

PSHE
Whole school curriculum overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p>Feelings and special people</p> <p>Identify a range of emotions, self respect. Identify special people in their life. Key Vocabulary Expression, feelings, emotion, unique, favourite, trusted</p>	<p>Staying safe *Safeguarding*</p> <p>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</p>	<p>Healthy me</p> <p>Benefits of exercise, healthy diet. Dental hygiene Self care Key vocabulary Heartbeat, tooth decay, physical health, mental health, heatstroke. Mental health awareness week</p>	<p>All around us</p> <p>Beauty of our planet, recycling. Key vocabulary Decay, reduce, reuse, recycle, natural, waste.</p>	<p>Money matters *safeguarding*</p> <p>Where money comes from Importance of looking after money How adults earn money Aspirations Key vocabulary Coins, pocket money, safe, bank, voluntary work.</p>	<p>Curriculum catch up</p>
2	<p>Different types of families *Safeguarding* Diversity of families Spending time with our families Marriage Key vocabulary Parent, guardian,</p>	<p>Feeling included</p> <p>Inclusive classrooms Friendship conflicts Respecting others Important people in history Key</p>	<p>Healthy bodies *Safeguarding*</p> <p>How doctors and nurses help us to keep healthy. Exercise Germs and viruses Appropriate and</p>	<p>Healthy minds Safeguarding*</p> <p>Mental wellbeing Importance of sleep Relaxation techniques Key vocabulary Wellbeing, good</p>	<p>Caring for the environment</p> <p>Social responsibility How to improve local environments Wildlife</p>	<p>Responsibility Social responsibility How to improve local environments Wildlife conservation Key vocabulary</p>

	<p>difference, similarity, love, enjoyment.</p>	<p>vocabulary Included, excitement, isolated, communication, inspiration, rights.</p> <p>Anti bullying week</p>	<p>inappropriate physical contact</p> <p>Key vocabulary Immunity, vaccinations, healthy choices, mindfulness, Virus, germs</p> <p>Mental health awareness week</p>	<p>mental health, mental ill health, emotions, routine, self care.</p>	<p>conservation Key vocabulary Responsibility, society, service, sustainability, Environment, biodiversity</p>	<p>Wildlife, species, conservation, habitat, natural, unnatural.</p>
3	<p>Being part of a community</p> <p>Connections within their class</p> <p>Importance of family</p> <p>Belonging to communities</p> <p>Key vocabulary Community, belonging, inclusion, connections, locality, services.</p>	<p>Celebrating achievement and being resilient</p> <p>*safeguarding*</p> <p>Mental wellbeing</p> <p>Resilience</p> <p>Aspirations and goals</p> <p>Emotions</p> <p>Benefits of physical exercise</p> <p>Key vocabulary Achievement, celebration, aspiration, improvements, resilience, growth mindset. Anti bullying week</p>	<p>Exercise</p> <p>Characteristics of an active lifestyle</p> <p>Why it is beneficial for mind and body</p> <p>Benefits of time outdoors</p> <p>How and when to seek support</p> <p>Key vocabulary Active, inactive, mental health, physical health, self care, depression. Mental health awareness week</p>	<p>Safety online</p> <p>*safeguarding*</p> <p>Pros and cons of internet Privacy and secrecy Social media etiquette</p> <p>Online safety Key vocabulary Dangers, cyber bullying, privacy, virtual, trust, appropriate, inappropriate.</p>	<p>What I like</p> <p>*safeguarding*</p> <p>Self care Pupils values Identifying feelings</p> <p>Importance of respecting others</p> <p>Pupils rights What to do when they feel uncomfortable</p> <p>Key vocabulary Content, respect, perseverance, anxiety, debate, disagreement.</p>	<p>Stereotypes</p> <p>Attitudes towards boys and girls</p> <p>Research of well known people who have broken stereotypes</p> <p>Stereotyping of different groups of people</p> <p>Having their own opinions</p> <p>Key vocabulary Stereotypes, gender, assumption, prejudice, Opinion</p>

