

Curriculum Overview



Subject: PSHE

		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
R E C E P T I O N	Oatlands	Me and My Relationships All about me, feelings, special people, people who can help me.		Valuing Difference Special people, difference between families and homes, care and friendship. MINI FIRST AID		Keeping Safe Body safety, safe inside and outside, PANTS safety, online safety, medicine safety. People who keep me safe. LIFE BASE VISIT/CHILDREN'S MENTAL HEALTH/ONLINE SAFETY WORKSHOP		Rights and Respect Looking after my special people, looking after my friends, caring for my classroom and world, money.		Being My Best Healthy foods, Zones of Regulation, healthy mind, sleep, exercise, resilience.		Growing and Changing Seasons, how plants and animals change, babies, growing up, boys and girls.	
	Manby Lodge	Being Me in My World Self-identity, understanding feelings, being in a classroom, being gentle, rights and responsibilities.		Celebrating Difference Identifying talents, being special, families, where we live, making friends, standing up for yourself.		Dreams and Goals Challenges, perseverance, goal-setting, overcoming obstacles, seeking help, jobs, achieving goals.		Healthy Me Exercising bodies, physical activity, healthy food, sleep, keeping clean, safety.		Relationships Family life, friendships, breaking friendships, falling out, dealing with bullying, being a good friend.		Changing Me Bodies, respecting my body, growing up, growth and change, fun and fears, celebrations.	
Y1	Oatlands	Me and My Relationships Establishing class rules, recognising feelings, what makes a good friend, how we can make ourselves and others happy, Zones of Regulation.		Valuing Difference Exploring different families, Anti-Bullying Week, to know how to make friends, to identify people who are special, to know how to feel peaceful. MINI FIRST AID		Keeping Safe Importance of sleep, secrets and surprises, PANTS safety, online safety, medicine safety, road safety, how to calm down when angry. LIFE BASE VISIT CHILDREN'S MENTAL HEALTH WEEK ONLISE SAFETY WORKSHOP		Rights and Respect Financial education, keeping healthy, personal hygiene, caring for the environment, good listening.		Being My Best Healthy foods, Zones of Regulation, self-esteem, kindness, what makes me an individual.		Growing and Changing How we have changed since we were born, personal safety, dealing with anger, respecting the environment, transition.	
	Manby Lodge	Being Me in My World Feeling special and safe, being part of a class, rights and responsibilities, rewards and feeling proud, consequences, owning the Learning Charter.		Celebrating Difference Similarities and differences, understanding bullying and knowing how to deal with it, making new friends, celebrating the differences in everyone.		Dreams and Goals Setting goals, identifying successes and achievements, learning styles, working well and celebrating achievement with a partner, tackling new challenges, identifying and overcoming obstacles, feelings of success.		Healthy Me Keeping myself healthy, healthier lifestyle choices, keeping clean, being safe, medicine safety/safety with household items, road safety, linking health and happiness.		Relationships Belonging to a family, making friends/being a good friend, physical contact preferences, people who help us, qualities as a friend and person, self-acknowledgement, being a good friend to myself, celebrating special relationships.		Changing Me Life cycles – animal and human, changes in me, changes since being a baby, differences between female and male bodies (correct terminology), linking growing and learning, coping with change, transition.	
Y2	Oatlands	Me and My Relationships Establishing class rules, being a good friend, playground buddy training, respect for others, resolving conflict.		Valuing Difference Exploring different families, Anti-Bullying Week, dealing with anger, recognising feelings, Zones of Regulation, feeling left out, gratitude. MINI FIRST AID		Keeping Safe Learning goals, PANTS safety, online safety, medicine safety, personal safety, safe and unsafe secrets, growth mindset. LIFE BASE VISIT/CHILDREN'S MENTAL HEALTH WEEK/ONLISE SAFETY WORKSHOP		Rights and Respect Financial education, respecting others, impulsive behaviour, caring for the environment, empathy.		Being My Best Hygiene, Zones of Regulation, Democracy Climate Change, feeling worried.		Growing and Changing Loss, bullying, RSE, ethical trading, emotions and moods, transition. Manby and Oatlands Transition	
	Manby Lodge	Being Me in My World Hopes and fears for the year, rights and responsibilities, rewards and consequences, safe and fair learning environment, valuing contributions, choices, recognising feelings.		Celebrating Difference Assumptions and stereotypes about gender, understanding bullying, standing up for self and others, making new friends, gender diversity, celebrating difference and remaining friends.		Dreams and Goals Achieving realistic goals, perseverance, learning strengths, learning with others, group co-operation, contributing to and sharing success.		Healthy Me Motivation, healthier choices, relaxation, healthy eating and nutrition, healthier snacks and sharing food.		Relationships Different types of family, physical contact boundaries, friendship and conflict, secrets, trust and appreciation, expressing appreciation for special relationships.		Changing Me Life cycles in nature, growing from young to old, increasing independence, differences in female and male bodies (correct terminology), assertiveness, preparing for transition. Manby and Oatlands Transition	
Y3		Relationships What makes a family and features of family life.	Relationships Personal boundaries and safely responding to others. The impact of hurtful behaviour.	Relationships Recognising respectful behaviour. The importance of self-respect, courtesy and being polite.	Living in the Wider World Belonging to a community. The value of rules and laws. Rights, freedoms and responsibilities.	Living in the Wider World Media literacy and digital resilience. How the internet is used and assessing information online.	Living in the Wider World Money and work, different jobs and skills, job stereotypes and setting personal goals.	Health and Wellbeing Physical health and mental wellbeing, health choices and habits. What affects feelings and expressing feelings.	Health and Wellbeing Growing and changing, personal strengths and achievements. Managing and reframing setbacks.	Health and Wellbeing Keeping safe, risks and hazards. Safety in the local environment and unfamiliar places.			



