

PSHE 2021-2022  
Whole school curriculum overview

Black- my life curriculum    **Blue- whole school themed weeks**    \*safeguarding\*- possible triggers

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>1</b>	<u>Feelings and special people</u> Identify a range of emotions, self respect. Identify special people in their life.  <b>Key Vocabulary</b> Expression, feelings, emotion, unique, favourite, trusted	<u>Staying safe</u> <b>*Safeguarding*</b> Keeping themselves safe at home, community and who keeps them safe. How to assess risk <b>Key vocabulary</b> Special, secure, safety, protection, consequences, risk  Anti bullying week	<u>Healthy me</u> Benefits of exercise, healthy diet. Dental hygiene Self care  <b>Key vocabulary</b> Heartbeat, tooth decay, physical health, mental health, heatstroke.  Mental health awareness week	<u>All around us</u> Beauty of our planet, recycling.  <b>Key vocabulary</b> Decay, reduce, reuse, recycle, natural, waste.	<u>Money matters</u> <b>*safeguarding*</b> Where money comes from Importance of looking after money How adults earn money Aspirations <b>Key vocabulary</b> Coins, pocket money, safe, bank, voluntary work.	<u>Curriculum catch up</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2	<u>Different types of families</u> <b>*Safeguarding*</b>  Diversity of families Spending time with our families Marriage  <b>Key vocabulary</b> Parent, guardian, difference, similarity, love, enjoyment.	<u>Feeling included</u>  Inclusive classrooms Friendship conflicts Respecting others Important people in history <b>Key vocabulary</b> Included, excitement, isolated, communication, inspiration, rights.	<u>Healthy bodies</u> <b>*Safeguarding*</b>  How doctors and nurses help us to keep healthy. Exercise Germs and viruses Appropriate and inappropriate physical contact <b>Key vocabulary</b> Immunity, vaccinations, healthy choices, mindfulness, Virus, germs	<u>Healthy minds</u> <b>Safeguarding*</b>  Mental wellbeing Importance of sleep Relaxation techniques  <b>Key vocabulary</b> Wellbeing, good mental health, mental ill health, emotions, routine, self care.	<u>Caring for the environment</u>  Social responsibility How to improve local environments Wildlife conservation  <b>Key vocabulary</b> Responsibility, society, service, sustainability, Environment, biodiversity	<u>Responsibility</u>  Social responsibility How to improve local environments Wildlife conservation  <b>Key vocabulary</b> Wildlife, species, conservation, habitat, natural, unnatural.
		Anti bullying week	Mental health awareness week			

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	<u>Being part of a community</u>  Connections within their class Importance of family Belonging to communities  <b>Key vocabulary</b> Community, belonging, inclusion, connections, locality, services.	<u>Celebrating achievement and being resilient</u> <b>*safeguarding*</b>  Mental wellbeing Resilience Aspirations and goals Emotions Benefits of physical exercise  <b>Key vocabulary</b> Achievement, celebration, aspiration, improvements, resilience, growth mindset. Anti bullying week	<u>Exercise</u>  Characteristics of an active lifestyle Why it is beneficial for mind and body Benefits of time outdoors How and when to seek support  <b>Key vocabulary</b> Active, inactive, mental health, physical health, self care, depression.  Mental health awareness week	<u>Safety online</u> <b>*safeguarding*</b>  Pros and cons of internet Privacy and secrecy Social media etiquette Online safety  <b>Key vocabulary</b> Dangers, cyber bullying, privacy, virtual, trust, appropriate, inappropriate.	<u>What I like</u> <b>*safeguarding*</b>  Self care Pupils values Identifying feelings Importance of respecting others Pupils rights What to do when they feel uncomfortable  <b>Key vocabulary</b> Content, respect, perseverance, anxiety, debate, disagreement.	<u>Stereotypes</u>  Attitudes towards boys and girls Research of well known people who have broken stereotypes Stereotyping of different groups of people Having their own opinions  <b>Key vocabulary</b> Stereotypes, gender, assumption, prejudice, Opinion

