PSHE

Whole school curriculum overview

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| Year group  | Autumn 1  | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| 1 | Feelings and special people Identify a range of emotions, self respect. Identify special people in their life. Key Vocabulary Expression, feelings, emotion, unique, favourite, trusted | Staying safe \*Safeguarding\* Keeping themselves safe at home, community and who keeps them safe. How to assess risk Key vocabulary Special, secure, safety, protection, consequences, risk Anti bullying week | Healthy me Benefits of exercise, healthy diet. Dental hygiene Self care Key vocabulary Heartbeat, tooth decay, physical health, mental health, heatstroke. Mental health awareness week | All around us Beauty of our planet, recycling. Key vocabulary Decay, reduce, reuse, recycle, natural, waste. | Money matters \*safeguarding\* Where money comes from Importance of looking after money How adults earn money Aspirations Key vocabulary Coins, pocket money, safe, bank, voluntary work. | Curriculum catch up |
| 2 | Different types of families\*Safeguarding\* Diversity of families Spending time with our families Marriage Key vocabulary Parent, guardian, difference, similarity, love, enjoyment. | Feeling included Inclusive classrooms Friendship conflicts Respecting others Important people in history Key vocabulary Included, excitement, isolated, communication, inspiration, rights. Anti bullying week | Healthy bodies \*Safeguarding\* How doctors and nurses help us to keep healthy. Exercise Germs and viruses Appropriate and inappropriate physical contact Key vocabulary Immunity, vaccinations, healthy choices, mindfulness, Virus, germs Mental health awareness week | Healthy minds Safeguarding\* Mental wellbeing Importance of sleep Relaxation techniques Key vocabulary Wellbeing, good mental health, mental ill health, emotions, routine, self care. | Caring for the environment Social responsibility How to improve local environments Wildlife conservation Key vocabulary Responsibility, society, service, sustainability, Environment, biodiversity | Responsibility Social responsibility How to improve local environments Wildlife conservation Key vocabulary Wildlife, species, conservation, habitat, natural, unnatural. |
| 3 | Being part of a community Connections within their class Importance of family Belonging to communities Key vocabulary Community, belonging, inclusion, connections, locality, services. | Celebrating achievement and being resilient \*safeguarding\* Mental wellbeing Resilience Aspirations and goals Emotions Benefits of physical exercise Key vocabulary Achievement, celebration, aspiration, improvements, resilience, growth mindset. Anti bullying week | Exercise Characteristics of an active lifestyle Why it is beneficial for mind and body Benefits of time outdoors How and when to seek support Key vocabulary Active, inactive, mental health, physical health, self care, depression. Mental health awareness week | Safety online \*safeguarding\* Pros and cons of internet Privacy and secrecy Social media etiquette Online safety Key vocabulary Dangers, cyber bullying, privacy, virtual, trust, appropriate, inappropriate. | What I like \*safeguarding\* Self care Pupils values Identifying feelings Importance of respecting others Pupils rights What to do when they feel uncomfortable Key vocabulary Content, respect, perseverance, anxiety, debate, disagreement. | Stereotypes Attitudes towards boys and girls Research of well known people who have broken stereotypes Stereotyping of different groups of people Having their own opinions Key vocabulary Stereotypes, gender, assumption, prejudice, Opinion |
| 4 | Respect \*safeguarding\* Qualities of a good friend Conflict resolution What respect is Assertiveness Trusted people Teasing Key vocabulary Trustworthiness, loyalty, discrimination, resolve, conflict, teasing. | Human rights \*safeguarding\* Concepts of rights and responsibility Rights of being safe UNCRC Effects of disrespecting other peoples human rights The right to be happy Key vocabulary Right, responsibility, privacy, equality, freedom, security. Anti bullying week | Nutrition and dental health Healthy and unhealthy diets Design a healthy lunch- looking at real food packages Self care Teeth Dental hygiene Key vocabulary Diet, sodium, sugar, dental hygiene, decay, cavity. Mental health awareness week | Falling out and making up \*safeguarding\* Why friendship is important Conflict resolutions Feeling left out Feeling isolated Healthy friendships v unhealthy friendships Key vocabulary Empathy, secure, attributes, support, compromise, disagreement. | Money matters Where does money come from? How society manages money Different jobs Enterprising- working as a team to ‘run’ a business Key vocabulary Influences, society, government, enterprise, finances, entrepreneurs. | Emergency situations \*safeguarding\* What constitutes an emergency Using 999 First aid Fire safety Water safety Jobs within the emergency services Key vocabulary Emergency, first aid, unconscious, life preserve, currents, hazard. |
| 5 | Changes in friendships \*safeguarding\* Importance of friendships Mutual respect Effective communication Feeling lonely The term ‘troll’ online Lying Difference between bullying and teasing Key vocabulary Compassion, generosity, communication, bullying, uncomfortable, trolling. | Fake news What fake news is Fake news checklist Clickbait techniques Search engine uses Critically examinations of Social media Key vocabulary Reliable, unreliable, clickbait, deception, social media, search engine. Anti bullying week | Bereavement and loss \*safeguarding\* 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 Key vocabulary Lost, grief, bereavement, memorial, custody, separation. Mental health awareness week | Body image \*safeguarding\* 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 Key vocabulary Personality, body image, special, expectations, advertising, filter, persuasion. | Puberty \*safeguarding\* 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? Key vocabulary Hormones, puberty, penis, vagina, testicles, menstruation. | Life in plastic Daily uses of plastic/ alternatives Plastics and waste Planning of a zero waste party 3R’s within school and community Key vocabulary Properties, polymers, single use plastic, decompose, landfill, eco friendly. |
| 6 | Mental and emotional health \*safeguarding\* Mental wellbeing Mental ill health Mindfulness techniques Self care Importance of sleep Loneliness Changes of last year in primary school- Transitions Key vocabulary Strategies, self care, relaxation, hormones, transition, change. | Drugs and alcohol \*safeguarding\* 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 Key vocabulary Drugs, drug dealer, legal, illegal, toxicity, dangers, addiction. Anti bullying week | Sex education \*safeguarding\* 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. Key vocabulary Love, attraction, respect, consent, choice, intercourse, conception. Mental health awareness week | E safety and social media \*safeguarding\* 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 Key vocabulary Luddites, protect, malware, phishing, hacking, identity theft. | Anti social behaviour, role of the police and the law. \*safeguarding\* 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. Key vocabulary Anti social, crime, rights, needs, entitlement, emergency services, controversial. | Global sustainability How humans have damaged the world around them Human rights Sustainable development goals Good news stories Responsibilities, rights and duties Key vocabulary Infrastructure, climate, sustainability, consumption, debate, environment. |

Black - my life curriculum Blue- whole school themed weeks \* to be confirmed (S\*)- possible safeguarding triggers