



RADDLEBARN PRIMARY SCHOOL SUBJECT OVERVIEW IN PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Context/ Resources
EYFS	<p>Being Me in My World Talk about how they have similarities and differences from their friends and how that is OK.</p> <p>Begin to work on recognising and managing their feelings, identifying different ones and the causes these can have. Talk about working with others and why it is good to be kind and use gentle hands. Discuss children's rights, especially linked to the right to learn and the right to play.</p> <p>Talk about what it means to be responsible.</p>	<p>Relationships Learn about families and the different roles people can have in a family.</p> <p>Explore the friendships they have and what makes a good friend.</p> <p>Introduce simple strategies they can use to mend friendships. Learn a calming strategy and how they can use this when feeling upset or angry</p>	<p>Celebrating Difference Think about things that they are good at whilst understanding that everyone is good at different things. Talk about being different and how that makes everyone special but also recognise that we are the same in some ways.</p> <p>Talk about their homes and explain why it is special to them. Talk about friendship and how to be a kind friend and how to stand up for themselves if someone says or does something unkind to them.</p>	<p>Dreams and Goals Talk about challenges and facing up to them. Discuss not giving up and trying until they have achieved their goal.</p> <p>Think about jobs that they might like to have when they are older and begin to associate what they learn now with being able to have the job they want.</p> <p>Talk about achieving goals and the feelings linked to this.</p>	<p>Healthy Me Learn the names of some key parts of their bodies as well as how to stay healthy.</p> <p>Talk about food and that some foods are healthier than others. Discuss the importance of sleep and what they can do to help themselves get to sleep. Talk about hand washing and why it is important.</p> <p>Discuss stranger danger and what they should do if approached by someone they don't know.</p>	<p>Changing Me Think about how they have changed from being a baby and what may change for them in the future.</p> <p>Consolidate the names and functions of some of the main parts of the body and discuss how these have changed. Learn that our bodies change as we get older in lots of different ways. Understand that change can bring about positive and negative feelings, and that sharing these can help.</p> <p>Consider the role that memories can have in managing change.</p>	
Year 1	<p>Being Me in My World Discuss rights and responsibilities, choices and consequences. Talk about being special and how to make everyone feel safe in their class as well as recognising their own safety.</p>	<p>Relationships Widen children's breadth of relationships to include people they may find in their school community. Consider their own significant relationships (family, friends and school community) and why these are special and important.</p>	<p>Celebrating Difference Talk about the similarities and differences between people and that these make us unique and special. Learn what bullying is and what it isn't. Talk about how it might feel to be bullied and when and who to ask for help.</p>	<p>Dreams and Goals Talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. Learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. Discuss partner working and</p>	<p>Healthy Me Talk about healthy and unhealthy choices and how these choices make them feel. Talk about hygiene, keeping themselves clean and that germs can make you unwell. Learn about road safety as well as people who can help them to stay safe.</p>	<p>Changing Me Introduce life cycles and identify the different stages. Compare animal/ human life cycles and look at simple changes from baby to adult. Discuss how they have changed so far and that people grow up at different rates. Teach the correct words for private parts of the body. Teach that nobody has the right to hurt these parts of the body. Discuss change as a natural and normal part of</p>	

		Learn that touch can be used in kind and unkind ways as part of the learning on healthy and safe relationships. Consider their own personal attributes as a friend, family member and as part of a community, and encourage them to celebrate these.	Talk about friendship, how to make friends and that it is OK to have differences from their friends. Talk about being nice to and looking after other children you know who might be being bullied.	how to do this well.		getting older which can bring about happy and sad feelings. Practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them.	
Year 2	<p>Being Me in My World</p> <p>Discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask.</p> <p>Talk about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place.</p> <p>Talk about choices and the consequences of making different choices,</p>	<p>Relationships</p> <p>Learn about family relationships including roles and responsibilities in a family and the importance of co-operation, appreciation and trust.</p> <p>Revisit friendships with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise strategies for conflict resolution.</p> <p>Consider the importance of trust in relationships and what this feels like. Learn about two types of secret and why 'worry secrets' should always be shared with a trusted adult.</p> <p>Reflect</p>	<p>Celebrating Difference</p> <p>Talk about gender stereotypes, that boys and girls can have differences and similarities and that is OK.</p> <p>Talk about children being bullied because they are different, that this shouldn't happen and how to support a classmate who is being bullied. Talk about feelings associated with bullying and how and where to get help.</p> <p>Talk about similarities and differences and that it is OK for friends to have differences without it affecting their friendship.</p>	<p>Dreams and Goals</p> <p>Talk about setting realistic goals and how they can achieve them. Discuss perseverance when they find things difficult as well as recognising their strengths as a learner.</p> <p>Talk about group work and reflect on who they work well with and who they don't.</p> <p>Talk about sharing success with other people.</p>	<p>Healthy Me</p> <p>Learn about healthy food; they talk about having a healthy relationship with food and making healthy choices.</p> <p>Talk about things that make them feel relaxed and stressed.</p> <p>Talk about medicines, how they work and how to use them safely.</p> <p>Make healthy snacks and also discuss why they are good for their bodies.</p>	<p>Changing Me</p> <p>Look at different life cycles in nature including that of humans.</p> <p>Reflect on the changes that occur between baby, toddler, child, teenager, adult and old –age and within this, discuss how independence, freedoms and responsibility can increase with age.</p> <p>Re-teach the correct words for private parts of the body. Remind them that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness.</p> <p>Practise a range of strategies for managing feelings and emotions. Teach the children where they can get help if worried or frightened. Teach that change is a natural and normal part of growing up and explore and discuss the range of emotions that can occur with change.</p>	

