



St. Barnabas C.E Primary School P.S.H.E Curriculum Overview

Year Group	Autumn		Spring		Summer		Outside Speakers	Whole school events
Reception	<p>Myself and My Relationships Feelings:To identify their own feelings and know some ways of expressing themselves.To develop a range of strategies to make themselves feel better. Working and Playing together:- To learn turn taking and sharing, to speak and listen, how to be a good friend.</p>		<p>Growing and Changing 1:-To understand where they can take responsibility for themselves and their possessions. Understand personal needs and who looks after them. 2:- To value their body and understand how to keep it healthy, basic hygiene and describe themselves and name parts of the body.</p>		<p>Keeping Safe Medicines/Risks:- To identify physical risks at school and home, to learn basic safety rules Asking and Telling:- To know who to ask for help at school and home , when they are lost, frightened. When to tell in the class or playground.</p>		<p>Nurse –talk about their role/job Firefighters Police to talk about stranger danger</p>	<p>Anti Bullying week Internet Safety Week</p>
Year 1	<p>How do we decide how to behave? Class rules; respecting others' needs; behaviour; listening; feelings and bodies can be hurt Including rules about use of technology in the classroom</p>	<p>What makes us special? Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities</p>	<p>How do we keep safe? Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate/inappropriate touch; who helps keep us safe; asking for help Including what do we do if we see something online that makes upset or worried ; that adults should supervise children online</p>	<p>How do we feel? Different kinds of feelings; strategies to manage feelings; change and loss</p>	<p>What can we do with money? Where money comes from; spending; saving; keeping money safe Including that people buy things online and have online bank accounts, passwords to keep safe</p>			
Year 2	<p>How can we help? Group and class rules and why they are important; respecting own and others' rights and need; privacy; looking after the environment Including rules about use of technology in the classroom ; setting and using passwords</p>	<p>What is bullying? Hurtful teasing and bullying is wrong, what to do about bullying; unsafe secrets; inappropriate touch what to do if it happens Including online –how to respond if you are worried about something online</p>	<p>How can we be healthy? Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choices Including safe and appropriate screen time levels</p>	<p>What is the same and different about us? Recognise what they are good at; set simple goals; growing; and changing and being more independent; naming body parts correctly (including external genitalia); belonging to different groups</p>	<p>How do we show our feelings? Different kinds of feelings; strategies to manage feelings; change and loss; recognising how others are feeling; sharing feelings</p>	<p>Life Caravan- drug education (Feelings)</p>		

<p>Year 3</p>	<p>What are the rules that keep us safe? Importance of school rules for health and safety; how to get help in an emergency; people who help them stay safe Including rules about use of technology in the classroom, how to recognise, respond to and report abuse, what is appropriate to say or not say online ; social media and gaming classifications</p>	<p>How can we eat well? What makes a balanced lifestyle; balanced diet; making choices; what influences choices Including accessing appropriate online information to children about eating well, such as Change4Life</p>	<p>What can we do about bullying? Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe Including online bullying and hurtful behaviour online ; how to recognise, respond to and report abuse ; what is appropriate to say or not say online</p>	<p>How can we describe our feelings? Wider range of feelings; conflicting feelings experiences at the same time; describing feelings; feelings associated with change; recognising wider range of feelings in others; responding to other's feelings</p>	<p>What are we responsible for? Responsibilities; rights and duties at home; in school and the local environment; how actions affect self and others Including responsible use of technology and gaming ; online privacy settings ; digital footprint ; what is appropriate to say or not say online</p>	<p>What jobs would we like? What is meant by stereotypes; what it means to be enterprising; working collaboratively to the shared goals; recognise achievements and set targets Including jobs in technology, gaming and online ; how images online sometimes reinforce stereotypes</p>	<p>* Life Caravan- drug education (Meet the Brain) * Local Councillor- Matthew Jenkins</p>	
<p>Year 4</p>	<p>What is diversity? * Difference and diversity of people living in the UK * Values and customs of people around the world * Stereotypes Including how online information can influence and change our understanding of different people around the world How can we be a good friend? * Recognising wider range of feelings in others * Responding to feelings * Strategies to resolve disputes; * Negotiation and compromise * Resolving differences * Feedback Including what is appropriate to say or not say online ; how online comments can be misinterpreted and unintentionally hurt our friends' or damage relationships ; different ways we use online media to communicate with our friends ; how to be a good friend online</p>	<p>How can we keep safe in our local area? * Managing risk in familiar situations and the local environment * Feeling negative pressure and managing this * Recognising and managing dares * How actions affect themselves and others * People who help them stay healthy and safe Including keeping mobile phones and tablets safe when out and about in the local environment ; taking care of our personal safety when using mobile phone or tablet ; social media and gaming classifications</p>	<p>How do we grow and change? * Changes that happen at puberty * Keeping good hygiene * Describing intensity of feelings to others * Managing complex emotions * Different types of relationships * What makes a healthy relationship (friendship) * Maintaining positive relationships * Who is responsible for their health and wellbeing * To ask for advice Including where to find appropriate help and advice online ; how responsible use of social media can support our health and wellbeing</p>	<p>* Life Caravan- drug education (It's Great to be Me) * Cyberbullying</p>				

