



# CURRICULUM

Subject overview

PSHE

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*We are Wise Owl, where Together Everyone Achieves More*



Year 2	<b>Families</b> - Identifying those who loves and cares for us within and beyond our family - Different family structures - Common features of families - Unhappy/unsafe families <b>British Values:</b> <i>Tolerance</i> <i>Mutual respect</i>	<b>Mental Wellbeing</b> - Listening to our feelings - Recognising and managing feelings - Mindfulness - Strategies to help us feel good - Changes and loss inc death - Needing help with feelings <b>British Values:</b> <i>Individual liberty</i>	<b>Relationships with Others</b> - Similarities and differences between people - Effects of greed on relationships <b>British Values:</b> <i>Tolerance</i> <i>Mutual respect</i>	<b>Online Safety</b> - What is personal information? - Keeping information private - What to do if feeling unsafe online - Online bullying/trolling - Recognising risks - How to report issues online <b>British Values:</b> <i>Rule of law</i>	<b>Healthy Bodies</b> - Role of medicines and vaccinations in keeping us healthy - Hygiene routines to stop germs spreading - People who help us stay physically healthy - Balancing screen time - Dental care	<b>Economics &amp; Careers</b> - Need vs want - Saving and spending money inc keeping track - Where to keep money - Jobs - Enterprise
	<b>Safety</b> - Who is there to keep us safe - Fire escape routes and safety <b>British Values:</b> <i>Rule of law</i>	<b>Safety</b> - When to call 999 - How to make an emergency call <b>British Values:</b> <i>Rule of law</i>	<b>Being Ourselves</b> - Groups in which I belong - Self-awareness and regulation of behaviour <b>British Values:</b> <i>Individual liberty</i>	<b>Relationships with Others</b> - Peer pressure - Respecting differences - Being polite and courteous <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>		<b>Our Bodies</b> - Differences of male and female bodies - Parts of the body inc genitalia <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>
	<b>Relationships with Others</b> - Showing respect - Being polite - Roles of other people in our lives <b>British Values:</b> <i>Mutual respect</i>		<b>Online Safety</b> - Uses of the internet - Staying safe when communicating with others - Assessing reliability of information <b>British Values:</b> <i>Rule of law</i> <i>Individual liberty</i>	<b>Privacy</b> - Respecting and expecting privacy - Keeping secrets - Asking and giving permission - Unwanted physical contact and what to do about it <b>British Values:</b> <i>Rule of law</i>	<b>Safety</b> - Sun safety	<b>Transition</b> - Preparing to move to Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<b>Healthy Bodies * Minds</b> - Healthy eating - Importance of exercise - Elements of a healthy lifestyle - Positive thoughts	<b>Safety</b> -Head injuries	<b>Being Ourselves</b> - Investing in yourself - Self-awareness - Exploring our beliefs and values - Self respect	<b>Families</b> - Family structures inc those with same-sex parents - Characteristics of healthy family life <b>British Values:</b> <i>Tolerance</i> <i>Mutual respect</i>	<b>Economics &amp; Careers</b> - Achievements in life so far - Goals for the future inc career aspirations <b>British Values:</b> <i>Individual liberty</i>	<b>Economics &amp; Careers</b> - Gender stereotyping in jobs - Influences on job roles - Qualities possessed and their usefulness within different careers - Making a profit - Saving vs spending - Enterprise <b>British Values:</b> <i>Individual liberty</i>
	<b>Relationships with Others</b> - Tolerance of other cultures - Showing respect - Responding politely - Respecting opinions <b>British Values:</b> <i>Mutual respect</i>	<b>Mental Wellbeing</b> - Talking about emotions - Ways to feel good - Expressing emotions - Vocabulary associated with feelings - Mindfulness - Importance of quality sleep	<b>Relationships with Others</b> - Bullying - How to respond to hurtful behaviour - Respecting others - Good manners - Maintaining friendships - Peer pressure <b>British Values:</b> <i>Mutual respect</i>	<b>Friendships</b> - Qualities of a good friend - Resolving disagreements in friendships - Changes within friendships	<b>Relationships with Others</b> - Similarities and differences - Peer pressure <b>British Values:</b> <i>Tolerance</i>	
	<b>Safety</b> - Water safety - When should we call 999? - Calling 999 <b>British Values:</b> Rule of law	<b>Relationships with Others</b> - Similarities and differences- inc gender, ethnicity, faith + culture - Loneliness - Including those who are different to us <b>British Values:</b> <i>Tolerance</i>		<b>Online Safety</b> - Who we can trust online - Responding safely - Where to get help <b>British Values:</b> <i>Rule of law</i>	<b>Relationships with Others</b> <b>Friendships</b> - Healthy friendships	
