

## PSHE Whole School Overview 2022 2023

Our goal for PSHE education is that children know how to be safe, healthy and emotionally regulated, so they can manage their future lives in a positive way, by developing:

- understanding of how to look after their physical and mental health and well-being;
- the ability to build healthy, respectful relationships based on equality and non-discrimination; and
- the personal, social and academic attributes needed to make a meaningful contribution to society.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key Events</b>		<b>Anti Bullying Week</b> 14th-18th November	<b>Safer Internet Day - 8th February</b> <b>Children's Mental Health Week</b> 6-12th February			<b>World Refugee Day - 20th June</b>
<b>Right of the month</b>	September: Article 28 – the right to learn and go to school October: Article 12 – the right to be listened to	November: Article 19 – the right not to be harmed and to be looked after and kept safe December: Article 13 – the right to follow your own religion	January: Article 29 – the right to become the best you can be February: Article 42 – the right to learn about your rights	March: Article 7 – the right to a name and a nationality April: Article 24 – the right to food, water and medical care	April: Article 24 – the right to food, water and medical care May: Article 20 – the right to practice your own culture, language and religion	June: Article 22 – the right to special protection and help if you are a refugee July: Article 31 – the right to play and rest
<b>Skills Builder</b>	September: Listening October: Speaking	November: Teamwork December: GLOBAL GOALS	January: Problem Solving February: Staying Positive	March: Creativity April: GLOBAL GOALS	April: GLOBAL GOALS May: Aiming High	June: Leadership July: GLOBAL GOALS
<b>Nursery &amp; Reception</b>	<p><b>Throughout Nursery and Reception, the children will be focusing on and revisiting the following areas:</b></p> <p><b><u>Building Relationships</u></b></p> <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> <li>• Form positive attachments to adults and friendships with peers.</li> <li>• Show sensitivity to their own and to others' needs.</li> </ul> <p><b><u>Managing Self</u></b></p> <ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul> <p><b><u>Self-Regulation</u></b></p> <ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul> <p><i>See PSED plan for further detail</i></p>					

<b>Year 1</b>	<b>Mental Health and Emotional Wellbeing</b> <i>Feelings</i>	<b>Identity, society and Equality</b> <i>Me and others</i>	<b>Physical Health and Wellbeing</b> <i>Fun times</i>	<b>Keeping Safe and Managing Risk</b> <i>Feeling safe</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>What do we put into and on to our bodies?</i>	<b>Careers, Financial Capability and Economic Wellbeing</b> <i>My money</i>
<b>Year 2</b>	<b>Physical Health and Wellbeing</b> <i>What keeps me Healthy?</i>	<b>Mental Health and Emotional Wellbeing</b> <i>Friendship</i>	<b>Keeping Safe and Managing Risk</b> <i>Indoors and Outdoors</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>Medicines and Me</i>	<b>Relationships and Sex Education (RSE)</b> <i>Boys and girls, changes</i>	
<b>Year 3</b>	<b>Mental Health and Emotional Wellbeing</b> <i>Strengths and challenges</i>	<b>Keeping Safe and Managing Risk</b> <i>Bullying - see it, say it, sort it!</i>	<b>Physical Health and Wellbeing</b> <i>What helps me choose?</i>	<b>Identity, society and Equality</b> <i>Celebrating difference</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>Tobacco is a drug</i>	<b>Careers, Financial Capability and Economic Wellbeing</b> <i>Saving spending and budgeting</i>
<b>Year 4</b>	<b>Physical Health and Wellbeing</b> <i>What is important to me?</i>	<b>Identity, society and Equality</b> <i>Democracy</i>	<b>Keeping Safe and Managing Risk</b> <i>Playing safe</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>Making Choices</i>	<b>Relationships and Sex Education (RSE)</b> <i>Growing up and changing</i>	
<b>Year 5</b>	<b>Mental Health and Emotional Wellbeing</b> <i>Dealing with feelings</i>	<b>Identity, society and Equality</b> <i>Stereotypes, discrimination &amp; prejudice</i>	<b>Physical Health and Wellbeing</b> <i>In the Media</i>	<b>Keeping Safe and Managing Risk</b> <i>Making Safer Choices</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>Different influences</i>	<b>Careers, Financial Capability and Economic Wellbeing</b> <i>Borrowing and earning money</i>
<b>Year 6</b>	<b>Mental Health and Emotional Wellbeing</b> <i>Healthy Minds</i>	<b>Identity, society and Equality</b> <i>Human Rights</i>	<b>Relationships and Sex Education (RSE)</b> <i>Healthy Relationships</i>		<b>Keeping Safe and Managing Risk</b> <i>Out and About</i>	<b>Drug, Alcohol and Tobacco Education</b> <i>Weighing up Risk</i>