<p>Year 5</p>	<p>What makes a community? What it means to be in a community; groups and individuals that support the local community; voluntary, community and pressure groups; appreciating the range of identities in the UK; values and customs of people living around the world</p> <p>Including online communities (e.g. local communities, gardeners' groups, charity groups, fundraising events)</p> <p>How can we manage our money? About the role of money; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect reality</p> <p>Including online banking ; online news, adverts, images and reviews – differences between media manipulation and reality</p> <p>What choices help health? What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe</p> <p>Including balancing an online and offline ; healthy habits regarding screen time</p>	<p>What makes us enterprising? Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; setting up an enterprise; what enterprise means for work and society</p> <p>Including online enterprise ; young people who are making a difference through online enterprise projects or projects that include online advertising ; what is safe and isn't safe to upload</p> <p>How can we be safe online and using social media? Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries;</p> <p>Including why and how to set privacy settings ; what identity means online ; public and private identity, digital footprint, social media and gaming classifications , illegal forms of sharing content and the consequences, online peer pressure and risky behaviours; where and how to seek help and support</p>	<p>What does discrimination mean? Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; equalities</p> <p>Including online bullying, how online information changes our view of the world ; what is appropriate to say or not to say online ; illegal forms of sharing content and the consequences ; how to recognise online hate speech ; how online information may be manipulated to present something as true</p>	<p>Life Caravan- drug education (Friends)</p>	<p>Cyberbullying</p>
<p>Year 6</p>	<p>What are human rights? Why and how laws are made; taking part in making and changing rules; importance of human rights; rights of the child; right to protect their bodies (including FGM or forced marriage); confidentiality and when to break a confidence</p> <p>Including how to recognise, respond to and report abuse online ; illegal forms of sharing content and the consequences ; how to recognise online hate speech</p> <p>How can we manage risk? Increased independence and responsibility; strategies for managing risk; different influences; resisting unhelpful pressure; personal safety; managing requests for images; how anti-social behaviours affect wellbeing; how to handle anti-social or aggressive behaviours</p>	<p>How can we stay healthy? What positively and negatively affects health; informed choices; balanced lifestyle; how drugs can affect health and safety; the law and drugs; who is responsible for their health and wellbeing</p>	<p>What makes a healthy and happy relationship? Different relationships; what makes positive; healthy relationships; recognise when relationships are unhealthy; committed; loving relationships (including marriage, civil partnership); human reproduction</p> <p>Including relationships and friendships online</p> <p>How can money affect us? Finance and its role in people's lives; being a critical consumer; what is meant by interest, loan, debt, tax; how resources are allocated and how this affects individuals, communities and the environment; research and debate health and wellbeing issues</p>	<p>Life Caravan- drug education (Decisions)</p>	<p>Cyberbullying</p>

Please code the topics/areas into the 3 suggested PSHE curriculum areas and say specifically which focus areas you intend to cover:

Health and Wellbeing, Relationships, Living in the wider world