Year 4	<b>Healthy Bodies</b> - Healthy eating - Drinking water - Choices for a healthy body and lifestyle	<b>Mental Wellbeing</b> - Expressing emotions - Dealing with difficult emotions - Seeking help for mental health - Recognising signs of ill health - Strategies to support mental health - Self-care techniques - Managing setback and failures <b>British Values:</b> <i>Individual liberty</i>	<b>Healthy Bodies</b> - Healthy eating - Choices to support health	<b>Safety</b> - Female genital mutilation <b>British Values:</b> <i>Rule of law</i>	<b>Healthy Eating</b> - Energy drinks - Caffeine consumption <b>British Values:</b> <i>Rule of law</i> <i>Individual liberty</i>	<b>Economics &amp; Careers</b> - Gambling and risks - Keeping money safe online - Budgeting - Workplace stereotypes - Skills needed in careers - Enterprise - Future aspirations <b>British Values:</b> <i>Rule of law</i> <i>Individual liberty</i>
	<b>Relationships with Others</b> - Tolerance of other cultures, traditions and beliefs - Being respectful <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>	<b>Being Ourselves</b> - Identifying personal strengths - Developing self-worth <b>British Values:</b> <i>Individual liberty</i>	<b>Relationships with Others</b> - Similarities - Loneliness - Including others	<b>Online Safety</b> - Keeping personal information safe - Responding safely to adults online - Online behaviour - Reporting cyberbullying and safety concerns - Benefits of the internet - Managing time online <b>British Values:</b> <i>Rule of law</i>		
	<b>Safety</b> - Performing CPR - Recovery position - Road safety - Asthma attacks <b>British Values:</b> <i>Rule of law</i>		<b>Safety</b> - Importance of seatbelts <b>British Values:</b> <i>Rule of law</i>	<b>Privacy</b> - Consent - Personal boundaries <b>British Values:</b> <i>Rule of law</i>		
			<b>Being Ourselves</b> - Developing self-respect	<b>Relationships with Others</b> - Changes in friendships - Respecting others - Our behaviour		
			<b>The Wider World</b> - Caring for other people and living things	<b>The Wider World</b> - Discrimination - Stereotyping <b>British Values:</b> <i>Tolerance</i> <i>Respect</i>	<b>Safety</b> - Safe use of devices when out and about - Assessing risk	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<b>Healthy Bodies &amp; Minds</b> - First Aid & medication - The Importance of Sleep	<b>Online Safety – Cyber Character Unit</b> - Honesty online - Age restrictions online - Online gambling - Addiction to technology - Online bullying - Fake news/photographs  <b>British Values:</b> <i>Rule of law</i>	<b>Economics &amp; Careers</b> - Professional qualities in the workplace - Resolving issues in the workplace - Pathways into careers - Plastic pollution	<b>Diverse Britain</b> - Identity & Community - Rule of Law - Government and Democracy - Making a difference  <b>British Values:</b> <i>Rule of law</i> <i>Mutual respect</i> <i>Individual liberty</i>	<b>Healthy Bodies</b> - Explore food groups - Nutrients and their function	<b>Economics &amp; Careers – Future Aspirations &amp; Positive Footprints</b>  <b>British Values:</b> <i>Individual liberty</i>
	<b>Safety</b> - Safety around bodies of water - Cold Water Shock		<b>Safety</b> - First Aid – treating open wounds - Calling 999 <b>British Values:</b> <i>Rule of law</i>		<b>Safety</b> - Safety in the Sun	
	<b>Online Safety</b> - Safe communication - Safe use of devices and apps - Age restrictions <b>British Values:</b> <i>Rule of law</i>		<b>Friendships</b> - Resolving issues in friendships positively - Healthy friendships  <b>British Values:</b> <i>Mutual respect</i> <i>Individual liberty</i>			
Year 6	<b>Relationships with Others</b> - Keeping secrets  <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>	<b>Stereotypes &amp; Relationships</b> - What are stereotypes? - What is racism and how is it challenged? - What is a loving relationship? - Recognising unwanted touch.  <b>British Values:</b> <i>Rule of law</i> <i>Mutual respect</i> <i>Tolerance</i>	<b>The Wider World</b> - Gender Stereotypes - Stereotypes  <b>British Values:</b> <i>Mutual respect</i> <i>Individual liberty]</i> <i>Tolerance</i>	<b>Relationships with Others – Happily Ever After</b> - Explore a range of relationships - Same-sex relationships - LBGT  <b>British Values:</b> <i>Tolerance</i>	<b>The Wider World</b> - Equality - The right to vote - Homelessness - The environment - Discrimination  <b>British Values:</b> <i>Tolerance</i> <i>Respect</i>	<b>Healthy Bodies &amp; Minds - Puberty &amp; Transition to High School</b>  <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>
	<b>Online Safety</b> - Fake News - Mis & Disinformation - Protect personal information online  <b>British Values:</b> <i>Rule of law</i>		<b>Healthy Bodies &amp; Minds</b> - Dangers of energy drinks		<b>Relationships with Others</b> - The importance of friendships to foster positive mental health Conflict resolution - Leadership  <b>British Values:</b> <i>Mutual respect</i> <i>Tolerance</i>	
	<b>The Wider World</b> - Rights & Responsibilities		<b>Online Safety</b> - Clickbait - Impact of disinformation  <b>British Values:</b> <i>Rule of law</i>			