



PSHE Overview - PPS



	Autumn 1 Me and My Relationships	Autumn 2 Valuing difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being My Best	Summer 2 Growing and Changing
EYFS Nursery	All about me: What makes me and others special? Who can help me? Same and different families and homes Self-Care and Self-help skills (washing hands, going to the toilet, telling an adult when tired, hungry, thirsty) Rules and routines Sense of self		My feelings / Emotions Developing Relationships Self-Care Dressing with help / different fastenings Exercise Oral hygiene		Being unique, similarities and differences Self-Care Developing confidence Developing Independence What can we do to stay healthy? Sun safety	
EYFS Reception	Rules and routines All about me What makes me special? Friendship Feelings External body parts	Celebrations Similarities and differences Being kind and caring Different relationships and families	Online safety Rights and responsibilities Looking after myself, others and the environment Different families Growing up	Keeping myself safe People who help us Road safety Healthy eating and oral health	Being my best What does my body need? Keeping trying Keeping animals Growing Emotions and sharing	Life cycles, growing and change Families Special people People who help us Looking after our environment How we can help others?
Year 1	Online safety Rules and routines Feelings Friendship and being part of a community/family	Special people Difference and similarities between people Unkindness, teasing or bullying? Recognising fair and unfair	Body's needs Importance of sleep and bedtime routine Feeling safe and unsafe Who can help me? Feelings of loss Medicine safety The PANTS rule	Regular hygiene routines Responsibility of looking after belongings and the environment Money Basic first aid	Healthy diet Diseases- spreading and prevention Learning new skills How other's behaviour can affect my own	Teasing or bullying? - How to deal with both Secret or nice surprise? Who can I talk to? Private body parts Major internal body parts Needs of a baby
Year 2	Online safety Rules and routines Feelings Friendship and impact of our own and other's actions	Physical and non-physical differences between people Special people How a person's behaviour can affect you Being part of a group Listening and negotiating	Taking medicines and feeling better without them Safe and unsafe situations Body language and facial expressions Safe and unsafe touch Who can I talk to? Safe and unsafe secrets	Who keeps us safe at school and in our community? Who can I ask for help? Choices and feelings about spending money	Personal hygiene Vaccinations Making choices Body needs Internal body parts Positive attitudes and mindset	Stages of growth Private body parts Basic first aid Feelings of loss Road safety
Year 3	Online safety Rules and routines Dealing with loss Relationships, resolving conflict and qualities of	Different types of families Respectful language Similarities and differences in people Managing bullying and	Safe or unsafe situations Dealing with danger or risk Physical signs of bad feelings Sun safety	Volunteering Who's responsible for us and how Looking after the school environment	Healthy balanced diet Preventing and treating infectious diseases Identifying achievements Different media groups	Types of relationships Body/personal space Secrets versus surprises



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	friendship	prejudices		Earning money, income, saving and spending	Promoting good mental health First aid- asthma attacks and bleeding	
Year 4	<p>Online safety Rules and routines Feelings Qualities in friendships How to deal with conflict/ unacceptable behaviour</p>	<p>Managing conflict Protecting body space Who can I talk to? Different types of relationships Stereotypes</p>	<p>‘Danger’, ‘risk’ or ‘hazard’? Positive and negative influences Consequences of unacceptable, unhealthy or risky behaviour. Dares; what they are and strategies for managing. Infectious diseases and medicines</p>	<p>Who helps to keep us healthy and safe and how? Having rights mean having responsibilities Role of a bystander and influences on behaviour Public services Income, expenditure, income tax, National Insurance and VAT</p>	<p>Appreciating uniqueness Making same and different choices to others Body’s needs Planning a healthy menu Importance of quality sleep First aid- broken bones and burns Signs of physical illness Oral health</p>	<p>Changing throughout life Who can help me? Secrets versus surprises Marriage as a choice</p>
Year 5	<p>Online safety Rules and routines Feelings Qualities of friendships How to deal with conflict/ unacceptable behaviour</p>	<p>Qualities of friendship Empathising with discrimination and racism Difference between sex, gender identity, gender expression and sexual orientation</p>	<p>Dealing with face-to-face and online bullying and supporting others Dares and how to stand up for yourself. Decision making during risky situations</p>	<p>Voluntary, community and action groups and their work Differences between responsibilities, rights and duties; their impact on individuals and groups Being a consumer or seller Personal finance- Terms loan, credit, debt and interest</p>	<p>Who can help us? How media can portray celebrities and star qualities of ‘ordinary’ people How mental ill health can be supported First aid- choking and head injuries. Allergies</p>	<p>Intensity of feelings Building resilience Who can I trust and talk to? Dealing with acceptable and unacceptable touch Correct words for external sexual body parts Puberty and menstruation in preparation for reproduction Secrets versus surprises Gender expression</p>
Year 6	<p>Online safety Rules and routines Friendship Recognising and dealing with peer influence Identifying negative touch and feelings and how to deal with them</p>	<p>Effects of disrespecting differences Being a bystander during unwanted behaviour Showing respect through verbal and non-verbal communication Friend or acquaintance? Qualities and benefits of a good friendship Gender stereotypes</p>	<p>Meeting emotional needs and how they impact behaviour Independence and responsibility</p>	<p>Voluntary, community and action groups and their work Saving money Sale prices and interest What is a salary? How public services are funded and their services Sustainability</p>	<p>Five Ways to Wellbeing Taking, assessing and reducing risks First aid- unresponsive person (breathing and not breathing) Immunisation and vaccination scientific facts.</p>	<p>Emotional responses to change Media interpretation Challenging gender stereotypes Positive and negative peer pressure Norms of risk taking behaviour Preparing for secondary school</p>