

PSHCE overview

Reception to Year 6 – see separate document for nursery and 2 year olds

Year Group value	Autumn 1 teamwork	Autumn 2 respect	Spring 1 passion	Spring 2 Self- belief	Summer 1 honesty	Summer 2 determination
Lifewise Reception Programme	Planting Our Food x2 Cities, Towns, Land and Sea x2 Gentle Hands and Hearts x2	Taking Good Care of Myself x2 Being Curious x2 Managing Feelings x2	Sleep x2 The Great Outdoors x2 Trusted Adults x2	Animals x2 Fire Safety x2 Water Safety x2	Follow My Lead x2 Making Mistakes x2 Road Safety x2	Sharing x2 Marching to the beat of your drum x2 Technology x2
Additional Thrive profiles – Monday (am)	Visions and Values <a href="#">NSPCC Pants</a> rule and terminology – vagina, penis, anus, breasts  <a href="#">expect respect</a>  lessons on consent – modelling taking of pictures etc.  focus on manners linked to respect	Anti- bullying charter, policy and activities	<a href="#">Careers half term</a>	Sun safety	Financial Education- What is money? Why do we need it? Link to role play.	Keeping fit and healthy focus
Over the year	Discuss different families. Children to draw or look at pictures of their families. How are they the same? Different? All families are special <a href="https://www.stonewall.org.uk/resources/different-families-same-love-poster">https://www.stonewall.org.uk/resources/different-families-same-love-poster</a> Read – And Tango Makes 3 by Justine Richardson We are family’ by Patricia Hegarty and Ryan Wheatcroft  Dental hygiene work – Twinkle					

Year Group	Autumn 1 teamwork	Autumn 2 respect	Spring 1 passion	Spring 2 Self- belief	Summer 1 honesty	Summer 2 determination
Lifewise Year 1 Programme	Braving the Weather x2 Road Safety x2 Understanding Difficult Feelings x2	Emergency Services x2 Being Happy x2 First Aid/CPR x2 What makes a family	Being Mindful x2 Communication x2 A Problem Shared is a Problem Halved x2 What is friendship?	Trust x2 Respecting Others x2 Safety Symbols x2 Kind versus unkind	Food Safety & What Not to Eat x2 Water Safety x2 My growing body - adapted	Getting Your Sleep x2 Hygiene & Me x2 Signalling & Sign Language x2 Wildlife x2
Additional Thrive profiles – Monday(am)	Visions and Values – class charter <a href="#">NSPCC Pants</a> rule and terminology vagina, penis, anus, breasts, lessons on consent – modelling taking of pictures etc.  focus on manners linked to respect  Goals for the new year and resilience	Anti- bullying charter, policy and activities	<a href="#">Careers half term</a>  <a href="#">Financial education</a>	No smoking day  Sun safety		Keeping fit and healthy focus – exercise, balance of good health,
Over the year	Different families work. How are the families the same or different? Showing respect to all families. What to do if someone in their family makes them feel unsafe. <a href="https://www.stonewall.org.uk/resources/different-families-same-love-poster">https://www.stonewall.org.uk/resources/different-families-same-love-poster</a> Read Mommy, Mama and Me <a href="https://www.youtube.com/watch?v=d16pjJBSu4c">https://www.youtube.com/watch?v=d16pjJBSu4c</a> Discuss marriage including same sex marriage as a way of showing you love someone. Not everyone who loves each other gets married it is a choice					

Focus on emotions – happy, sad, angry and worried.  
<https://www.youtube.com/watch?v=sBFbQ70AJs>- read the feelings book. Can children describe a time they felt an emotion?  
 What do they like to do to make themselves happy?

