



Sproatley PSHE Overview

Year A

(Some units may extend into additional terms if more lessons are required to cover the content fully.)

Year A	Autumn	Spring	Summer
EYFS	Due to the nature of Early Years, learning opportunities are incidental, child led and as a result of responding to individual needs. Therefore, topics will be covered at various times within the year.		
Year 1/2	<u>Physical health and Mental Wellbeing</u> Keeping healthy, eating healthy food and exercising. Healthy hygiene routines and sun safety. <u>Keeping Safe</u> How rules and age restrictions help keep us safe. Online safety.	<u>Safe Relationships</u> Recognising privacy, staying safe and seeking permission. <u>Families and Friendships</u> Roles of different people. What different families look like. What it feels like to be cared for. <u>Respecting Ourselves and Others</u> How behaviour affects others. Being polite and respectful.	<u>Belonging to a Community</u> Knowing what rules are. Caring for others' needs. Looking after the environment. <u>Media Literacy and Digital Resilience</u> Using the internet and digital devices. Safely communicating online. <u>Money and Work</u> What strengths and interests are. Different jobs in the community. <u>Growing and Changing</u> Recognising what makes them special and unique. Managing feelings when things go wrong.
Year 3/4	<u>Physical health and Mental Wellbeing</u> Healthy choices and habits. What affects our feelings. Appropriately expressing feelings. <u>Keeping Safe</u> Recognising and handling risks and hazards. Safety in the local environment and unfamiliar places.	<u>Safe Relationships</u> Establishing and respecting personal boundaries. Safely responding to others. The impact of hurtful behaviour. <u>Families and Friendships</u> Features of a family and family life. <u>Respecting Ourselves and Others</u>	<u>Belonging to a Community</u> The value of rules, laws, rights, freedoms and responsibilities. <u>Media Literacy and Digital Resilience</u> How the internet is used. Assessing information online. <u>Money and Work</u> Different jobs and skills, job stereotypes and

		Recognising respectful behaviour. The importance of self-respect. Showing courtesy and being polite.	setting personal goals. <u>Growing and Changing</u> Personal strengths and achievements. Managing and reframing setbacks.
Year 5/6	<u>Physical health and Mental Wellbeing</u> Identifying healthy sleeping habits, sun safety, medicines, vaccinations, immunisations and allergies. <u>Keeping Safe</u> Keeping safe in different situations, including responding in emergencies and first aid.	<u>Safe Relationships</u> Physical contact and feeling safe. <u>Families and Friendships</u> Managing friendships and peer influences. <u>Respecting Ourselves and Others</u> Responding respectfully to a wide range of people. Recognising prejudice and discrimination.	<u>Belonging to a Community</u> Protecting the environment. Showing compassion to others. <u>Media Literacy and Digital Resilience</u> How information online is targeted. Recognising different media types, their role and impact. <u>Money and Work</u> Identifying job interests and aspirations. What influences people's career choices. Identifying workplace stereotypes. <u>Growing and Changing</u> Personal identity, recognising individuality and different qualities and mental wellbeing.



Sproatley PSHE Overview

Year B

(Some units may extend into additional terms if more lessons are required to cover the content fully.)

Year B	Autumn	Spring	Summer
EYFS	Due to the nature of Early Years, learning opportunities are incidental, child led and as a result of responding to individual needs. Therefore, topics will be covered at various times within the year.		
Year 1/2	<u>Physical health and Mental Wellbeing</u> Why sleep is important. What medicines and keeping healthy means. Keeping our teeth healthy. Managing feelings and asking for help. <u>Keeping Safe</u> Safety in different environments. Recognising risks and safety at home. How to deal with emergencies.	<u>Safe Relationships</u> Managing secrets. Resisting pressure and getting help when needed. Recognising hurtful behaviour. <u>Families and Friendships</u> Making friends. Feeling lonely and getting help. <u>Respecting Ourselves and Others</u> Recognising things in common and differences. Playing and working cooperatively. Sharing opinions respectfully.	<u>Belonging to a Community</u> Belonging to a group. Roles and responsibilities in the community. Being the same and different in the community. <u>Media Literacy and Digital Resilience</u> Using the internet in everyday life. Online content and information. <u>Money and Work</u> What money is. Differences between needs and wants. Looking after money. <u>Growing and Changing</u> Growing older. Naming body parts including private areas. Moving class or year.
Year 3/4	<u>Physical health and Mental Wellbeing</u> Maintaining a balanced lifestyle. Oral hygiene and dental care. <u>Keeping Safe</u> Medicines and household products. Drugs common to everyday life.	<u>Safe Relationships</u> Responding to hurtful behaviour. Managing confidentiality. Recognising risks online. <u>Families and Friendships</u> Understanding positive relationships including online.	<u>Belonging to a Community</u> What makes a community. Shared responsibility. <u>Media Literacy and Digital Resilience</u> How data is shared and used. <u>Money and Work</u> Making decisions about money. Using and keeping

		<u>Respecting Ourselves and Others</u> Respecting similarities and differences. Discussing differences sensitively.	money safe. <u>Growing and Changing</u> Physical and emotional changes in puberty. Identifying external genitalia. Knowing personal hygiene routines. Knowing where to find support with puberty.
Year 5/6	<u>Physical health and Mental Wellbeing</u> What affects mental health and ways to take care of it. Managing change, loss and bereavement. Managing time online. <u>Keeping Safe</u> Keeping personal information safe. Regulations and choices. Drug use, the law and drugs in the media.	<u>Safe Relationships</u> Recognising and managing pressure. Consent in different situations. <u>Families and Friendships</u> Attraction to others. Romantic relationships, civil partnership and marriage. <u>Respecting Ourselves and Others</u> Expressing opinions and respecting other points of view, including discussing topical issues.	<u>Belonging to a Community</u> Valuing diversity, challenging discrimination and stereotypes. <u>Media Literacy and Digital Resilience</u> Evaluating media sources. Sharing things online. <u>Money and Work</u> Influences and attitudes towards money. Financial risks. <u>Growing and Changing</u> Human reproduction and birth. Increasing independence and managing transitions.