

**PSHE OVERVIEW**



**2022-2023**

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| **Relationships** | | | **Health** | | **Sex**  **Keeping Safe** | | | **British Values & Citizenship (Go Givers)** |
| **Goodness & Mercy / EYFS Statement** | | **Go-Givers** | **Goodness & Mercy/EYFS Statement** | **Go-Givers** | **Goodness & Mercy/EYFS Statement** | **Appropriately selected resources** | **Support for sex education.** | **D - Democracy**  **MR - Mutual Respect**  **RL - Rule of Law**  **IL - Individual Liberty**  **FB - Tolerance of those with different faiths and beliefs.** |
| **F2** | Use overview in conjunction with the new EYFS Framework March 2021-  **PSHE:**  ELG: Self-Regulation- Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.  ELG: Managing Self- Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.  ELG: Building Relationship- Children at the expected level of development will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others’ needs.  **UTW:**  ELG: Past and Present- Children at the expected level of development will: - Talk about the lives of the people around them and their roles in society; | | | | | **Family and friendships**  **Lesson 1**: Caring Friendships  Lesson 2: Being kind  Lesson 3: Families. | Pantosaurus |  |
| **Y1** | **Lesson 1 –** **family** school family  Families we live with  Love to those who care for us  **Lesson 2 – Friends**  What is a friend  **Lesson 3 – anti-bullying**  **Lesson 4 & 5**  Wonderful bodies | More than 1 friend  Anna’s monster Lies  Difficult Decisions  People who are special to me.  Tongue:The Power of words.  Getting to know you  Exploring our communities. | **Lesson 1** - Moving our bodies.  **Lesson 2** - How we love and care for ourselves. Part A  **Lesson 3 -** How we love and care for ourselves, part B  **Lesson 4** - Screen time  **Lesson 5** - Talking about feelings and giving thanks to God.  **Lesson 6 -** Making planet Healthy | Why do we wash hands?  How do you feel today?  Keeping safe at home. |  | **Growing and caring for ourselves**  **Lesson 1**: Different friends  **Lesson 2:** Growing and changing  **Lesson 3:** Families and care. | Underwear rule  Captain underpants | **Democracy**  Our Rules (RL)  Vote for the Go-Givers. (D)  **Rights and responsibilities**  Caring for our Pets  Litter picking  **Diversity and Cohesion**  I am Unique.  The Two Brothers. |
| **Y2** | **Lesson 1 –** God’s Family  People who care for us  How to get help  **Lesson 2 – Friends**  The wall scenarios  **Lesson 3 – anti-bullying**  **Lesson 4 & 5**  Wonderful self | Chicken Soup  Looking Out for Others  Caring For Our Community  The selfish Red hen. | **Lesson 1** - Special me and special us? (Our wonderful bodies)  **Lesson 2** - How we love and care for ourselves - part A  **Lesson 3 -**  How we love and care or ourselves part B  **Lesson 4** - Devices and me.  **Lesson 5** - Reflecting on our feelings and giving thanks to God.  **Lesson 6** - Knowing how to stay healthy. | Healthy Eating  Let’s get Active  Resilience: Bouncing back. |  | **Differences**  **Lesson 1**: Differences  Lesson 2: Male and female animals  **Lesson 3**: Naming body parts | People who keep us safe “Your Body Belongs to You” Cornelia Spelan & Terry Weidner | **Democracy**  What is the law? (D)  Difficult Decisions?  (all BV)  **Rights and responsibilities**  Protecting local habitats  Plastic Pollution  **Diversity and Cohesion**  The Golden Statue  The Power of Giving |
| **Y3** | **Lesson 1-** Different types of families  **Lesson 2-** What is a friend and making/keeping friends  **Lesson 3-** What is Marriage?  **Lesson 4-** What exactly is bullying?  **Lesson 5-** My body is mine | Family Life  Our class  Respect | **Lesson 1** - My emotions and who I can ask for help  **Lesson 2** - Exercise and why it’s good for us. Keeping health and fit  **Lesson 3** - Healthy teeth - eggsperiment and why it’s important to wash our hands?  **Lesson 4** - What things can be harmful to our bodies? | The NHS  Who keeps us healthy?  . |  | **Valuing Differences and keeping safe**  **Lesson 1**: Body Differences  **Lesson 2:** Personal Space  **Lesson 3:** Help and support | Stranger Danger – Anne Fine | **Democracy**  Children’s rights.  Magna Carta  Why do we have rules?  **Rights and responsibilities**  Water  **Diversity and Cohesion**  Homelessness |
| **Y4** | **Lesson 1-** What are families like?  **Lesson 2-** Being open and honest with our friendships  **Lesson 3-** Marriage, commitment and vows  **Lesson 4-** Anti-bullying and tips to deal with bullying  **Lesson 5-** Effective ways to keep safe | What is a citizen?  Conflict 1 - Reacting to conflict  Conflict 2 - Mediation | **Lesson 1 -** Mental health and wellbeing  **Lesson 2 -** Enjoying different exercises and healthy food options.  **Lesson 3-**Keeping safe in the sun and the importance of handwashing .  **Lesson 4** - Consequences of poor choices for our bodies. | What is an infectious disease? |  | **Growing Up**  **Lesson 1:** Changes  **Lesson 2**:  What is puberty?  **Lesson 3**: Healthy Relationships | Growing Up – “My Body IS Private” Linda Girard | **Democracy**  Using technology for good.  Inspirational People.  Fake News.  **Rights and responsibilities**  Right and responsibilities  **Diversity and Cohesion**  Cultural Diversity in the UK |
| **Y5** | **Lesson 1-** Who shows us love?  **Lesson 2-** non applicable  **Lesson 3-** Different types of marriages and the wonder of a relationship  **Lesson 4-** Bullying- race and religion  **Lesson 5-** Feeling pain | What are human rights?  Dilemmas | **Lesson 1** -  Reflecting on my emotions  **Lesson 2** - Being Healthy outdoors and being food smart.  **Lesson 3** - Good personal hygiene  **Lesson 4 -** The effects of smoking/vaping | Preventing infectious disease  Understanding Cancer | **Lesson 1 -** Puberty - List the changes | **Puberty**  **Lesson 1** -talking about puberty  **Lesson 2:** The reproductive System  **Lesson 3:** Help and support | It’s My Body – Lory Freeman | **Democracy**  Brexit Part 1 and 2  Martin Luther King  **Rights and responsibilities**  Conflicting rights.  **Diversity and Cohesion**  Challenging Stereotypes. |
| **Y6** | **Lesson 1-** Different ways we show love  **Lesson 2-** non applicable  **Lesson 3-** Marriage and the law  **Lesson 4-** Bullying- gender, appearance and self-bullying  **Lesson 5-** Thinking of others that had suffered | Discrimination  Relationships and the Law  Strong Societies | **Lesson 1 -**  Understanding mine and others emotions.  **Lesson 2** - Looking after our bodies.  **Lesson 3** - Sleep and volunteering to help others benefit from better health.  **Lesson 4** - Drugs and alcohol | The Big Vote: Early detection and prevention. | **Lesson 1**  - Attraction  **Lesson 2** - The impact of sexual intercourse on people's social, emotional and mental well-being. | **Puberty, Relationships and Reproduction**  **Lesson 1:** Puberty and reproduction  **Lesson 2:** Communication in relationships  **Lesson 3:** Families, conception and pregnancy  **Lesson 4:** Online relationships. | Loving Touches – Lory Freeman | **Democracy**  Democracy Part 1, 2 and 3.  **Rights and responsibilities**  Why do we pay taxes part 1 and 2.  **Diversity and Cohesion**  Identities |