4	<p>Respect</p> <p>*safeguarding*</p> <p>Qualities of a good friend</p> <p>Conflict resolution</p> <p>What respect is</p> <p>Assertiveness</p> <p>Trusted people</p> <p>Teasing</p> <p>Key vocabulary</p> <p>Trustworthiness, loyalty, discrimination, resolve, conflict, teasing.</p>	<p>Human rights</p> <p>*safeguarding*</p> <p>Concepts of rights and responsibility</p> <p>Rights of being safe</p> <p>UNCRC</p> <p>Effects of disrespecting other peoples</p> <p>human rights</p> <p>The right to be happy</p> <p>Key vocabulary</p> <p>Right, responsibility, privacy, equality, freedom, security. Anti bullying week</p>	<p>Nutrition and dental health</p> <p>Healthy and unhealthy diets</p> <p>Design a healthy lunch- looking at real food</p> <p>packages</p> <p>Self care</p> <p>Teeth</p> <p>Dental hygiene</p> <p>Key vocabulary</p> <p>Diet, sodium, sugar, dental hygiene, decay, cavity.</p> <p>Mental health awareness week</p>	<p>Falling out and making up</p> <p>*safeguarding*</p> <p>Why friendship is important</p> <p>Conflict resolutions</p> <p>Feeling left out</p> <p>Feeling isolated</p> <p>Healthy friendships v unhealthy friendships</p> <p>Key vocabulary</p> <p>Empathy, secure, attributes, support, compromise, disagreement.</p>	<p>Money matters</p> <p>Where does money come from? How society manages money</p> <p>Different jobs</p> <p>Enterprising- working as a team to 'run' a business</p> <p>Key vocabulary</p> <p>Influences, society, government, enterprise, finances, entrepreneurs.</p>	<p>Emergency situations</p> <p>*safeguarding*</p> <p>What constitutes an emergency</p> <p>Using 999</p> <p>First aid</p> <p>Fire safety</p> <p>Water safety</p> <p>Jobs within the emergency services</p> <p>Key vocabulary</p> <p>Emergency, first aid, unconscious, life preserve, currents, hazard.</p>
5	<p>Changes in friendships</p> <p>*safeguarding*</p> <p>Importance of friendships</p> <p>Mutual respect</p> <p>Effective communication</p> <p>Feeling lonely</p> <p>The</p>	<p>Fake news</p> <p>What fake news is</p> <p>Fake news checklist</p> <p>Clickbait techniques</p> <p>Search engine uses</p> <p>Critically examinations of</p> <p>Social media</p> <p>Key</p>	<p>Bereavement and loss</p> <p>*safeguarding*</p> <p>Recognise and discuss feelings when a loss is felt</p> <p>Experience of grief</p> <p>What happens at</p>	<p>Body image</p> <p>*safeguarding*</p> <p>Self respect</p> <p>Risks of inactive lifestyles</p> <p>Mental health</p> <p>exploration of trends and</p> <p>fashions relating</p>	<p>Puberty</p> <p>*safeguarding*</p> <p>What happens to each sex during puberty with their bodies</p> <p>Changes of hormones and how it can affect mood</p> <p>Identify</p>	<p>Life in plastic</p> <p>Daily uses of plastic/ alternatives</p> <p>Plastics and waste</p> <p>Planning of a zero waste party</p> <p>3R's within school and community</p> <p>Key</p>

	term 'troll' online Lying Difference between bullying and teasing Key vocabulary Compassion, generosity, communication, bullying, uncomfortable, trolling.	vocabulary Reliable, unreliable, clickbait, deception, social media, search engine. Anti bullying week	funerals Different cultural differences of celebrating life Loss of separation Key vocabulary Lost, grief, bereavement, memorial, custody, separation. Mental health awareness week	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.	female and male parts What happens to girls- Menstrual cycle What happens to boys? Key vocabulary Hormones, puberty, penis, vagina, testicles, menstruation.	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	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	Sex education *safeguarding* What is love? Differences between appropriate and inappropriate physical contact Consent Attraction Stages of heterosexual sexual intercourse- conception Identify stages of	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	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,	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,

	Strategies, self care, relaxation, hormones, transition, change.	effects on the body Key vocabulary Drugs, drug dealer, legal, illegal, toxicity, dangers, addiction. Anti bullying week	pregnancy and different ways babies can be conceived. Key vocabulary Love, attraction, respect, consent, choice, intercourse, conception. Mental health awareness week	shared The harm posting negatives things online. How to be in 'control' online Key vocabulary Luddites, protect, malware, phishing, hacking, identity theft.	aggressive and harmful behaviours Strategies for getting support. Key vocabulary Anti social, crime, rights, needs, entitlement, emergency services, controversial.	sustainability, consumption, debate, environment.
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Black - my life curriculum Blue- whole school themed weeks * to be confirmed (S*)- possible safeguarding triggers