



Subject Overview- PSHCE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pre-School						
Topic	Leaving the main carer without getting upset. Building confidence in new environment and being able to access resources independently Learning to play alongside others and interact with others. Decide on class rules to ensure everyone is happy in class. Talk about emotions happy and sad and deal with them appropriately. Tidy up routine Talk about the foods we like and dislike Talk about what keeps our bodies healthy	Develop confidence to ask for help To understand rules and expectations in pre-school and be able to follow them. Learn to share resources and activities. Talk about kindness and what it means to be a good friend. Talk about underpants rule	Talk about and listen to others home lives and family. Discuss Excited and Angry emotions and learn how to deal with these appropriately. Encourage to seek out friends to play Can play in an extended group, initiating play	Talk about the special women in our lives and why they are special, what makes them special, what do they do, and how do they make us feel. Talk about the people that help us stay safe Talk about different types of love Talk about the people we love and how love makes us feel.	Talking about what is theirs. What belongs to others and what should be shared Talk about the special men in their lives, why are they special, what makes them special, what do they do and how do they make us feel Learning how to resolve conflict Exploring hope and fear emotions and how to deal with these appropriately How to deal with emergency services if necessary.	Transition Talk about our hopes and fears for receptions Reflecting on our time in pre-school, show how much we have grown, what we can do now that we couldn't when we started. Look at how we have grown and changed Looking at baby photos of adults and noticing differences.
Reception						
Topic	Can I make positive relationships? Leaving main carer without getting upset. To help others feel welcome To try to make our school a better place. Think about everyone's right to learn. Care about others people's feelings Work well with others Classroom routines & behavioural expectations. Can I learn when to ask, it is ok?	Can I learn about me? Accept that everyone is different Include others when working and playing. Know how to help someone who is being bullied. Try to solve problems. Try to use kind words. Know how to give and receive compliments.	Can I learn about resilience? Stay motivated when doing something challenging. Keep trying even when it is difficult. Work well with a partner or in a group. Have a positive attitude. Help others to achieve their goals. Working hard to achieve their own dreams and goals. Recognising talents, stating likes and dislikes.	Can I learn about my body? Making healthy choices. Eating a healthy balanced diet. Understand the importance of physical activity. Keeping themselves and others safe. Understand good practises with regard to exercise, eating, sleeping and hygiene. Keeping safe and practising appropriate safety measures without direct supervision. How to deal with emergency services if necessary.	Can I learn about my family and friends? Know how to make friends. Try to solve friendship problems when they occur. Helping others to feel part of a group. Show respect to others. Helping others when they are upset. Know what makes a good relationship.	Can I learn about growing up and changing? Understanding that everyone is special and unique. Express how they feel when change happens. Understand changes in themselves and others. Know who to ask for help if children are worried about change. Looking forward to change.



Year 1						
Topic	How do we decide how to behave? Class rules; respecting others' needs; behaviour; listening; feelings and bodies can be hurt Can I learn when to ask, it is ok? Consent	What can we do with money? Where money comes from; spending; saving; keeping money safe.	How do we stay safe? Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate/inappropriate touch; who helps keep us safe; asking for help. How to deal with emergency services if necessary		How do we feel? Different kinds of feelings; strategies to manage feelings; change and loss	What makes us special? Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities.
Year 2						
Topic	How can we help? Group and class rules and why they are important; respecting own and others' rights and need; privacy; looking after the environment	What is bullying? Hurtful teasing and bullying is wrong, what to do about bullying; unsafe secrets; inappropriate touch what to do if it happens	How can we be healthy? Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choices. Can I learn when to ask, it is ok? Consent	What is the same and different about us? Recognise what they are good at; set simple goals; growing; and changing and being more independent; naming body parts correctly (including external genitalia); belonging to different groups.	How do we show our feelings? Different kinds of feelings; strategies to manage feelings; change and loss; recognising how others are feeling; sharing feelings	How can we keep safe in different places? Rules for keeping safe in different places; including online; people who work in the community; asking for help; including in an emergency. How to deal with emergency services if necessary. Basic first aid. Head injuries.
Year 3						
Topic	What are the rules that keep us safe? Importance of school rules for health and safety; hygiene routines; difference between appropriate and inappropriate touch; how to respond; keeping safe in local environment; how to get help in an emergency; people who help them stay safe. Basic first-aid. Can I learn when to ask, it is ok?	What can we do about bullying? Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe	What are we responsible for? Responsibilities; rights and duties at home; in school and the local environment; how actions affect self and others	How can we describe our feelings? Wider range of feelings; conflicting feelings experiences at the same time; describing feelings; feelings associated with change; recognising wider range of feelings in others; responding to other's feelings	How can we eat well? What makes a balanced lifestyle; balanced diet; making choices; what influences choices	What jobs would we like? What is meant by stereotypes; what it means to be enterprising; working collaboratively to the shared goals; recognise achievements and set targets
Year 4						
Topic	What is diversity? Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes	How can we be a good friend? Recognise wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; feedback	How do we grow and change? Changes that happen at puberty; keeping good hygiene; describing intensity of feelings to others; managing complex emotions; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice Can I learn when to ask, it is ok? Consent		How can we keep safe in our local area? Managing risk in familiar situations and the local environment; feeling negative pressure and managing this; recognising and managing dares; actions affect themselves and others; people who help them stay healthy and safe. How to deal with emergency services if necessary. Basic First.	



Year 5						
Topic	What makes a community? What it means to be in a community; groups and individuals that support the local community; voluntary, community and pressure groups; appreciating the range of identities in the UK; values and customs of people living around the world.	What does discrimination mean? Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; equalities	How can we manage our money? About the role of money; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect reality	How can we be safe online and using social media? Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries;	What choices help health? What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe. Basic first-Aid and how to deal with emergency services if necessary Changes that happen at puberty Can I learn when to ask, it is ok? Consent	What makes us enterprising? Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; setting up an enterprise; what enterprise means for work and society
Year 6						
Topic	What makes a healthy and happy relationship? Different relationships; what makes positive; healthy relationships; recognise when relationships are unhealthy; committed; loving relationships (including marriage, civil partnership); human reproduction RSE- Can I learn when to ask, it is ok? Consent Sex Education	What are human rights? Why and how laws are made; taking part in making and changing rules; importance of human rights; rights of the child; right to protect their bodies (including FGM or forced marriage); confidentiality and when to break a confidence	How can money affect us? Finance and its role in people's lives; being a critical consumer; what is meant by interest, loan, debt, tax; how resources are allocated and how this affects individuals, communities and the environment; research and debate health and wellbeing issues	How can we stay healthy? What positively and negatively affects health; informed choices; balanced lifestyle; how drugs can affect health and safety; the law and drugs; who is responsible for their health and wellbeing. Importance good quality of sleep and how it can affect weight. Mood and ability to learn. How to deal with emergency services if necessary. Basic First Aid	How can we manage risk? Increased independence and responsibility; strategies for managing risk; different influences; resisting unhelpful pressure; personal safety; managing requests for images; how anti-social behaviours affect wellbeing; how to handle anti-social or aggressive behaviours	
SCHOOLS FOCUS						
	British Value- Democracy	British Value- the rule of law Anti-Bullying Week	British Value- mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. <ul style="list-style-type: none"> LGBT History Month Stonewall 			British Value- individual liberty. Well Being and Fitness week