

## PSHE 8 Year Overview

**Intent:** to develop the knowledge, skills and attributes children need to protect and enhance their wellbeing and to independently thrive in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging.

	Autumn		Spring		Summer	
	This is Me!	VIPs	Dream Big	Healthy Body, Healthy Mind	Our World	Growing and Changing
<b>Pre-School</b>	<ul style="list-style-type: none"> <li>Being at Nursery</li> <li>Ourselves</li> <li>Likes and dislikes</li> <li>How am I feeling?</li> <li>Gentle hands, gentle feet</li> <li>I'm special, I'm me</li> </ul>	<ul style="list-style-type: none"> <li>My family and me</li> <li>Other families</li> <li>How do we share?</li> <li>Will you be my friend?</li> <li>How can I be a good friend?</li> </ul>	<ul style="list-style-type: none"> <li>What do I want to be when I grow up?</li> <li>Trying my best</li> <li>Asking for help</li> <li>Waiting my turn</li> <li>I show kindness by...</li> </ul>	<ul style="list-style-type: none"> <li>5 A Day</li> <li>Get moving, sleep well</li> <li>Keeping clean - body and teeth</li> <li>Digi duck's Famous Friend</li> <li>Stay Safe</li> </ul>	<ul style="list-style-type: none"> <li>My school</li> <li>My community</li> <li>My World</li> </ul>	<ul style="list-style-type: none"> <li>Being Independent</li> <li>My body</li> <li>NSPCC -Talk Pants</li> <li>Changes</li> </ul>
<b>Rec</b>	<ul style="list-style-type: none"> <li>Belonging to class R__</li> <li>Self-identity</li> <li>Being special</li> <li>We all have feelings</li> <li>I am honest</li> <li>I am gentle</li> </ul>	<ul style="list-style-type: none"> <li>Family life</li> <li>We are all different</li> <li>How can I be a good friend?</li> <li>Can I have more than one friend?</li> <li>Sharing</li> <li>Falling out</li> </ul>	<ul style="list-style-type: none"> <li>Ada Lovelace – Inspiring people</li> <li>We do our best</li> <li>Teamwork</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> </ul>	<ul style="list-style-type: none"> <li>Dealing with mood monsters</li> <li>Calming down</li> <li>Eat the Rainbow</li> <li>Keeping clean - body and teeth</li> <li>How can I keep safe outside?</li> <li>Dealing with dilemmas – getting lost</li> </ul>	<ul style="list-style-type: none"> <li>Houses around the world</li> <li>Families here and there</li> <li>Children around the world</li> <li>Where we live</li> <li>People who help us</li> <li>Ecosystems – how does nature make me feel? How does it provide for us?</li> </ul>	<ul style="list-style-type: none"> <li>I can do this by myself</li> <li>Bodies</li> <li>NSPCC - Talk Pants</li> <li>Growing up (growth and change)</li> <li>Fun and fears</li> <li>Changes – Transition to Y1</li> </ul>
<b>Key Stage 1 Pupils should be taught about: special and important people in their lives; similarities and differences; different families; friendship and fairness; cooperation and teamwork skills; feelings and emotions; communicating effectively with others; consent and bullying behaviours.</b>						
<b>Year 1:</b>	<ul style="list-style-type: none"> <li>Marvellous me</li> <li>Good and not so good feelings</li> <li>Things I like</li> <li>Feeling Uncomfortable</li> <li>Jealousy</li> <li>Speak up</li> </ul>	<ul style="list-style-type: none"> <li>Who are my VIPs?</li> <li>Families</li> <li>Bullying and teasing (Anti-bullying week)</li> <li>Bullying</li> <li>Being Kind to others</li> <li>The Selfish Hen</li> </ul>	<ul style="list-style-type: none"> <li>Amelia Earhart – Inspiring people</li> <li>Kindness</li> <li>Patience</li> <li>Positivity</li> <li>Star qualities</li> <li>Bright futures</li> </ul>	<ul style="list-style-type: none"> <li>Be food smart</li> <li>A healthy smile (teeth)</li> <li>Clean as a whistle</li> <li>Active and asleep</li> <li>My body, my business</li> <li>I can choose</li> </ul>	<ul style="list-style-type: none"> <li>My school, Your School</li> <li>My home, your home</li> <li>Being British</li> <li>Celebrating our differences</li> <li>Growing in our world</li> <li>Living in our world</li> </ul>	<ul style="list-style-type: none"> <li>My Special People</li> <li>Human Life Cycle</li> <li>Respecting my body</li> <li>Transition to Y2</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Think Happy, Feel Happy!