

PSHE Long Term Overview: Key Stage 1

Year A 2020-2021	Health and Well being Healthy Lifestyles, Growing and Changing, Keeping Safe	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	Identity A healthy balanced lifestyle Managing Change Self-awareness Trust Aspiration	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Articulating viewpoint	Empathy Community/ belonging Respect A healthy balanced lifestyle Financial capability
Focus	How to make healthy choices. To make the right choice about different kinds of feelings To choose simple strategies to manage feelings. To recognise what they are good at and set simple goals. To understand about growing, changing and becoming more independent. To know why we rules for keeping safe (in familiar and unfamiliar situations) How to ask for help if they are worried about something. To learn about privacy in different contexts.	Discuss what is meant by different types of behaviour. Discuss how different types of behaviour can make others feel. Discuss how actions and words can hurt both bodies and feelings. Discuss how and why we should listen to others and playing cooperatively. Discuss what we mean by about and inappropriate touch. Know that hurtful teasing and bullying is wrong. Know what to do if teasing and bullying is happening. To share their views and opinions with others. To know about the importance of respect when looking at the differences and similarities between people.	Discuss group and class rules and why they are important Discuss why we need to respect the needs of ourselves and others Identify and talk about groups and communities that they belong to. Identify and discuss the people who work in their community Discuss how to get their help, including in an emergency and what an emergency is. Agree on an aspect about looking after the local environment. Discuss where money comes from and what it is used for. Discuss spending and saving money (how to use money). Identify how to keep money safe.
Christian Values, snack and lunch times, friendship / antibullying week, world faith festivals and multicultural traditions, rights respecting schools, British Values – Rule of Law and Democracy and World Wise global awareness of the environment, economy and health and hygiene.			
Year B 2021-22	Health and Well being Healthy Lifestyles, Growing and Changing, Keeping Safe	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	A healthy balanced lifestyle Self-awareness Managing change Aspiration	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Articulating viewpoint	Identity Self-awareness Empathy Respect Diversity and equality Financial capability
Focus	To learn about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food). To learn about basic personal hygiene routines and why these are important. To recognise what they are good at and set simple goals. To discuss how it feels when there is change or loss. To know that household products, including medicines, can be harmful if not used correctly. To know how to ask for help if they are afraid about something.	To understand a range of feelings you and others might experience and why? How what you are feeling can be shared with others. Discuss the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid. What are secrets? Good and bad secrets. Who are the special people in my family / life? What it means to respecting similarities and differences in others. How to share our views and ideas respectfully.	Discuss group and class rules and why they are important. Identify what it is that make everybody unique. Identify ways we are the same as other people. Agree on an aspect about looking after the local environment. Discuss where money comes from and what it is used for. Discuss spending and saving money (how to use money) Identify how to keep money safe.
Christian Values, snack and lunch times, friendship / antibullying week, world faith festivals and multicultural traditions, rights respecting schools, British Values – Rule of Law and Democracy and World Wise global awareness of the environment, economy and health and hygiene.			

PSHE Long Term Overview: Lower Key Stage 2

Year B 2020-2021	Health and Well being Healthy Lifestyles, Growing and Changing, Keeping Safe	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	A healthy balanced lifestyle Self-awareness Managing change Trust Aspiration Consequence	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Articulating viewpoint	A healthy balanced lifestyle Diversity and equality Self-awareness Respect Financial capability
Focus	To understand what is meant by a 'balanced lifestyle'. How to make choices in relation to health. Make choices about drugs that are common in everyday life (medicine, caffeine, alcohol and tobacco). Discuss how the spread of infection can be prevented. Discuss how to recognise their achievements and set personal targets for the future. Identify what changes happen at puberty. Discuss how to keep safe in the local environment and online	What it means about the concept of keeping, something confidential or secret. Discuss when they should or should not agree to keep a secret. Discuss how to recognise and manage dares. To identify the difference between acceptable and unacceptable physical contact. How to listen and respond respectfully to a wide range of people. Discuss the ways in which they share their points of view	Discuss and debate issues concerning health and wellbeing. How to appreciate difference and diversity (people living in the UK). Discuss the values and customs of people around the world. Discuss the sustainability of the environment across the world Discuss the role of money and the ways of managing money (budgeting and saving). Discuss what is meant by 'interest' and 'loan'.
Christian Values, snack and lunch times, friendship / antibullying week, world faith festivals and multicultural traditions, Rights Respecting Schools, British Values – Rule of Law and Democracy and World Wise global awareness of the environment, economy and health and hygiene.			
Year A 2021-22	Health and Well being	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	A healthy balanced lifestyle Self-awareness Managing change Trust Aspiration Self-control Articulating feelings	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Respect Articulating viewpoint	A healthy balanced lifestyle Diversity and equality Self-awareness Respect Financial capability Community/ belonging
Focus	Know what makes up a balanced diet. Know what opportunities are out there to be able to make their own choices about food. To understand the term habit and how habits can be hard to change. To recognise their achievements and set personal targets for the future. Understand a wider range of feelings, both good and not so good. Understand that people can experience conflicting feelings at the same time. How describe their feelings to others. How school rules are for health and safety. How to get help in an emergency. Discuss the people who help them stay healthy and safe.	To discuss different types of behaviour and how this can make others feel To know that bodies and feelings can be hurt. How to listen to others and play cooperatively. What it means by the terms appropriate and inappropriate touch. To understand why hurtful teasing and bullying is wrong. What to do if teasing and bullying is happening. How to share their views and opinions with others. To discuss the importance for respect for the differences and similarities between people.	To discuss group and class rules and why they are important Why we respect the needs of ourselves and others To discuss the groups and communities that they belong to. Know about the people who work in their community. How to get their help, including in an emergency. How to set about looking after the local environment. Know where money comes from and what it is used for. Learn about spending and saving money (how to use money) How to keep money safe.
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PSHE Long Term Overview: Upper Key Stage 2

