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-bullying  Families, Friendship, Health, Hygiene Growing & Caring for Ourselves  RSE: Feelings & Friendships  A good friend  Growing Up – Families who Care  We are all different, but unique  Safety – when to say no – scenarios  Anti-bullying  HEALTH: Keeping clean – dentist visit  Food hygiene  Online Relationships |  | Growing Up  RSE: Growing & Changing  Feelings associated with change (new baby, new house)  Concept of young and old  Needs of a baby and young children  Online Relationships |  | Respect, Medicines, Staying Healthy  RSE: Growing & Changing  Name external parts of male & female body  Recognise positive qualities about myself  Expect Respect  DATE: Medicines & Safety & who gives us medicines  Staying healthy  Online Relationships |  |
| Year 2 | RSE: Friendships & Feelings  Manage feelings positively  Anti-bullying  HEALTH: Hygiene -Hand washing  Online Relationships | DATE: Medicines & Keeping Safe | RSE: Different types of families.  HEALTH: Road Safety  Different Food Groups  Importance of regular exercise  Online Relationships | RSE: Growing up.  Name parts of female & male human body, including sexual parts.  Human & Animal offspring. | RSE: Keeping Safe  Safety of self & others  People & different situations | When to say no, scenarios  Expect Respect  Online Relationships |
| Year 3 | RSE –  Feelings and  Friendships,  Lesson 1 – 8  RSE: Feelings & Friendships  Anti-bullying  DATE: Why do people smoke?  Physical effects of smoking.  How to keep safe  HEALTH: Nutrition & Importance of Exercise  Online Relationships | DATE- Smoking | DATE-Medicines are drugs  RSE: Lesson 13-16  What is a family? - 13  I know my family love me 14  Diverse nature of families & different 15  Relationships.  Identifying Dangers – scenarios – 16  DATE: Medicines are drugs – know the difference!  Positive & negative effects of drugs. |  | CWP – Valuing Difference and Keeping Safe  RSE: Growing up –naming body parts.  Stages of life  Touching, a right to say no.  Personal Space & respect for others  Who Can I talk to?  Expect Respect  Online Relationships | RSE –  Friendships and  Feelings  Lessons 9-18 |
| Year 4  Year 5 | E-Safety  RSE: Friendships & Feelings  Strategies to deal with friendship problems  Actions have consequences for self/others  Recognise own & others’ feelings  Angry & Happy  Anti-bullying  Online Relationships  E-Safety  RSE: Feelings & Friendship  Qualities of a good friend  Sustaining a friendship  Recognise own & others feelings  Understanding how to control own behaviour  Recognising others’ point of view  Coping with peer pressure  Who can help us?  Anti-bullying  HEALTH: looking after our bodies (child – grandparent)  Swimming  Online Relationships | Friendship and feelings  Friendship | DATE  Health  Peer pressure  DATE: Alcohol & Tobacco Abuse  Keeping Safe, scenarios  Safety in the Home – range of legal drugs  Facts & Myths about drugs  Peer Pressure  HEALTH: Feeling good about myself (self-esteem & body image)  Skeletons & Muscles  Online Relationships  DATE – Alcohol+Peer  Pressure  Health  DATE: Effects on the human body  Legal & illegal drugs.  Alcohol Units & its effect  Peer pressure – risk taking & making own judgements  Stereotyping: Attitudes & beliefs in society  HEALTH: Basic 1st Aid (St John’s Ambulance Service, 2 year cycle)  Online Relationships | DATE  Health  DATE  Drugs | RSE  Growing up  RSE: Growing Up, Responsibilities as we get older  Everyone is special, everyone is different  Puberty  Menstruation  A new life begins – How a baby is made  Conception & Birth  Expect Respect  HEALTH: Swimming  Online Relationships  RSE  RSE: Relationships with families  Strong feelings – anger, grief, envy  Feeling safe  Puberty – preparation for sexual maturity. How boys/girls bodies change  Menstruation  Personal Hygiene  Asking for help  Name male & female reproductive organs & know their different functions  Single Sex – Question time ‘ask it basket’  Expect Respect  Online Relationships | RSE  Growing up  RSE |
| Year 6  Year 6 | Antibullying  Safety  Diversity  Feelings  Friendships  RSE: Feelings & Friendships  What we do can affect others’ feelings  Feelings we can’t explain  Anti-bullying  HEALTH: Impact of diet & exercise on our bodies  Online Relationships | Puberty changes  Increased need for hygiene  Disease | Drugs: attitudes and beliefs  Personal safety, roles and responsibilities  RSE: Feelings & Friendships  Recognise a variety of feelings- fears/worries  Good Friendships  Attraction & Love  Meaning of Body Language  Consider meaning of love  Family Values  Diversity of Families - Marriage  Puberty Changes – body changes that will occur  HEALTH: Hygiene – increased need for personal hygiene  HEALTH: Swimming  Online Relationships | Health: diet and exercise | Sexual intercourse  Conception  Responsibilities of having a baby  RSE: Sexual intercourse - pupils’ knowledge and increase understanding  Conception and birth  Responsibilities of having a baby.  Contraception – informed choices to respect & protect own body  Respect Gender & Stereotypes  Expect Respect  DATE: Attitude & beliefs to drugs  Alcohol & Tobacco  Personal Safety & Risk Taking-scenarios  Making the Right Choice – roles & responsibilities  Understand there are laws to protect children & why they are necessary in society  Help, advice & support  HEALTH: HIV & AIDS  Transmission of disease  Safety: recognising risk in different situations  Online Relationships | Contraception  Gender stereotypes |