Year Group	Autumn 1 teamwork	Autumn 2 respect	Spring 1 passion	Spring 2 Self- belief	Summer 1 honesty	Summer 2 determination
<b>Lifewise Year 2 Programme</b>	Forest Survival x2 Happiness x2 It's Okay Not to be Okay x2 Respecting all families x2	Feeling sad x2 Dealing with Loss x2 Personal Goal Setting x2 Screen time safety x2	The Art of Failure Fight or Flight x2 Relaxation x2 Positive friendships x2	My private body Fire safety x2 Medicines & Drugs x2	Desert Island x2 Navigation x2 Environment x2	Understanding peer pressure Protecting Our Planet x2 Cyber Safety x2 Adapting to change x2
<b>Additional Thrive profiles – Monday (am)</b>	Visions and Values – class charter and setting goals  <a href="#">NSPCC Pants</a> rule and terminology vagina, penis, anus, breasts  lessons on consent – modelling taking of pictures etc.  focus on manners linked to respect  Links with Old people's home	Anti- bullying charter, policy and activities	<a href="#">Careers half term</a>  Financial education	No smoking day  Sun safety		Keeping fit and healthy – exercise, balance of good health
<b>Over the year</b>	Different families work. How are the families the same or different? Showing respect to all families. What do they enjoy doing with their family? Why do families fall out? What to do if someone in your family makes you feel unsafe. <a href="https://www.stonewall.org.uk/resources/different-families-same-love-poster">https://www.stonewall.org.uk/resources/different-families-same-love-poster</a> Look at good and bad secrets <a href="https://www.tentenresources.co.uk/topic/lesson-2-good-secrets-and-bad-secrets/">https://www.tentenresources.co.uk/topic/lesson-2-good-secrets-and-bad-secrets/</a>  My Family, your Family book <a href="#">My Family, Your Family by Lisa Bullard (Read Aloud) - YouTube</a> The family book by Todd Park <a href="#">THE FAMILY BOOK   CHILDREN'S BOOK READ ALOUD   STORYTIME READ ALOUD BOOKS - YouTube</a>					

Year Group	Autumn 1 teamwork	Autumn 2 respect	Spring 1 passion	Spring 2 Self- belief	Summer 1 honesty	Summer 2 determination
<b>Lifewise Year 3/4/ 5 Programme</b>	<p>Learning part 1</p> <p>Respecting Others Boundaries &amp; Beliefs x2</p> <p>Emotions – its ok not to be ok (year 2 revision lesson and more work on emotions as needed in the class)</p> <p>Autism lesson</p>	<p>Dealing with Adversity X2</p> <p>Responsibility &amp; Inspiration x2</p> <p>Power of words – mouldy rice</p> <p>Social media – being confident adapted (Not posting photos of other people)</p>	<p>Supporting the Community x2</p> <p>Learning part 2 (linked to careers)</p> <p>The world of work (year 3 lesson)</p> <p>Earning and saving money (year 4 lesson (recap)</p> <p>Borrowing Money x1</p>	<p>Communicating Effectively x2</p> <p>The Digital World x2</p> <p>Caffeine – helpful or harmful?</p> <p>Recreational drugs – alcohol and nicotine (year 4 – recap)</p>	<p><b><u>Melva programme - Worrits</u></b></p> <p>To explore worries and how to deal with them.</p> <p>To explore the concept of being brave and it is what you do and not how you feel.</p> <p>To explore the niggling voice in our head and what it is and how to deal with it.</p> <p>To explore helpful and unhelpful thoughts.</p> <p>To build up a bank of strategies to use when worried or anxious.</p>	<p><b><u>Melav Programme Worrits</u></b></p> <p>To know the difference between good and bad worries and the worries we can control and the ones we can't.</p> <p>To build up their own Worrits Action Plan to deal with worries.</p> <p>Please do the lessons below as part of Food and exercise half term.</p> <p>Junk Food x2 ( 1 lesson)</p> <p>Nutritional Values x2 (1 lesson)</p>