Y5	Health and Well being Healthy Lifestyles, Growing and Changing, Keeping Safe	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	A healthy balanced lifestyle Self-awareness Managing change Aspiration Self-control Articulating feelings	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Respect Consequence Articulating viewpoint	A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Respect Consequence Financial capability Justice/ Rule of Law
Focus	Discuss how about positivity and negativity affects health and wellbeing (including mental and emotional health). How to make informed choices that contribute to a 'balanced lifestyle' Discuss what the benefits of a balanced diet are. Discuss the different influences on food and diet. How to develop skills to help make their own choices about food. To discuss what different ways of achieving and celebrating personal goals can be. How having high aspirations can support personal achievements. How to further describe the range and intensity of their feelings to others. How to manage complex or conflicting emotions. What strategies can be used for managing personal safety.	How to respond appropriately to a wider range of feelings in others. To discuss the consequences of their actions on themselves and others' How to work collaboratively toward shared goals. How to use negotiation and compromise strategies to resolve disputes and conflict. How to give helpful feedback and support to others. To respectfully listen to others but raise concerns and challenge points of view when necessary.	To research, discuss and debate to discuss and debate issues concerning health and wellbeing. To discuss why and how laws are rules and laws are made. How to take part in making and changing rules. How anti- social behaviours can affect wellbeing. How to handle, challenge or respond to anti- social or aggressive behaviours. Discuss how to resolve difference, respect different points of view and make own decisions. To learn about different kinds of responsibilities (home, school, community and the environment). How finance plays an important part in people's lives. What it means to be a critical consumer.
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Y6	Health and Well being Healthy Lifestyles, Growing and Changing, Keeping Safe	Relationships Feelings and Emotions, Healthy Relationships, Valuing Difference	Living in the wider world To include rights and responsibilities, money, the environment.
Rationale	A healthy balanced lifestyle Self-awareness Respect Rights & responsibilities Managing change Aspiration Self-control Moral compass Articulating feelings	Empathy A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Respect Consequence Articulating viewpoint	A healthy balanced lifestyle Diversity and equality Rights Responsibilities Self-awareness Respect Consequence Financial capability Community Justice/ Rule of Law Aspiration
Focus	<p>Discuss how images in the media can distort reality. Show how this can affect how people feel about themselves. Discuss some of the risks and effects of legal and illegal substances (drugs – including medicines, alcohol and tobacco) Discuss different ways of achieving and celebrating their personal goals. Discuss how having high aspirations can support personal achievements. Discuss the changes that happen at puberty (recap learning from year 4) Learn about human reproduction in the context of the human lifecycle. Discuss how a baby is made and how it grows Discuss the roles and responsibilities of parents and carers Discuss how pregnancy can be prevented. Discuss what it means to have independence and with it increased responsibility and the ability to keep safe. How to implement strategies for managing risk. Discuss the different influences on behaviour, including peer pressure and media influence. How to resist unhelpful pressure and ask for help. Learn about the right to protect their body. Discuss who is responsible for their health and wellbeing. Where to get help advice and support.</p>	<p>Discuss the term confidentiality. Discuss when it is appropriate and necessary to break a confidence. Discuss the different types of relationships (friends, families, couples, marriage, civil partnership.) Discuss what constitutes a positive, healthy relationship. about the skills to maintain positive relationships. To recognise when a relationship is unhealthy. Know about committed loving relationships (including marriage and civil partnership). To know that marriage, arranged marriage and civil partnership is between two people who willingly agree. To know that to force anyone into marriage (forced marriage) is illegal. To learn how it is important to speak out about forced marriage. To be able to judge whether physical contact is acceptable or unacceptable. How to respond about the importance of keeping personal boundaries and the right to privacy. How to respectfully listen to others but raise concerns and challenge points of view when necessary. To know about the factors that make people the same or different. To recognise and challenge ‘stereotypes’. To use the correct use of the terms sex, gender identity and sexual orientation. To learn about discrimination, teasing, bullying and aggressive behaviour and its effects on others.</p>	<p>To research, discuss and debate issues concerning health and wellbeing. To research and discuss the importance of human rights (and the Rights of the Child). To discuss the UN declaration on the Rights of the Child focusing on harmful practices (such as FGM and forced marriage) which are against British law (illegal) and in contradiction with human rights. To understand that human rights overrule any beliefs, ideas or practices that harm others. Discuss what it means to be part of a community and that different groups/individuals may support the local community. Discuss the role of voluntary, community and pressure groups. Learn to be critical of what they see and read in the media. And to critically consider information they choose to forward to others. About how resources are allocated and the effect this has on individuals, communities and the environment. What it takes to set up an enterprise. About what enterprise means for work and society.</p>
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