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4	<u>Respect</u>  <b>*safeguarding*</b>  Qualities of a good friend Conflict resolution What respect is Assertiveness Trusted people Teasing <b>Key vocabulary</b> Trustworthiness, loyalty, discrimination, resolve, conflict, teasing.	<u>Human rights</u>  <b>*safeguarding*</b> Concepts of rights and responsibility Rights of being safe UNCRC Effects of disrespecting other peoples human rights The right to be happy <b>Key vocabulary</b> Right, responsibility, privacy, equality, freedom, security.  Anti bullying week	<u>Nutrition and dental health</u>  Healthy and unhealthy diets Design a healthy lunch- looking at real food packages Self care Teeth Dental hygiene <b>Key vocabulary</b> Diet, sodium, sugar, dental hygiene, decay, cavity.  Mental health awareness week	<u>Falling out and making up</u>  <b>*safeguarding*</b>  Why friendship is important Conflict resolutions Feeling left out Feeling isolated Healthy friendships v unhealthy friendships <b>Key vocabulary</b> Empathy, secure, attributes, support, compromise, disagreement.	<u>Money matters</u>  Where does money come from? How society manages money Different jobs Enterprising- working as a team to 'run' a business <b>Key vocabulary</b> Influences, society, government, enterprise, finances, entrepreneurs.	<u>Emergency situations</u>  <b>*safeguarding*</b>  What constitutes an emergency Using 999 First aid Fire safety Water safety Jobs within the emergency services <b>Key vocabulary</b> Emergency, first aid, unconscious, life preserve, currents, hazard.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>5</b>	<u>Changes in friendships</u>  <b>*safeguarding*</b> Importance of friendships Mutual respect Effective communication Feeling lonely The term 'troll' online Lying Difference between bullying and teasing <b>Key vocabulary</b> Compassion, generosity, communication, bullying, uncomfortable, trolling.	<u>Fake news</u> What fake news is Fake news checklist Clickbait techniques Search engine uses Critically examinations of Social media <b>Key vocabulary</b> Reliable, unreliable, clickbait, deception, social media, search engine.  Anti bullying week	<u>Bereavement and loss</u> <b>*safeguarding*</b> Recognise and discuss feelings when a loss is felt Experience of grief What happens at funerals Different cultural differences of celebrating life Loss of separation <b>Key vocabulary</b> Lost, grief, bereavement, memorial, custody, separation.  Mental health awareness week	<u>Body image</u>  <b>*safeguarding*</b> Self respect Risks of inactive lifestyles Mental health exploration of trends and fashions relating to body image Differences of original and photoshopped pictures- impact of this Debating Positive body image campaign <b>Key vocabulary</b> Personality, body image, special, expectations, advertising, filter, persuasion.	<u>Puberty</u>  <b>*safeguarding*</b> What happens to each sex during puberty with their bodies Changes of hormones and how it can affect mood Identify female and male parts What happens to girls- Menstrual cycle What happens to boys? <b>Key vocabulary</b> Hormones, puberty, penis, vagina, testicles, menstruation.	<u>Life in plastic</u> Daily uses of plastic/ alternatives Plastics and waste Planning of a zero waste party 3R's within school and community <b>Key vocabulary</b> Properties, polymers, single use plastic, decompose, landfill, eco friendly.

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>6</b>	<u>Mental and emotional health</u> <b>*safeguarding*</b>  Mental wellbeing Mental ill health Mindfulness techniques Self care Importance of sleep Loneliness Changes of last year in primary school- Transitions <b>Key vocabulary</b> Strategies, self care, relaxation, hormones, transition, change.	<u>Drugs and alcohol</u> <b>*safeguarding*</b>  Facts about illegal and legal harmful substances Legal ages and the law Dangers of drug use Why people might take drugs Peer pressure How to combat peer pressure Effects of smoking on the body Alcohol effects on the body <b>Key vocabulary</b> Drugs, drug dealer, legal, illegal, toxicity, dangers, addiction.  Anti bullying week	<u>Sex education</u> <b>*safeguarding*</b>  What is love? Differences between appropriate and inappropriate physical contact Consent Attraction Stages of heterosexual sexual intercourse- conception Identify stages of pregnancy and different ways babies can be conceived. <b>Key vocabulary</b> Love, attraction, respect, consent, choice, intercourse, conception.  Mental health awareness week	<u>E safety and social media</u> <b>*safeguarding*</b>  Pros and cons of internet How the internet has changed our way of living. Personal information Privacy Rules and principles for keeping safe online How to report How information is shared The harm posting negatives things online. How to be in 'control' online <b>Key vocabulary</b> Luddites, protect, malware, phishing, hacking, identity theft.	<u>Anti social behaviour, role of the police and the law.</u> <b>*safeguarding*</b>  Reasons why we have rules and laws Conventions of the rights of the child. Communities Conflict resolution Consequences of anti social, aggressive and harmful behaviours Strategies for getting support. <b>Key vocabulary</b> Anti social, crime, rights, needs, entitlement, emergency services, controversial.	<u>Global sustainability</u>  How humans have damaged the world around them Human rights Sustainable development goals Good news stories Responsibilities, rights and duties <b>Key vocabulary</b> Infrastructure, climate, sustainability, consumption, debate, environment.

