St Paul’s CE Primary Term-by-term Subject Overview for: **PSHE**

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|  | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
| Year 1 | Anti-bullyingFamilies, Friendship, Health, Hygiene Growing & Caring for OurselvesRSE: Feelings & FriendshipsA good friendGrowing Up – Families who CareWe are all different, but uniqueSafety – when to say no – scenariosAnti-bullyingHEALTH: Keeping clean – dentist visitFood hygiene Online Relationships |  | Growing UpRSE: Growing & ChangingFeelings associated with change (new baby, new house) Concept of young and oldNeeds of a baby and young childrenOnline Relationships |  | Respect, Medicines, Staying HealthyRSE: Growing & ChangingName external parts of male & female body Recognise positive qualities about myselfExpect RespectDATE: Medicines & Safety & who gives us medicinesStaying healthyOnline Relationships |  |
| Year 2 | RSE: Friendships & FeelingsManage feelings positivelyAnti-bullyingHEALTH: Hygiene -Hand washingOnline Relationships | DATE: Medicines & Keeping Safe | RSE: Different types of families.HEALTH: Road SafetyDifferent Food GroupsImportance of regular exerciseOnline Relationships | RSE: Growing up.Name parts of female & male human body, including sexual parts.Human & Animal offspring. | RSE: Keeping SafeSafety of self & othersPeople & different situations | When to say no, scenariosExpect Respect Online Relationships |
| Year 3 | RSE – Feelings and Friendships, Lesson 1 – 8RSE: Feelings & FriendshipsAnti-bullyingDATE: Why do people smoke?Physical effects of smoking.How to keep safeHEALTH: Nutrition & Importance of ExerciseOnline Relationships | DATE- Smoking | DATE-Medicines are drugsRSE: Lesson 13-16What is a family? - 13I know my family love me 14Diverse nature of families & different 15Relationships.Identifying Dangers – scenarios – 16DATE: Medicines are drugs – know the difference!Positive & negative effects of drugs. |  | CWP – Valuing Difference and Keeping SafeRSE: Growing up –naming body parts.Stages of lifeTouching, a right to say no.Personal Space & respect for othersWho Can I talk to?Expect Respect Online Relationships | RSE – Friendships and FeelingsLessons 9-18 |
| Year 4Year 5 | E-SafetyRSE: Friendships & FeelingsStrategies to deal with friendship problemsActions have consequences for self/othersRecognise own & others’ feelingsAngry & HappyAnti-bullyingOnline RelationshipsE-SafetyRSE: Feelings & FriendshipQualities of a good friendSustaining a friendshipRecognise own & others feelingsUnderstanding how to control own behaviourRecognising others’ point of viewCoping with peer pressureWho can help us?Anti-bullyingHEALTH: looking after our bodies (child – grandparent)SwimmingOnline Relationships | Friendship and feelingsFriendship | DATEHealthPeer pressureDATE: Alcohol & Tobacco AbuseKeeping Safe, scenariosSafety in the Home – range of legal drugsFacts & Myths about drugsPeer PressureHEALTH: Feeling good about myself (self-esteem & body image)Skeletons & MusclesOnline RelationshipsDATE – Alcohol+PeerPressureHealthDATE: Effects on the human bodyLegal & illegal drugs.Alcohol Units & its effectPeer pressure – risk taking & making own judgementsStereotyping: Attitudes & beliefs in societyHEALTH: Basic 1st Aid (St John’s Ambulance Service, 2 year cycle)Online Relationships | DATEHealth DATEDrugs | RSEGrowing upRSE: Growing Up, Responsibilities as we get olderEveryone is special, everyone is differentPubertyMenstruationA new life begins – How a baby is madeConception & Birth Expect Respect HEALTH: SwimmingOnline RelationshipsRSERSE: Relationships with familiesStrong feelings – anger, grief, envyFeeling safePuberty – preparation for sexual maturity. How boys/girls bodies changeMenstruationPersonal HygieneAsking for helpName male & female reproductive organs & know their different functionsSingle Sex – Question time ‘ask it basket’Expect Respect Online Relationships | RSEGrowing upRSE |
| Year 6Year 6 | AntibullyingSafetyDiversityFeelingsFriendshipsRSE: Feelings & FriendshipsWhat we do can affect others’ feelingsFeelings we can’t explainAnti-bullyingHEALTH: Impact of diet & exercise on our bodiesOnline Relationships | Puberty changesIncreased need for hygiene Disease | Drugs: attitudes and beliefsPersonal safety, roles and responsibilitiesRSE: Feelings & FriendshipsRecognise a variety of feelings- fears/worriesGood Friendships Attraction & LoveMeaning of Body LanguageConsider meaning of loveFamily ValuesDiversity of Families - MarriagePuberty Changes – body changes that will occurHEALTH: Hygiene – increased need for personal hygieneHEALTH: SwimmingOnline Relationships | Health: diet and exercise | Sexual intercourseConceptionResponsibilities of having a babyRSE: Sexual intercourse - pupils’ knowledge and increase understandingConception and birthResponsibilities of having a baby.Contraception – informed choices to respect & protect own bodyRespect Gender & Stereotypes Expect Respect DATE: Attitude & beliefs to drugsAlcohol & TobaccoPersonal Safety & Risk Taking-scenariosMaking the Right Choice – roles & responsibilitiesUnderstand there are laws to protect children & why they are necessary in societyHelp, advice & supportHEALTH: HIV & AIDSTransmission of diseaseSafety: recognising risk in different situationsOnline Relationships | ContraceptionGender stereotypes |