</li> <li>It's your choice (likes and dislikes)</li> <li>Let it out</li> <li>Worry</li> <li>Be thankful</li> <li>Big feelings</li> </ul>	<ul style="list-style-type: none"> <li>Family stereotypes (Metro)</li> <li>The power of giving</li> <li>Witnessing bullying and how to solve it (anti-bullying week)</li> <li>Friendship</li> <li>Body language</li> <li>Touch</li> </ul>	<ul style="list-style-type: none"> <li>Wilma Rudolph – Inspiring People</li> <li>Inclusion: sameness and difference</li> <li>Brilliant Brains</li> <li>The importance of rules</li> <li>Want or need (spending and saving)</li> <li>Taking responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Keeping safe: things that go into and onto bodies</li> <li>Keeping healthy – medicines</li> <li>Keeping safe: medicines and household products</li> <li>Staying safe around strangers</li> <li>Fire Safety: Hoax Calling</li> <li>Fire Safety: Petty Arson</li> </ul>	<ul style="list-style-type: none"> <li>Exploring our community</li> <li>Caring for our community</li> <li>Why do we need rules?</li> <li>What is the law?</li> <li>Pollution</li> <li>Costing the Earth</li> </ul>	<ul style="list-style-type: none"> <li>Pink and Blue (Stereotyping)</li> <li>Everybody's Body</li> <li>Changes</li> <li>Transition to Y3</li> </ul>
<b>Key Stage 2 Pupils should extend their learning on the themes covered in KS1 and build on their knowledge about: different types of families and loving relationships; who their support network consists of; unhealthy and healthy relationships, dares, risks and peer pressure; personal boundaries and secrets; techniques for resolving disputes, collaboration, compromise and sharing responsibilities and the consequences for our actions.</b>						
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Identity &amp; Values</li> <li>Everyday Feelings</li> <li>Anger</li> </ul>	<ul style="list-style-type: none"> <li>What makes a good friend?</li> <li>Is this a good relationship?</li> <li>My actions can affect others</li> </ul>	<ul style="list-style-type: none"> <li>Simone Biles - Inspiring People</li> <li>Resilience</li> </ul>	<ul style="list-style-type: none"> <li>Maintaining dental health</li> <li>Healthy and unhealthy habits</li> </ul>	<ul style="list-style-type: none"> <li>What is a citizen?</li> <li>School community</li> </ul>	<ul style="list-style-type: none"> <li>Relationships and Families</li> <li>My body</li> <li>Human Reproduction</li> </ul>

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	<ul style="list-style-type: none"> <li>Grief</li> <li>Doing the right thing</li> <li>Express yourself</li> </ul>	<ul style="list-style-type: none"> <li>It is ok to disagree</li> <li>My family, your family</li> <li>Good and bad secrets</li> </ul>	<ul style="list-style-type: none"> <li>Working together</li> <li>Achievements</li> <li>No limits</li> <li>When I grow up</li> </ul>	<ul style="list-style-type: none"> <li>Cough, splutter and sneeze</li> <li>I can't sleep...</li> <li>Under pressure</li> <li>My body, my choice</li> </ul>	<ul style="list-style-type: none"> <li>Citizenship and the wider world</li> <li>Diverse Britain: Tolerance and respect.</li> <li>Looking after the world</li> <li>Different reasons for moving Home</li> </ul>	<ul style="list-style-type: none"> <li>Transition to Y4</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>I have a right to an identity</li> <li>Identity and disability</li> <li>Expressing feelings</li> <li>Managing Feelings</li> <li>I am calm</li> <li>Happy minds, happy people</li> </ul>	<ul style="list-style-type: none"> <li>Our Special People</li> <li>One Love – Different types of families and relationships</li> <li>Jealousy</li> <li>Getting on and falling out</li> <li>Fabulous friends</li> <li>Kindness spreads</li> </ul>	<ul style="list-style-type: none"> <li>Malala's Magic Pencil – Inspiring people</li> <li>Always learning</li> <li>Breaking down barriers – disability</li> <li>Different ways to pay</li> <li>Borrowing and spending</li> <li>What is Philanthropy?