

Whole School PSHRE Overview

In Personal, Social, Health, Relationships and Economic (PSHRE) lessons, children will learn how to stay healthy and keep safe, while preparing them to make the most of life and work. We take a thematic approach to the teaching of PSHRE covering the themes of Relationships, Living in the Wider World and Health and Wellbeing. All year groups work on similar themes at the same time, building a spiral progression where concepts are revisited year on year. Within our PSHRE curriculum, which follows the PSHE Association model, all the statutory content for Relationships and Health Education is covered.

Discussion is at the heart of our teaching of PSHRE as we want all children to develop the knowledge, skills and attitudes they need to make informed decisions about their wellbeing, health and relationships as they move from childhood to adolescence and onto their adult lives. In lessons, children are given time to explore, think and question. They are encouraged to listen to others and to respect their views.

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Nursery	Play with one or more other children, extending and elaborating play ideas. Help to find solutions to conflicts and rivalries	Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations.	Develop appropriate ways of being assertive. Talk with others to solve conflicts.	Develop their sense of responsibility and membership of a community. Increasingly follow rules			Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Begin to understand how others might be feeling.	Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Make healthy choices about food, drink, activity and tooth brushing.	Do not always need an adult to remind them of a rule.
Reception		Build constructive and respectful relationships.	See themselves as a valuable individual. Think about the				Express their feelings and consider the feelings of	Show resilience and perseverance in the face of	

			perspectives of others.				others.	challenge. Manage their own needs. Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating – tooth brushing - sensible amounts of ‘screen time’ - having a good sleep routine - being a safe pedestrian	
Year 1	Roles of different people, families, feeling cared for.	Recognising privacy: staying safe, seeking permission	How behaviour affects others: being polite and respectful	What rules are, caring for others’ needs; looking after the environment	Using the internet and digital devices; communicating safely online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety.	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age-restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help; understanding what causes arguments between friends and how to resolve these positively	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour including when online	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	Growing older; naming body parts; moving class or year.	Safety in different environments (water, road and medicines); risk and safety at home (electrical, medicine and household products); emergencies
Year 3	What makes a family; features of family life	Personal boundaries including when online; safely responding to others; the impact of hurtful	Recognising respectful behaviour both in home and at school; the importance of self-respect;	The value of rules and laws; rights, freedoms and responsibilities including human rights	How the internet can be used positively for work, school and leisure; assessing information	Different jobs and skills from different sectors; job stereotypes; identifying skills that are required for different jobs;	Healthy choices and habits linked to diet and exercise; what affects feelings; expressing	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards both in home and at school and how to manage these; safety in the local

		behaviour including bullying	courtesy and being polite and how this is shown in different cultures and wider society		online, understanding how to search safely online; how to report any concerns about online content and communication.	setting personal goals	feelings		environment and unfamiliar places.
Year 4	Positive friendships, including online; strategies to build positive friendships, communicating respectfully when using digital devices	Responding to hurtful behaviour; managing pressures associated with dares; managing confidentiality; recognising risks online and how to respond to any concerns about these	Recognising and respecting differences and similarities including gender, race and faith; discussing differences sensitively	What makes a community; understanding how groups and individuals can help within a community; shared responsibilities	How data is shared and used online; understanding online adverts and how these can be used to persuade people to buy things online.	Making decisions about money based on budgets, values and needs; using and keeping money safe; understanding different ways to pay for things; understanding that how people spend money can have positive and negative effects on others	Maintaining a balanced healthy lifestyle both physically and mentally; understanding good health and how to identify early signs of common physical illness so that these can be treated easily with the right care; oral hygiene and dental care	Personal hygiene routines	Understanding how to take medicines safely and how to use common household products responsibly; drugs common to everyday life and how these can affect health and wellbeing; identifying some of the side effects and risks with drugs common to everyday life and how to ask for help and advice.
Year 5	Managing friendships and peer influence including when online	Physical contact; understanding what physical contact is acceptable and unacceptable and how to deal with this; how to feel safe	Responding respectfully to a wide range of people whose beliefs, traditions and lifestyle are different to their own; recognising prejudice and discrimination of individuals and groups	Protecting the environment and how every day actions can either support or harm it; understanding the way money is spent and how this can impact the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; routes into work; workplace stereotypes	Healthy sleep habits and how these contribute to a healthy lifestyle; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing; physical and emotional changes in puberty; support with puberty	Keeping safe in different situations, including responding in emergencies, understanding the difference between positive risk taking and dangerous behaviour; first aid and FGM

<p>Year 6</p>	<p>Attraction to others, relationships, civil partnerships and marriage</p>	<p>Recognising and managing pressure in different situations including when online; understanding the features of healthy and unhealthy friendship; consent in different situations</p>	<p>Respecting opinions and others' points of view, including discussing topical issues both in person and online</p>	<p>Valuing diversity; challenging discrimination and stereotypes; understanding what prejudice is</p>	<p>Evaluating media sources; sharing things online; understanding why some people use social media and some of the risks and challenges of doing so</p>	<p>Influences and attitudes to money: money and financial risks including debt and fraud; understand the importance of having and not having money on a person's emotions, health and wellbeing</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>	<p>Managing transitions as they move to secondary school</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
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