community</b> (PSED, PD, UtW) <b>Media literacy and Digital resilience</b> (PSED) <b>Money and Work</b> (PSED, UtW)	<b>Physical health and Mental wellbeing</b> (PSED) <b>Growing and changing</b> (PSED, PD) <b>Keeping safe</b> (PSED)
<b>Year1</b>	<b>Families and friendships</b> Roles of different people; families; feeling cared for <b>Safe relationships</b> Recognising privacy; staying safe; seeking permission <b>Respecting ourselves and others</b> How behaviour affects others; being polite and respectful	<b>Belonging to a community</b> What rules are; caring for others' needs; looking after the environment <b>Media literacy and Digital resilience</b> Using the internet and digital devices; communicating online <b>Money and Work</b> Strengths and interests; jobs in the community	<b>Physical health and Mental wellbeing</b> Keeping healthy; food and exercise; hygiene routines; sun safety <b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong <b>Keeping safe</b> How rules and age restrictions help us; keeping safe online
<b>Year 2</b>	<b>Families and friendships</b> Making friends; feeling lonely and getting help <b>Safe relationships</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour <b>Respecting ourselves and others</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions	<b>Belonging to a community</b> Belonging to a group; roles and responsibilities; being the same and different in the community <b>Media literacy and Digital resilience</b> The internet in everyday life; online content and information <b>Money and Work</b> What money is; needs and wants; looking after money	<b>Physical health and Mental wellbeing</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help <b>Growing and changing</b> Growing older; naming body parts; moving class or year <b>Keeping safe</b> Safety in different environments; risk and safety at home; emergencies
<b>Year 3</b>	<b>Families and friendships</b> What makes a family; features of family life <b>Safe relationships</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour <b>Respecting ourselves and others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<b>Belonging to a community</b> The value of rules and laws; rights, freedoms and responsibilities <b>Media literacy and Digital resilience</b> How the internet is used; assessing information online <b>Money and Work</b> Different jobs and skills; job stereotypes; setting personal goals	<b>Physical health and Mental wellbeing</b> Health choices and habits; what affects feelings; expressing feelings <b>Growing and changing</b> Personal strengths and achievements; managing and reframing setbacks <b>Keeping safe</b> Risks and hazards; safety in the local environment and unfamiliar places
<b>Year 4</b>	<b>Families and friendships</b> Positive friendships, including online	<b>Belonging to a community</b> What makes a community; shared responsibilities	<b>Physical health and Mental wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care

	<p><b>Safe relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others</b> Respecting differences and similarities; discussing difference sensitively</p>	<p><b>Media literacy and Digital resilience</b> How data is shared and used</p> <p><b>Money and Work</b> Making decisions about money; using and keeping money safe</p>	<p><b>Growing and changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe</b> Medicines and household products; drugs common to everyday life</p>
<b>Year 5</b>	<p><b>Families and friendships</b> Managing friendships and peer influence</p> <p><b>Safe relationships</b> Physical contact and feeling safe</p> <p><b>Respecting Ourselves and others</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b>Belonging to a community</b> Protecting the environment; compassion towards others</p> <p><b>Media literacy and Digital resilience</b> How information online is targeted; different media types, their role and impact</p> <p><b>Money and Work</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Physical health and Mental wellbeing</b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><b>Growing and changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe</b> Keeping safe in different situations, including responding in emergencies, first aid Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
<b>Year 6</b>	<p><b>Safe relationships</b> Recognising and managing pressure; consent in different situations</p> <p><b>Respecting ourselves and others</b> Expressing opinions and respecting other points of view, including discussing topical issues</p> <p><b>Families and friendships</b> Attraction to others; romantic relationships; civil partnership and marriage</p>	<p><b>Belonging to a community</b> Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Media literacy and Digital resilience</b> Evaluating media sources; sharing things online</p> <p><b>Money and Work</b> Influences and attitudes to money; money and financial risks</p>	<p><b>Physical health and Mental wellbeing</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; anaging time online</p> <p><b>Growing and changing</b> Human reproduction and birth; increasing independence; managing transitions</p> <p><b>Keeping safe</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
<b>Personal Development opportunities</b>	<p>NSPCC Assembly; ‘Speak Out, Stay Safe’ – whole school assembly then lesson follow-up within two weeks of the assembly. Links with PANTS resources (Safe relationships, respecting ourselves and others, families and friendships)</p> <p>Anti-bullying week work: PHSE (Safe relationships, respecting ourselves and others, families and friendships)</p> <p>Diwali assembly – led by pupils: RE, Speaking and Listening, PHSE (Respecting ourselves and others, belonging to a community)</p>	<p>Tycoons Project – KS2 spring term; links with money and work PSHE curriculum. Whole school impact with national league discussed in whole school assembly and the learning based on running a business for profit and for the school community (families and friendships; belonging to a community, money and work; physical health and mental wellbeing)</p>	

House captain elections: PHSE (Belonging to a community)

**Ongoing throughout the year.**

**School gardeners:** Science, DT, PSHE (Families and friendships; belonging to a community; physical health and mental wellbeing)

**Rotakids** – fortnightly work: PHSE, Speaking and Listening, Maths (Respecting ourselves and others; belonging to a community, money and work; physical health and mental wellbeing)

**Eco-officers:** PHSE, Speaking and Listening (Respecting ourselves and others; belonging to a community; keeping safe)

**Learning Ambassadors:** Speaking and Listening, PHSE, one project per term after job applications in the autumn term; pupil surveys and supporting learning behaviours project, spring term; what helps me learn? project, summer term; locked in learning project – what should I remember? (respecting ourselves and others; money and work; growing and changing)

**E-Cadets:** Online Safety, Computing, PHSE. One project per term after job applications in the autumn term; pupil surveys and competition (based on current needs – this term it'll be toxic situations online), spring; class project based on SMART rules, presentation to classes and whole school assembly, summer; pupil surveys and whole school staying safe online in the summer holidays project (safe relationships; media literacy and digital resilience; keeping safe)

**Kindness Champions:** PHSE, Speaking and Listening (Safe relationships, respecting ourselves and others, families and friendships; belonging to a community; physical health and mental wellbeing, keeping safe)

**Lunchtime leaders:** PHSE (Safe relationships, respecting ourselves and others, families and friendships; belonging to a community; physical health and mental wellbeing, keeping safe)

**Junior PCSOs** (respecting ourselves and others; belonging to a community; keeping safe)

**Individual Peer Mentoring:** PHSE (As needs arise throughout the year). (Safe relationships, respecting ourselves and others, families and friendships; belonging to a community, money and work; physical health and mental wellbeing)

**Reading Buddies:** Reading and PSHE (Safe relationships, respecting ourselves and others, families and friendships; belonging to a community, money and work; physical health and mental wellbeing)

**Monitors within classes** from EYFS up. (respecting ourselves and others; belonging to a community; physical health and mental wellbeing)

**Emotional registration** – PHSE, English (Safe relationships, respecting ourselves and others, families and friendships; belonging to a community; physical health and mental wellbeing)

