



Long Term Curriculum Overview

Subject: PSHE

Dream big, love God and live well
'I can do all things through Him who strengthens me'
 Philippians 4:13

EYFS	3 & 4-year-olds will be learning to:		Children in Reception will be learning to:		ELG	
PSED	<ul style="list-style-type: none"> Settling in Separate from main carer Turn taking Daily routine Selecting activities and routines. Wash hands – use toilet with support. Building relationships Knowing they can approach adults. Social interactions Understanding rules Preparing for next year Transition Being assertive Confidence to talk to peers and adults in different situations, Being polite. Giving opinions and listening to others opinions. Challenging opinions appropriately. 		<ul style="list-style-type: none"> Settling in Separating from main carer Showing friendly behaviour Taking turns Approaching adults Class rules School behaviour chart Talking about relationships Resolve conflict Form positive attachments to adults Express feelings and needs Investigate habitats Preparing for next year Transition Confidence Managing hygiene independently 		<p>Self Regulation</p> <ul style="list-style-type: none"> * Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; * Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; * Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show and ability to follow instructions involving several ideas or actions <p>Managing Self</p> <ul style="list-style-type: none"> * Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; * Explain the reasons for rules, know right from wrong and try to behave accordingly; * Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Healthy Lifestyle/Health and Wellbeing</p> <p>Exploring feelings; keeping physically healthy; exploring mental health; first aid; our class family;</p>	<p>Living in the Wider World – Respecting Environment/ Responsibility</p> <p>We are all equal; shared responsibilities; looking after our community; exploring friendships;</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Keeping physically and emotionally safe; peer</p>	<p>Relationships</p> <p>What is a healthy relationship?</p> <p>Exploring friendships; exploring relationships and resolving conflict; families and close positive</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; expressing worries; shared</p>

	ourselves growing and changing	review of support network;	pressure; exploring self image	relationships; economic wellbeing; expect respect.	My feelings and me; respecting ourselves and others; personal strengths; the community and wider world; aspirations	responsibilities; transition support
Year 2	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Exploring feelings; keeping healthy; exploring mental health; first aid; our class family; ourselves growing and changing</p>	<p>Living in the Wider World - Respecting Environment/ Responsibility</p> <p>We are all equal; shared responsibilities; exploring friendships; risky and negative relationships; my support network</p> <p>RSE Lifecycle/Human Reproduction</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Grief and loss; feeling worried; peer pressure; economic wellbeing – money</p>	<p>Relationships What is a healthy relationship?</p> <p>Family and close positive relationships; keeping myself safe; healthy and unhealthy relationships; we are all unique</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p> <p>My feelings and me; respecting ourselves and others; fairness; respect, tolerate and appreciate others; deprivation</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; keeping safe in the community; share and express worries; transition support</p>
Year 3	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Physical and mental wellbeing; recognising own feelings; safe adults and support in the community; first aid; ourselves growing and changing</p>	<p>Living in the Wider World - Respecting Environment/ Responsibility</p> <p>We are all equal; respect equality and diverse community; shared responsibilities; exploring friendships keeping safe physically and emotionally</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Peer pressure; keeping healthy physically and emotionally; worries; aspirations;</p>	<p>Relationships What is a healthy relationship?</p> <p>Families and close positive relationships; role of marriage; special people;</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p> <p>My feelings and me; aspirations; economic wellbeing; importance of looking after the environment; human rights</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; keeping myself safe; personal hygiene; transition support</p>

		RSE My Body / Feelings and Attitudes / Getting Advice				
Year 4	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Keeping healthy physical and mentally; recognising my own feelings; first aid; appropriate and inappropriate touch; keeping physically and emotionally safe; individuality</p>	<p>Living in the Wider World - Respecting Environment/ Responsibility</p> <p>We are all equal; diverse communities; importance of looking after the environment; exploring friendships; support networks</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Keeping safe – peer pressure; worries and anxieties; pressures of self-image in social media; economic wellbeing – money</p> <p>RSE People Help Me and Getting Advice</p>	<p>Relationships What is a healthy relationship?</p> <p>Young Leaders Programme</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p> <p>My feelings and me; positive healthy relationships; different types of relationships; making and maintaining friendships; the meaning of marriage</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; celebrating differences; human rights; express strengths, belief and self-confidence, personal aspirations and goals</p> <p>RSE Lifecycle/Human Reproduction</p>
Year 5	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Keeping healthy physically and mentally; recognising my own feelings; first aid; appropriate and inappropriate touch; exploring friendships; risks of peer pressure, including online.</p>	<p>Living in the Wider World - Respecting Environment/ Responsibility</p> <p>We are all equal; equality act; UN rights of the child; looking after our wider world; impact of actions on the future; support network</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Exploring wellbeing and managing difficult feelings; keeping safe – peer pressure; pressure of self-image in social media</p>	<p>Relationships What is a healthy relationship?</p> <p>Different types of relationship; friendships and relationships; healthy and unhealthy relationships; consent</p> <p>RSE</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p> <p>My feelings and me; exploring stereotyping; equality; economic</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; ourselves, growing and changing; aspirations and role models; transition support</p>

				Keeping Safe and Looking After / Lifecycle and Human Reproduction	wellbeing; exploring self-worth and self esteem RSE Keeping Safe and Looking After Ourselves	RSE Feelings and Attitudes
Year 6	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Keeping healthy physically and mentally; recognising own feelings; first aid; appropriate and inappropriate touch; exploring friendships; keeping safe physically and emotionally</p>	<p>Living in the Wider World - Respecting Environment/ Responsibility</p> <p>We are all equal; challenging stereotypes; sharing opinions; Equality Act; 2010; UN Rights of the child; looking after the wider world; responsibility of own actions; review of support network</p>	<p>Healthy Lifestyle/ Health and Wellbeing</p> <p>Understand risk/ resisting Pressure</p> <p>Exploring wellbeing and managing difficult emotions; peer pressure; pressures of self-image in social media</p>	<p>Relationships</p> <p>What is a healthy relationship?</p> <p>Equality and prejudice; friendships and relationships; different types of relationships; healthy and unhealthy relationships – self-respect; consent</p>	<p>Relationships – How to respect equality and diversity</p> <p>Living in the Wider World- Human rights etc.</p> <p>My feelings and me; exploring stereotyping; economic wellbeing; consent and keeping my body safe; exploring friendships</p>	<p>Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.</p> <p>First aid; ourselves, growing and changing; exploring self-worth; aspirations and role models; transition</p> <p>RSE Relationships/My Body/ Feelings and Attitudes/ Keeping Safe and Looking After Myself/ Getting Advice</p>