

Yearly overview of PSHE lessons

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
	<p>PSHE/RSE is developed as children learn to play and interact with other children and the adults who care for them. They join nursery and settle into a new environment with new people and new routines and expectations. Each term as new children join; they build their friendship groups and an awareness of the needs of others. Children learn to regulate their emotions in a safe environment with secure relationships and high quality interactions. They learn how to be independent and take responsibility for themselves and develop a sense of community as they experience nursery life. Through play, conversation and stories children develop their sense of self, as they build relationships and learn to understand and manage their feelings.</p>					
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
	<p>Starting school and leaving parents, Making friends and getting to know new adults, New routines, rules and boundaries Talking about feelings .</p>	<p>Developing confidence, Performing our First Nativity and Christmas Sing-a-Long.</p>	<p>Being a good friend, Talking about similarities and differences, Learning about emotions, New Years Resolutions- what do we want to get better at?</p>	<p>Exploring emotions, Mothers day- Who is special to us?</p>	<p>Children continue to development self-confidence as they learn to compete in games and go on their first trips. Enjoying team games, confidently competing and joining in with large group activities- Sports Day and PE</p>	<p>Meeting new teachers and exploring new classrooms, Exploring emotions around moving to Yr1., Fathers day- people who look after us, Humanist day- thinking about kindness and helping others.</p>

Autumn

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Belonging to a community Rules	Belonging to a community Rights and Responsibilities	Belonging to a community Rules, laws and responsibilities	Belonging to a community Belonging to a community	Belonging to a community Looking after the environment	Belonging to a community Stereotypes
	Belonging to a community Our neighbourhood	Belonging to a community Sameness and difference	Belonging to a community Human rights	Belonging to a community Compassion	Belonging to a community Showing compassion	Belonging to a community Prejudice and discrimination
	Money and work - Where money comes from	Money and work - Money	Money and work - Where does money come from?	Money and work - Ways to pay	Money and work - The world of work	Media literacy and digital resilience Social media
	Money and work Jobs for all	Money and work Needs or wants	Money and work Stereotypes	Money and work Spending decisions	Money and work Equal opportunities	Media literacy and digital resilience Online images
	Respecting ourselves and others Being kind	Respecting ourselves and others Yasmin and Tom – my brilliant body	Respecting ourselves and others Respectful behaviour	Respecting ourselves and others Diversity	Respecting ourselves and others Yasmin and Tom – on and offline friendships Getting help	Respecting ourselves and others Values
	Respecting ourselves and others Choices and consequences	Respecting ourselves and others Bullying and teasing	Respecting ourselves and others Think u know – play like share	Respecting ourselves and others Mean rude or bully?	Respecting ourselves and others Yasmin and Tom – identity and prejudice	Respecting ourselves and others Communication – responding respectfully and challenging points of view

Spring

Media literacy and digital resilience Online and offline	Media literacy and digital resilience The internet and me	Media literacy and digital resilience The digital world	Media literacy and digital resilience All about advertising	Media literacy and digital resilience Natterhub – secure it!	Keeping safe Drugs
Media literacy and digital resilience Jessie and friends – watching videos	Media literacy and digital resilience True or false?	Media literacy and digital resilience Online information	Media literacy and digital resilience Media and advertising influence	Media literacy and digital resilience Spotting fake news	Keeping safe Privacy, personal information, sharing images and age restrictions
	Media literacy and digital resilience Online safety				
Physical health and Mental wellbeing Keeping healthy	Physical health and Mental wellbeing Exercise and sleep	Physical health and Mental wellbeing Eatwell food groups	Physical health and Mental wellbeing Common illnesses – Yasmin and Tom – Body care	Physical health and Mental wellbeing Sleep strategies	Physical health and Mental wellbeing Bucket full of worries
Physical health and Mental wellbeing Sun safety	Physical health and Mental wellbeing Healthy foods and sugary snacks	Physical health and Mental wellbeing PSHE Mental health and emotional wellbeing lesson 1	Physical health and Mental wellbeing PSHE Mental health and emotional wellbeing lesson 3	Physical health and Mental wellbeing Medicines, vaccinations and immunity	Physical health and Mental wellbeing Natterhub – Balance it lesson 3
	Physical health and Mental wellbeing Zones of regulation				
KS1 ASSEMBLY – Vaccines and IMMUNISATIONS			KS2 ASSEMBLY – Benefits of being outdoors in the sun		
Keeping safe Road and beach safety	Keeping safe Staying safe outside	Keeping safe Exploring risk	Keeping safe Medicines	Keeping safe Taking risks	Safe relationships NSPCC changing friendships
Keeping safe Online safety rules	Keeping safe Staying safe at home	Keeping safe Road, rail, water and rail safety	Keeping safe Common drugs	Keeping safe First aid and emergencies	Safe relationships NSPCC healthy online friendships

Summer

	Safe relationships Feeling hurt	Safe relationships PANTS	Safe relationships Yasmin and Tom – my personal and private body parts and keeping safe	Safe relationships Under pressure	Safe relationships Yasmin and Tom – friendships and secrets	Families and friendships Positive and healthy relationships
	Safe relationships PANTS rule and unwanted touch	Safe relationships Secrets and surprises	Safe relationships Think u know play like share episode 2 and 3	Safe relationships - Secrets	Safe relationships Yasmin and Tom – safe and unsafe touch	Families and friendships Marriage and civil partnerships
					Safe relationships - My body, my rules	
	Families and friendships My special people	Families and friendships Friendship	Families and friendships Yasmin and Tom – Getting on with our families part 1	Families and friendships Yasmin and Tom – what makes a good friend	Families and friendships Being a good friend	RISK AVERT
	Families and friendships Tango makes 3	Families and friendships Falling out	Families and friendships Getting on with our families part 2	Families and friendships NSPCC – share aware – healthy online friendships	Families and friendships Yasmin and Tom – friendships and pressure	
	Growing and changing Likes and dislikes	Growing and changing Yasmin and Tom – Naming body parts	Growing and changing My strengths and interests	Growing and changing My identity	Growing and changing Yasmin and Tom - Puberty	Growing and changing NSPCC – making sense of relationships – secondary school
	Growing and changing PSHE Association – Mental health and wellbeing lessons	Growing and changing Getting older	Growing and changing Resilience	Growing and changing Positive mental health		Growing and changing Yasmin and Tom – Making babies, sexual intercourse. Pregnancy and birth

