

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 NSPCC Pants rule and terminology – vagina, penis, anus, breasts expect respect	Kindness focus Anti- bullying charter, policy and activities	Careers half term		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 https://www.stonewall.org.uk/resources/different-families-same-love-poster Read – And Tango Makes 3 by Justine Richardson We are family' by Patricia Hegarty and Ryan Wheatcroft Dental hygiene work – Twinkle					

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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 NSPCC Pants rule and terminology vagina, penis, anus, breasts, expect respect BSL sign language sessions Keeping fit and healthy – fitness challenges, Sports Crew	Kindness focus Anti- bullying charter, policy and activities	Careers half term Financial education Safety works			Keeping fit and healthy focus
Over the year	<p>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. https://www.stonewall.org.uk/resources/different-families-same-love-poster Read Mommy, Mama and Me https://www.youtube.com/watch?v=d16pjJBSu4c 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</p> <p><u>Focus on emotions – happy, sad, angry and worried.</u> https://www.youtube.com/watch?v=sBFbQ70AJjs- read the feelings book. Can children describe a time they felt an emotion? What do they like to do to make themselves happy?</p>					

Year Group	Autumn 1 teamwork	Autumn 2 respect	Spring 1 passion	Spring 2 Self- belief	Summer 1 honesty	Summer 2 determination
Lifewise Year 2 Programme	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 x 2	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
Additional Thrive profiles – Monday (am)	Visions and Values – class charter NSPCC Pants rule and terminology vagina, penis, anus, breasts expect respect BSL sign language sessions Keeping fit and healthy – fitness challenges, Sports Crew	Kindness focus Anti- bullying charter, policy and activities	Careers half term Safety works Financial education	Diversity role models		Keeping fit and healthy
Over the year	<p>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. https://www.stonewall.org.uk/resources/different-families-same-love-poster Look at good and bad secrets https://www.tentenresources.co.uk/topic/lesson-2-good-secrets-and-bad-secrets/</p> <p>My Family, your Family book My Family, Your Family by Lisa Bullard (Read Aloud) - YouTube The family book by Todd Park THE FAMILY BOOK CHILDREN'S BOOK READ ALOUD STORYTIME READ ALOUD BOOKS - YouTube</p>					

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Lifewise Year 3 Programme We are a family book	Relationships with Others x2 Helping Others to Get Help x2 Growth Mindset x2 Different kinds of friendships	Self-image x2 Anxiety stress and mindfulness Anger fear and mindfulness Autism – Different not less Power of words- STOP	Problem solving & Time Management Self-worth x2 Separation and divorce Personal Hygiene The world of work Celebrating women’s roles in history	Vaccinations & Disease Sun Safety My Body, Your Body keeping healthy Safety with household medicines	Who Can We Trust x2 Exercise BV - Democracy & Law (Freedom to Choose) x2 Gender	BV - Culture & Liberty x2 Social media – body confidence Staying Safe Online x2 Change is good Fairtrade – working together Global warming – What can we do to help?
Additional Thrive profiles – Monday (am) Different family work	Visions and Values – class charter NSPCC Pants rule and terminology expect respect BSL sign language sessions	Kindness focus Anti- bullying charter, policy and activities	Careers half term Financial Education	Diversity Role models		Keeping fit and healthy
Over the year	<p>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</p> <p>We are a family book by Patrica Hegarty We Are Family by Patricia Hegarty - YouTube Stella Brings the family by Miriam Shifer Stella Brings the Family- Read Aloud - YouTube</p>					

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Lifewise Year 4 Programme	Respect x2 Problem Solving & Resourcefulness x2 Leadership x2 What's Love? All about Tick tock	Bullying x2 Being Responsible x2 Family Relationships x2 Autism - Asperger's	Everything Will Be All Right Try and Try Again x2 Relaxing to Re-Charge x2 consent	Where Does my Food Come From? Sleep x2 Screen Time x2 Recreational use of alcohol and drugs x2	BV - Government & Rules x2 BV - Freedom in Beliefs x2 Earning money Identity and gender My body your body – keeping safe	A Balanced and Healthy Eating x2 The Importance of Physical Activity x2 Fairtrade – change through choice
Additional Thrive profiles (Monday am)	Visions and Values-class charter NSPCC Pants rule and terminology expect respect BSL sign language sessions Keeping fit and healthy – fitness challenges, Sports Crew	Kindness focus Anti- bullying charter, policy and activities	Careers half term	Diversity Role models	Period talk for girls. Inform parents – no permission needed (my body changes year 5 girls)	Keeping fit and healthy
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 My friends and me book by Stephanie Stansbie Ms. Katie reading, "My Friends and Me" by, Stephanie Stansbie - YouTube					

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Lifewise Year 5 Programme	Learning part 1 Learning part 2 BV - Laws & Parliament x2 Homophobic language in school	Dealing with Adversity Responsibility & Inspiration x2 Power of words – mouldy rice	Supporting the Community BV - Freedom of Speech and Movement x2 Respecting Others Boundaries & Beliefs x2	Social media – being confident Communicating Effectively The Digital World Caffeine – helpful or harmful?	Borrowing Money x2 The NHS x2 What is marriage? Expressing love differently as you grow My body changes and BBC DVD Inform parents Mrs Liddle to team each	Junk Food x2 Nutritional Values x2 The Human Body x2 Fairtrade – same but different
Additional Thrive profiles- Monday (am) <u>Different family work</u>	Visions and Values – class charter <u>NSPCC Pants</u> rule and terminology <u>expect respect</u> BSL sign language sessions Keeping fit and healthy – fitness challenges, Sports Crew	Kindness focus Anti- bullying charter, policy and activities	<u>Careers half term</u>	Diversity Role models	Puberty – see powerpoint which uses body changes from above and inform parents Period talk for girls Transgender work	Keeping fit and healthy
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					

we are not teaching keeping my body the same part 1 and 2 which relates to FGM

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Lifewise Year 6 Programme	Tax x2 Entrepreneurship, enterprise and business x2 First Aid x2 The power of words – clean up your speech	Organisation of Life Pensions x2 Power of Negotiation x2 Autism Do Say, Don't say Celebrating women in History – forgotten achievements	From Learning to Working x2 How to Write a CV x2 Self- Perception Social media – Tick Tok Global warming – issues and preventions	The Government x2 Law x2 BV - Lawmakers & Activists Alcohol, smoking and vaping Illegal drugs drugs	My Amazing Body x2 (parental permission) The power of love – inequality within relationships Identity, gender and sexuality What is forced marriage? consent Banks	BV - Rights & Radicalisation Feeling Anxious x2 Recognising and Controlling Anger Ageism x 2 Transition x2 Fair Trade
Additional Thrive profiles – Monday (am) Different family work	Visions and Values – class charter NSPCC Pants rule and terminology expect respect BSL sign language sessions Keeping fit and healthy – fitness challenges, Sports Crew	Kindness focus Anti- bullying charter, policy and activities	Careers half term		Alright Charlie resource Mrs Liddle to team teach	Keeping fit and healthy
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

[Eysis](#) lots of resources to support emotions and mental health

PSHE association mental health resources (in shared area)

Daily check in/ wellbeing activity

[Hand/brain model](#)

[Losing control of emotions](#)Ks2

[Guess the feelings](#)

[Emotions Ks1](#)

[Emotions song](#)

[Emotions and feelings](#)

[Different family books](#)