

PSHE Whole School Overview

<p>The school has chosen six key themes which are colour coded to give an ‘at a glance guide’ in order to demonstrate how the spiral curriculum develops over the primary phase. This feeds into a more detailed termly plan per year group and a MHEW and RSE whole school plan. To fit in with events arranged during the school year each term has an overarching theme:</p> <p>Autumn: Relationships Spring: Health and Well-being Summer: Living in the Wider World</p>	Rights and Responsibilities	Feelings and friendship
	Money	Safety and risk
	Health	Identity

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	<p>How can we name our feelings and communicate them to others?</p> <p>Naming feelings; Communicating feelings to others; recognising others feelings.</p> <p><i>Online Safety: Letting adults know when accessing the internet</i></p>	<p>What makes us unique, and how do we show respect for the differences between us and others?</p> <p>Recognising what makes them unique; discuss differences and similarities; how to show respect</p> <p><i>Online Safety: Popups, what to do when it happens.</i></p>	<p>What opportunities and responsibilities do we face as we grow and become more independent?</p> <p>Recognising growth and change; safety and risk in using equipment and tools.</p> <p><i>Online Safety: the difference between someone we know and trust and a stranger</i></p>	<p>How can we look after our bodies?</p> <p>Diet and exercise; observe effects of activity on the body; personal hygiene.</p> <p><i>Online Safety: passwords and codes</i></p>	<p>What is community?</p> <p>Home and community; school community; class community; neighbourhood community; wider community.</p> <p><i>Online Safety: the school rules</i></p>	<p>How can I look after living things?</p> <p>Showing care and concern for living things and the environment.</p> <p><i>Online Safety: what are trusted sites</i></p>
R	<p>How can we play and work cooperatively together?</p> <p>Understanding how our actions affect others; expressing wants and needs; compromise and</p>	<p>Who are the special people in our lives?</p> <p>What makes them special; how special people should care for one another.</p> <p><i>Online Safety: What is</i></p>	<p>How do we keep ourselves safe?</p> <p>Understanding the need for safety when tackling new challenges; to consider and manage risk; learn rules for road safety,</p>	<p>What is a healthy lifestyle?</p> <p>Understand the need for variety in food, benefits of exercise; adequate sleep; personal hygiene affecting our own and</p>	<p>What are my rights and responsibilities in school?</p> <p>Linking rights with responsibilities; behavioural expectations; negotiating without</p>	<p>Who are the special people in our community?</p> <p>People who protect us in their community; where to go for help.</p> <p><i>Online Safety: risks of</i></p>

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	<p>negotiation.</p> <p><i>Online Safety: School rules for online safety</i></p>	<p><i>personal information and why we should not share it online</i></p>	<p>fire safety, etc.</p> <p><i>Online Safety: Where do we go for help.</i></p>	<p>others health</p> <p><i>Online Safety: kindness and unkindness on the internet</i></p>	<p>aggression; fairness; equality</p> <p><i>Online Safety: what does being anonymous mean</i></p>	<p><i>being online</i></p>
1	<p>What is the same and different about us? Ourselves and others; similarities and differences; individuality; our bodies</p> <p><i>Online Safety: School rules, adults are aware of what we are doing.</i></p>	<p>Who is special to us? Ourselves and others; people who care for us; groups we belong to; families</p> <p><i>Online Safety: What we do if we feel uncomfortable</i></p>	<p>What helps us stay healthy? Being healthy; hygiene; medicines; people who help us with health</p> <p><i>Online Safety: taking responsibility for what we share</i></p>	<p>What can we do with money? Money; making choices; needs and wants</p> <p><i>Online Safety: how school rules help us stay safe Online Safety</i></p>	<p>Who helps to keep us safe? Keeping safe; people who help us</p> <p><i>Online Safety: making choices about being Online Safety</i></p> <p>Democracy: Learning what Democracy is and respecting the democratic process.</p>	<p>How can we look after each other and the world? Ourselves and others; the world around us; caring for others; growing and changing</p> <p><i>Online Safety: How do we present ourselves Online Safety?</i></p>
2	<p>What makes a good friend? Friendship; feeling lonely; managing arguments</p> <p><i>Online Safety: What is safe to share Online Safety</i></p>	<p>What is bullying? Behaviour; bullying; words and actions; respect for others</p> <p><i>Online Safety: Who to tell if something Online Safety makes them feel uncomfortable</i></p>	<p>What jobs do people do? People and jobs; money; role of the Internet</p> <p><i>Online Safety: Real and imaginary Online Safety experiences</i></p>	<p>What helps us to stay safe? Keeping safe; recognising risk; rules</p> <p><i>Online Safety: Comparing staying safe Online Safety with staying safe in the real world</i></p>	<p>What can help us grow and stay healthy? Being healthy: eating, drinking, playing and sleeping</p> <p><i>Online Safety: Recognise good choices Online Safety</i></p>	<p>How do we recognise our feelings? Feelings; mood; times of change; loss and bereavement; growing up</p> <p><i>Online Safety: What do we mean by age appropriate activities?</i></p> <p>Democracy: In discussing being part of a wider</p>