Y4	Relationships Families and friendships, positive friendships including online.	Relationships Safe relationships, responding to hurtful behaviour and managing confidentiality. Recognising risks online.	Relationships Respecting ourselves and others, respecting differences and similarities and discussing difference sensitively.	Living in the Wider World Belonging to a community, what makes a community. Shared responsibilities.	Living in the Wider World Media literacy and digital resilience, how data is shared and used.	Living in the Wider World Money and work, making decisions about money, using and keeping money safe.	Health and Wellbeing Physical health and mental wellbeing, maintaining a balanced lifestyle, oral hygiene and dental care.	Health and Wellbeing Growing and changing, physical and emotional changes in puberty, external genitalia, personal hygiene routines, support with puberty.	Health and Wellbeing Keeping safe, medicines and household products, drugs common to everyday life.
Y5	Relationships Families and friendships, managing friendships and peer influence.	Relationships Safe relationships, physical contact and feeling safe.	Relationships Respecting ourselves and others, responding respectfully to a wide range of people and recognising prejudice and discrimination.	Living in the Wider World Belonging to a community, protecting the environment; compassion towards others.	Living in the Wider World Media literacy and digital resilience, how information online is targeted; different media types their role and impact.	Living in the Wider World Money and work, identifying job interests and aspirations, what influences career choices and workplace stereotypes.	Health and Wellbeing Physical health and mental wellbeing, healthy sleep habits, sun safety, medicines, vaccinations, immunisations and allergies.	Health and Wellbeing Growing and changing, personal identity, recognising individuality and different qualities. Mental wellbeing.	Health and Wellbeing Keeping safe, keeping safe in different situations including responding in emergencies, first aid and FGM.
Y6	Relationships Families and friendships, attraction to others and romantic relationships. Civil partnership and marriage.	Relationships Safe relationships, recognising and managing pressure. Consent in different situations.	Relationships Respecting ourselves and others, expressing opinions and respecting other points of view, including discussing topical issues.	Living in the Wider World Belonging to a community, valuing diversity; challenging discrimination and stereotypes.	Living in the Wider World Media literacy and digital resilience, evaluating media sources; sharing things online.	Living in the Wider World Money and work influences and attitudes to money and money and financial risks.	Health and Wellbeing Physical health and mental wellbeing, what affects mental health and ways to take care of it. Managing change, loss and bereavement. Managing time online.	Health and Wellbeing Growing and changing, human reproduction and birth, increasing independence, managing transition.	Health and Wellbeing Keeping safe, keeping personal information safe. Regulations and choices. Drug use and the law and drug use and the media.