

CURRICULUM

Subject overview

PSHE

We are Wise Owl, where Together Everyoue Achieves More



Wise Owl Trust PSHE & RSE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Nursery	Emotions & - Tanisha Teamwork - Romeo Resilience - Parveen Positivity British Values: Respect Tolerance Individual liberty	Emotions & Mindfulness - Tanisha Teamwork - Romeo Resilience - Parveen Positivity British Values: Respect Tolerance		Rules, Relationships and Safety Online - Charlie Communication - Sophie Self-awareness British Values: Rule of law Democracy		Emotional Wellbeing, Transition and Growth & Change - Eddie Empathy - Elliott Excellence British Values: Individual liberty	
Reception	Emotions & Mindfulness		Rules, Relationships and Safety Online British Values: Rule of law		Emotional Wellbeing, Transition and Growth & Change		
Year 1	Friendships - Making friends - Being a good friend - Resolving arguments - Qualities of good friendships British Values: Respect & tolerance	Mental Wellbeing - Identifying feelings - Effects feelings have on the body and mind - Sharing and managing feelings - Describing feelings - Importance of sleep - Ways to rest and relax - Yoga - Mindfulness	Safety -Fire and electrical safety - Drug safety (medication) -Safety in familiar and unfamiliar environments - Road safety - Rules and restrictions British Values: Rule of Law	Bullying and Hurtful Behaviour - Being kind - Effects of bullying - Types of bullying (inc online) - Showing respect - What to do and who to tell British Values: Respect Tolerance Rule of law	Healthy Bodies - What being healthy means - Importance of exercise - Healthy eating	Economics & Careers - The function of money - Where money comes from - Ambitions, strengths and future jobs Being Ourselves - Having self-respect - Sharing our opinions British Values: Democracy	
	Being Ourselves - Being unique - What I'm good at - Likes and dislikes British Values: Individual liberty	Healthy Bodies - Dental care - Handwashing	Friendships - Making friends - Being a good friend - Qualities of good friendships	Privacy - Appropriate and inappropriate touch - Private parts of the body - Keeping secrets British Values: Rule of law	The Wider World - Caring for pets - Caring for the environment- litter British Values: Rule of Law Mutual respect	Relationships with Others - Showing respect to all - Similarities and differences - Showing good manners - Cooperation British Values: Mutual respect	
	Relationships with Others - Similarities and differences between people - Being polite and respectful - Looking after others who are lonely British Values: Tolerance Mutual respect		Being Ourselves -What makes us feel good? British Values: Individual Liberty	Online Safety - Online friendships - Responding to others online Safety - Safer strangers British Values: Rule of law	Relationships with Others - Being kind - Being polite and respectful British Values: Mutual respect Tolerance	Transition - Preparing to move to Year 2	

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

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

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