<p><b>Additional</b>  <b>Thrive profiles- Monday (am)</b>  <b><u>Different family work</u></b></p>	<p>Visions and Values – class charter and setting goals</p> <p><a href="#">NSPCC Pants</a> rule and terminology</p> <p>lessons on consent – modelling taking of pictures etc.</p> <p>focus on manners linked to respect</p> <p>Homophobic language in school – taught to Y4/5/6 only</p> <p>Links with Old people's home</p>	<p>Anti- bullying charter, policy and activities</p>	<p><a href="#">Careers half term – Y5 lesson</a></p> <p>Financial education</p>	<p>No smoking day</p> <ul style="list-style-type: none"> <li>- Focus on tobacco and addiction</li> <li>- Sun safety</li> </ul>	<p>Y5 Puberty – see powerpoint which uses body changes above and inform parents - Y3/4 to do a personal hygiene lesson at the same time! ( year 3 lesson recap)</p> <p>Period talk for girls in Yr 4/5</p>	<p>Keeping fit and healthy</p> <p>Exercise, food,</p>
<p><b>Over the year</b></p>	<p>Revise Different families work. How are the families the same or different? Showing respect to all families. What do they enjoy doing with their family? Why do families fall out?</p> <p>What to do if someone in your family makes you feel unsafe. What are the different strengths of their family? What does a good relationship look like?</p> <p><a href="https://www.stonewall.org.uk/resources/different-families-same-love-poster">https://www.stonewall.org.uk/resources/different-families-same-love-poster</a></p> <p><b>books to read</b></p> <p>ways to relax, ways to deal with anger, The last Bear series (loneliness, friendship focus)</p>					

**we are not teaching keeping my body the same part 1 and 2 which relates to FGM We are not teaching expressing love differently and this will move to Y6**

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Lifewise Year 6 Programme	<p>Tax x2</p> <p>Entrepreneurship, enterprise and business x2</p> <p>First Aid x2</p> <p>The power of words – clean up your speech</p>	<p>Organisation of Life</p> <p>Pensions x2</p> <p>Power of Negotiation x2</p> <p>Autism Do Say, Don't say</p> <p>Celebrating women in History – forgotten achievements</p>	<p>From Learning to Working x2</p> <p>How to Write a CV x2</p> <p>Self- Perception</p> <p>Social media – Tick Tok</p> <p>Global warming – issues and preventions</p>	<p>The Government x2</p> <p>Law x2</p> <p>BV - Lawmakers &amp; Activists</p> <p>Alcohol, smoking and vaping</p> <p>Illegal drugs</p> <p>drugs</p>	<p>The power of love – inequality within relationships</p> <p>Identity, gender and sexuality</p> <p>What is forced marriage?</p> <p>consent</p> <p>Banks</p>	<p>BV - Rights &amp; Radicalisation</p> <p>Feeling Anxious x2</p> <p>Recognising and Controlling Anger</p> <p>Ageism x 2</p> <p>Transition x2</p> <p>Fair Trade</p> <p>My Amazing Body x2</p> <p>Expressing love differently as we grow (parental permission)</p>
Additional Thrive profiles – Monday (am) Different family work	<p>Visions and Values – class charter and setting goals</p> <p><a href="#">NSPCC Pants</a> rule and terminology</p> <p>lessons on consent – modelling taking of pictures etc.</p> <p>focus on manners linked to respect</p> <p>Links with Old people's home</p>	<p>Kindness focus</p> <p>Anti- bullying charter, policy and activities</p>	<p><a href="#">Careers half term</a></p> <p><a href="#">Financial Education</a></p>	<p>Sun safety</p>		<p>Keeping fit and healthy</p> <p><a href="#">Alright Charlie resource</a> Mrs Liddle to team teach</p>

## Over the year

Revise Different families work. How are the families the same or different? Showing respect to all families. What do they enjoy doing with their family? Why do families fall out?

What to do if someone in your family makes you feel unsafe. What are the different strengths of their family? What does a good relationship look like?

<https://www.stonewall.org.uk/resources/different-families-same-love-poster>

**books to read** – wonder?

### Mental Health and Thrive sessions

PSHE association mental health resources (in shared area)

Daily check in/ wellbeing activity

Focus on emotions

[Hand/brain model](#)

[Losing control of emotions Ks2](#)

[Guess the feelings](#)

[Emotions Ks1](#)

[Emotions song](#)

[Emotions and feelings](#)

[Different family books](#)

[More links for mental health resources](#)

<https://www.mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2024-toolkit-of-resources/?searchTerm=mental+health+week>

<https://www.youngminds.org.uk/professional/resources/>

<https://www.place2be.org.uk/our-services/services-in-schools/mental-health-resources-for-schools/>

<https://www.bbcchildreninneed.co.uk/changing-lives/mental-health/mental-health-wellbeing-resource-hub/>

<https://educationendowmentfoundation.org.uk/support-for-schools/evidence-for-the-early-years/early-years-evidence-store>