		<p>upon different types of physical contact in relationships, which are acceptable and which ones are not.</p> <p>Practise strategies for being assertive when someone is hurting them or being unkind.</p> <p>Discuss people who can help them if they are worried or scared.</p>					
Year 3	<p>Being Me in My World</p> <p>Learn to recognise their self-worth and identify positive things about themselves and their achievements.</p> <p>Talk about new challenges and how to face them with positivity.</p> <p>Talk about the need for rules and how these relate to rights and responsibilities.</p> <p>Talk about choices and consequences, working collaboratively and seeing things from other people's points of view.</p> <p>Talk about different feelings and the ability to recognise these feelings in themselves and others.</p>	<p>Relationships</p> <p>Revisit family relationships and identify the different expectations and roles that exist within the family home.</p> <p>Identify why stereotypes can be unfair and may not be accurate.</p> <p>Look at careers and why stereotypes can be unfair in this context.</p> <p>Learn that families should be founded on love, respect, appreciation, trust and cooperation.</p> <p>Revisit the restorative technique for negotiating conflict situations and the concept of a win-win outcome is introduced.</p>	<p>Celebrating Difference</p> <p>Learn about families, that they are all different and that sometimes they fall out with each other.</p> <p>Talk about techniques to calm themselves down and discuss the restorative technique. Revisit the topic of bullying and talk about being a witness (bystander), how a witness has choices and how these choices can affect the bullying that is taking place.</p> <p>Talk about using problem-solving techniques in bullying situations.</p> <p>Talk about name-calling and choosing not to use hurtful words.</p> <p>Talk about</p>	<p>Dreams and Goals</p> <p>Look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories.</p> <p>Identify their own dreams and ambitions and discuss how it will feel when they achieve them.</p> <p>Talk about facing learning challenges and identify their own strategies for overcoming these.</p> <p>Talk about obstacles which might stop them from achieving their goals and how to overcome these.</p> <p>Reflect on their progress and successes and identify what they could do better next time.</p>	<p>Healthy Me</p> <p>Talk about the importance of exercise and how it helps your body to stay healthy.</p> <p>Talk about their heart and lungs, discuss what they do and that they are very important.</p> <p>Talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health.</p> <p>Talk about different types of drugs, the ones you take to make you better as well as other drugs.</p> <p>Think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.</p>	<p>Changing Me</p> <p>Explore babies and what they need to grow and develop including parenting.</p> <p>Look at the outside body changes in males and females.</p> <p>Discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>	

		<p>Explore online relationships through gaming/Apps and children are introduced to some rules for staying safe online. Learn that they are part of a global community and they are connected to others they don't know in many ways.</p> <p>Investigate the wants/ needs of other children who are less fortunate and compare these with their own.</p> <p>Revisit children's universal rights.</p>	<p>giving and receiving compliments and the feelings associated with this.</p>				
Year 4	<p>Being Me in My World</p> <p>Talk about being part of a team.</p> <p>Talk about attitudes and actions and their effects on the whole class.</p> <p>Learn about their school and its community, who all the different people are and what their roles are.</p> <p>Discuss democracy and link this to their own School Council, what its purpose is and how it works. Talk about group work, the different roles people can have, how to make positive</p>	<p>Relationships</p> <p>Focus on the emotional aspects of relationships and friendships.</p> <p>Explore jealousy and loss/ bereavement.</p> <p>Identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change.</p> <p>Learn that change is natural in relationships and they will experience some of these changes.</p>	<p>Celebrating Difference</p> <p>Talk about judging people by their appearance, first impressions and what influences their thinking on what is normal.</p> <p>Talk about bullying, including online bullying and what to do if they suspect or know that it is taking place.</p> <p>Discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen.</p> <p>Talk about their own uniqueness and</p>	<p>Dreams and Goals</p> <p>Talk about their hopes and dreams. Discuss how it feels when dreams don't come true and how to cope with / overcome feelings of disappointment. Talk about making new plans and setting new goals even if they have been disappointed. Talk about group work and overcoming challenges together. Reflect on their successes and the feelings associated with overcoming a challenge.</p>	<p>Healthy</p> <p>Look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them.</p> <p>Reflect on their friendships, how different people make them feel and which friends they value the most.</p> <p>Look at smoking and alcohol and its effects on health.</p> <p>Look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it.</p>	<p>Changing Me</p> <p>Revisit bodily changes at puberty with some additional vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products.</p> <p>Look at the feelings associated with change and how to manage these.</p> <p>Introduce the 'circle of change' model as a strategy for managing future changes.</p>	