						communities, teach what it means to be part of a democracy: Who rules Britain? Voting and elected representatives.
3	<p>How can we be a good friend?</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p> <p><i>Online Safety: personal information and the importance of passwords</i></p>	<p>What keeps us safe?</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p> <p><i>Online Safety: personal information - how it can be used by others</i></p> <p>Democracy: Explain the Equality Act. In a democracy how are things changes if people feel they are unfair or wrong? Why do we have more than one political party?</p>	<p>What are families like?</p> <p>Families; family life; caring for each other</p> <p><i>Online Safety: recognise reliability of information Online Safety</i></p>	<p>What makes a community?</p> <p>Community; belonging to groups; similarities and differences; respect for others</p> <p><i>Online Safety: staying safe Online Safety is the same as staying safe in the real world</i></p>	<p>Why should we eat well and look after our teeth?</p> <p>Being healthy: eating well, dental care</p> <p><i>Online Safety: recognise how to balance their time on the internet</i></p>	<p>Why should we keep active and sleep well?</p> <p>Being healthy: keeping active, taking rest</p> <p><i>Online Safety: Making the right choices Online Safety</i></p>
4	<p>What strengths, skills and interests do we have?</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p>How do we treat each other with respect?</p> <p>Respect for self and others; courteous behaviour; safety; human rights</p> <p><i>Online Safety:</i></p>	<p>How can we manage our feelings?</p> <p>Feelings and emotions; expression of feelings; behaviour</p> <p><i>Online Safety: responsible</i></p>	<p>How will we grow and change?</p> <p>Growing and changing; puberty and menstruation. This is part of health education.</p>	<p>How can our choices make a difference to others and the environment?</p> <p>Caring for others; the environment; people and animals; shared responsibilities,</p>	<p>How can we manage risk in different places?</p> <p>Keeping safe; out and about; recognising and managing risk</p> <p><i>Online Safety:</i></p>

	<p><i>Online Safety: How do we behave Online Safety; trolling and abuse</i></p>	<p><i>Cyberbullying and reporting concerns</i></p>	<p><i>communication and collaboration on the internet</i></p>	<p><i>Online Safety: keeping safe from Online Safety viruses</i></p>	<p>making choices and decisions</p> <p><i>Online Safety: Age appropriate games</i></p> <p>Democracy: How rules and laws are made and enforced; how to change rules using democratic process</p>	<p><i>recognise the effect words and pictures can have on others</i></p>
5	<p>What makes up our identity? Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p> <p><i>Online Safety: personal information and passwords</i></p>	<p>What decisions can people make with money? Money; making decisions; spending and saving</p> <p><i>Online Safety: appropriate and inappropriate use of the internet</i></p>	<p>How can we help in an accident or emergency? Basic first aid, accidents, dealing with emergencies</p> <p><i>Online Safety: risks and rewards of the internet</i></p> <p>During this term there should also be a revisit of puberty and menstruation. This is part of health education.</p>	<p>How can friends communicate safely? Friendships; relationships; becoming independent; online safety</p> <p><i>Online Safety: what goes on the internet stays on the internet forever</i></p> <p>Sex Education (Non Stat) Sexual Intercourse</p>	<p>How can drugs common to everyday life affect health? Drugs, alcohol and tobacco; healthy habits</p> <p>Links between healthy habits and puberty (acting as a recap should be made)</p> <p><i>Online Safety: respecting the rights of others</i></p>	<p>What jobs would we like? Careers; aspirations; role models; the future</p> <p><i>Online Safety: the impact of information shared</i></p> <p>Democracy: What is an elective representative? What can you do to affect change? Who makes decisions: Structure of government. Respect of law and rights of others.</p>
6	<p>How can we keep healthy as we grow? Looking after ourselves; growing up; becoming independent; taking more responsibility, puberty.</p>		<p>How can the media influence people? Media literacy and digital resilience; influences and decision-making; online safety</p> <p><i>Online Safety: Cyberbullying</i></p>		<p>What will change as we become more independent? How do friendships change as we grow? Different relationships, changing and growing,</p>	

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	<p><i>Online Safety: the right to be protected from inappropriate use of technology by others</i></p> <p><i>Online Safety: social networking and how to present themselves Online Safety</i></p> <p>Autumn 2: Sex Education (Non Stat) Sexual Intercourse</p>	<p><i>Online Safety: protecting themselves and others</i></p> <p>Spring 1: Sex Education (Non Stat) Consent</p> <p>Spring 2: Sex Education (Non Stat) Sexual Reproduction</p>	<p>adulthood, independence, moving to secondary school</p> <p><i>Online Safety: rights of internet users</i></p> <p><i>Online Safety: the impact of what is shared</i></p> <p>Democracy: United Nations Declaration of the Rights of the Child; What does it mean to be in a democracy: Protest, organisations such as Trade Unions, freedom of travel, media bias. Respect of law and rights of others</p> <p>Summer 1: Sex Education (Non Stat) Contraception</p> <p>Summer 2: Sex Education (Non Stat) FGM</p>
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