

East Stanley School



PHSE Overview

L = Living in the wider world	R = Relationships	H = Health and Wellbeing
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Whole School Overview

	Autumn			Spring			Summer		
Core themes	Health and wellbeing			Relationships			Living in the wider world		
	Anti bullying Week- November Road Safety Week			Safer Internet Week			Sun and Water Safety		
	Physical Health and Mental Well being	Growing and changing	Keeping safe	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience (taught through Computing)	Money and Work
Foundation Stage	How to keep clean Likes and dislikes	How I have changed Naming main parts of the body and their functions	Who can keep me safe NSPCC- pants Dialling 999	What makes me happy/sad Recognise different emotions Managing feelings-sharing/loss of a toy	Recognising special people in their lives Recognise what is fair/unfair Kind/unkind Being able to share and manage disagreements What is a good friend?	Recognise and respect differences and similarities between people	Group and class rules Where do I belong Being responsible How to contribute to the life of the classroom	How to care for the environment Recycling Caring for pets	What do I want to be when I grow up What is money and why do we need it?
Year 1	What helps keep bodies healthy; hygiene routines sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; Staying safe online	Roles of different people;family feeling cared for	Recognising privacy; Staying safe and 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 online	Strengths and interests; jobs in the community
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing; changing and being more independent; correct names for body parts (including external genitalia)	Safety in different environments; risk and safety at home; emergencies	Making friends;feeling lonely and getting help	Secrets and keeping safe; recognising hurtful behaviour	Recognising things in common and differences; playing and working co-operatively; 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	Where money comes from; saving and spending money; making choices; keeping track of money spent/saved
Year 3	Health choices and habits; What affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful	Recognising respectful behaviour; the importance of self respect; courtesy and	The value of rules and laws; rights freedoms and responsibilities	How the internet is use; assessing information online	Different jobs and skills; job stereotypes; setting personal goals

					behaviour	being polite			
Year 4	What makes a balanced lifestyle and making choices; drugs common to everyday life; hygiene and germs	Recognising what they are good at; setting goals. Changes at puberty. Changes that happen in life and feelings associated with change	Medicines and household products; drugs common to everyday life	Positive friendships including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Role of money; managing money (saving and budgeting); what is meant by interest
Year 5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies and first aid	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting 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; work place stereo types
Year 6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the media	Attraction to others; romantic relationships; civil partnerships and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and recognising other points of view, including discussing topical issues	Valuing diversity; Challenging discrimination and stereotypes	Evaluating Media sources; sharing things online	Influences and attitudes to money; money and financial risks