	<p>contributions, how to make collective decisions and how to deal with conflict. Talk about considering other people's feelings.</p>	<p>Revisit skills of negotiation particularly to help manage a change in a relationship. Learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe and these relationship endings can be amicable</p>	<p>what is special about themselves. Talk about first impressions and when their own first impressions of someone have changed.</p>				
Year 5	<p>Being Me in My World</p> <p>Think and talk about the year ahead, goals they could set for themselves as well as the challenges they may face. Learn and talk about their rights and responsibilities as a member of their class, school, wider community and the country they live in. Talk about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. Talk about democracy, how it benefits the school and how they can contribute towards it.</p>	<p>Relationships</p> <p>Learn about the importance of self-esteem and ways this can be boosted. Understand that this is important in an online context as well as off-line as mental health can be damaged by excessive comparison with others. Investigate and reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking. Learn about age - limits and also age-appropriateness. Apply the SMARRT internet safety</p>	<p>Celebrating Difference</p> <p>Explore culture and cultural differences. Link this to racism, talking about what it is and how to be aware of their own feelings towards people from different cultures. Revisit the topic of bullying and discuss rumour spreading and name-calling. Talk about direct and indirect bullying as well as ways to encourage children to not using bullying behaviours. Talk about happiness regardless of material wealth and respecting other people's cultures.</p>	<p>Dreams and Goals</p> <p>Talk about their dreams and goals and how they might need money to help them achieve them. Look at jobs that people they know do, they look at the fact that some jobs pay more money than others and reflect on what types of jobs they might like to do when they are older. Look at the similarities and differences between themselves (and their dreams and goals) and someone from a different culture.</p>	<p>Healthy Me</p> <p>Look at the risks linked to smoking and alcohol misuse and how they affect the lungs, liver and heart. Look at how body types are portrayed in the media, social media and celebrity culture. Talk about eating disorders and people's relationships with food and how this can be linked to negative body image pressures.</p>	<p>Changing Me</p> <p>Revisit self-esteem and self/body-image and learn that we all have perceptions about ourselves and other and these may be right or wrong. Reflect on how social media and the media can promote unhelpful comparison and how to manage this. Revisit puberty with further detail explaining bodily changes in males and females. Learn that having a baby is a personal choice. Explore reasons why people choose to be in a romantic relationship and choose to have a baby. Look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. Look at the perceptions that surround teenagers and reflect whether they are always accurate.</p>	

		<p>rules in different situations. Learn about grooming and how people online can pretend to be whoever they want. Re-visit rights, responsibilities and respect with an angle on technology use. Discuss screen time and children find ways to reduce their own screen time.</p> <p>Learn how to be more discerning when viewing anything online or on social media.</p>					
Year 6	<p>Being Me in My World Set goals and discuss fears and worries about the future. Learn about the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. Talk about their choices and actions and how these can have far-reaching effects, locally and globally. Talk about their own behaviour and how their choices can result in</p>	<p>Relationships Look at mental health and how to take care of their own mental well-being. Talk about the grief cycle and its various stages and discuss the different causes of grief and loss. Talk about people who can try to control them or have power over them. Look at online safety, learning how to judge if something is safe and helpful as well as talking about</p>	<p>Celebrating Difference Talk about differences and similarities and that for some people, being different is hard. Talk about bullying and how people can have power over others in a group and strategies for dealing with this as well as wider bullying issues. Talk about people with disabilities and look at specific examples of disabled people who have amazing lives and achievements.</p>	<p>Dreams and Goals Talk about their own strengths and further stretching themselves by setting challenging and realistic goals. Discuss the learning steps they'll need to take as well as talking about how to stay motivated. Explore various global issues and explore places where people may be suffering or living in difficult situations – whilst doing this they reflect on their own emotions linked to this learning. Talk about what they think their classmates like and admire about them as</p>	<p>Healthy Me Discuss taking responsibility for their own physical and emotional health and the choices linked to this. Talk about different types of drugs and the effects these can have on people's bodies. Discuss exploitation as well as gang culture and the associated risks. Talk about mental health / illness and that people have different attitudes towards this. Learn to recognise the triggers for and feelings of being</p>	<p>Changing Me Learn about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. Learn about childbirth and the stages of development of a baby, starting at conception. Talk about being physically attracted to someone and the effect this can have upon the relationship. Discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. Learn about self-esteem, why it is important and ways to develop it. Look at the transition to secondary school and what</p>	

	<p>rewards and consequences and how these feel. Talk about how an individual's behaviour and the impact it can have on a group. Talk about democracy, how it benefits the school and how they can contribute towards it.</p>	<p>communicating with friends and family in a positive and safe way.</p>		<p>well as working on giving others praise and compliments.</p>	<p>stressed and that there are strategies they can use when they are feeling stressed.</p>	<p>they are looking forward to / are worried about and how they can prepare themselves mentally.</p>	
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