</li> </ul>	<ul style="list-style-type: none"> <li>Safety &amp; Rules: Medicines and Household products</li> <li>Safety &amp; Rules: Alcohol and smoking</li> <li>Exploring Risk – Gambling Aware</li> <li>Asthma – First Aid</li> <li>Bites and stings – First Aid</li> <li>Bleeding – First Aid</li> </ul>	<ul style="list-style-type: none"> <li>How should we farm?</li> <li>Water: Our most precious resource</li> <li>How can we make a difference?</li> <li>Homelessness</li> <li>Imagine a kinder world</li> <li>The NHS: Our heroes</li> </ul>	<ul style="list-style-type: none"> <li>Puberty – Changes in Boys</li> <li>Puberty – Changes in Girls</li> <li>Puberty – Changing Emotions</li> <li>Transition to Y5</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>You are unique</li> <li>Mental health and feeling well</li> <li>Uncomfortable Feelings</li> <li>Anger</li> <li>Grief – things we lose</li> <li>Grief – a pocket full of plasters</li> </ul>	<ul style="list-style-type: none"> <li>One Love – different types of families</li> <li>Respecting others' point of view</li> <li>Peer Pressure</li> <li>Compromise</li> <li>Looking out for others</li> <li>Unhealthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>Stephen Hawking – Inspiring people</li> <li>Self-esteem</li> <li>Resilience</li> <li>Negative stereotyping</li> <li>Inclusion and acceptance</li> <li>Being responsible – consequences of stealing</li> </ul>	<ul style="list-style-type: none"> <li>Feeling under pressure</li> <li>Looking after my wellbeing</li> <li>Healthy choices</li> <li>Exercise right, sleep tight</li> <li>Taking care of our bodies</li> <li>Being Responsible</li> </ul>	<ul style="list-style-type: none"> <li>Exploring Diversity</li> <li>Cultural Diversity in the UK</li> <li>Migration</li> <li>Local Government</li> <li>What are our human rights?</li> <li>Conflicting rights</li> </ul>	<ul style="list-style-type: none"> <li>Changing Bodies</li> <li>Emotional Changes</li> <li>Personal Hygiene</li> <li>Just the way you are (body image)</li> <li>Keeping my body safe</li> <li>Transition to Y6</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>I am not a label – identity and belonging</li> <li>The cognitive triangle</li> <li>Thoughts are not facts</li> <li>Worry</li> <li>Facing your feelings</li> <li>Managing challenges and change</li> </ul>	<ul style="list-style-type: none"> <li>People we love</li> <li>Happy and safe relationships</li> <li>Changing Relationships</li> <li>Secrets</li> <li>Respecting others' beliefs</li> <li>Am I a role model?</li> </ul>	<ul style="list-style-type: none"> <li>Muhammad Ali - Inspiring people</li> <li>The working world</li> <li>Job Skills</li> <li>Influences and goals</li> <li>Goals in different cultures</li> <li>Equal opportunities – no discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Managing Risk: Influences and pressure</li> <li>Managing Risk: Drugs and alcohol in the media</li> <li>Chancing it - Gambling Aware</li> <li>Choking – First Aid</li> <li>Emergencies and Calling 99 – First Aid</li> <li>Head injuries – First Aid</li> </ul>	<ul style="list-style-type: none"> <li>Strong Societies</li> <li>British Values</li> <li>Magna Carta and the Justice system</li> <li>Discrimination</li> <li>Conflict and Mediation</li> <li>Extremism</li> </ul>	<ul style="list-style-type: none"> <li>Change and Becoming Independent</li> <li>Positive and Healthy Relationships</li> <li>How Babies are Made</li> <li>Transition to high school – feelings and anxieties</li> <li>Transition challenges and opportunities</li> </ul>