

PSHE Whole School Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Charity/awareness Days	Thrive .... Zones of Regulation... Personal self .....	Jeans for Genes Wear Red for SRTRCD Harvest School Council Election	Respect Week Remembrance Day (poppy sale) Children in Need Christmas Jumper Day Anti-Bullying Week	Red Nose Day/Comic Relief	World Book Day Parliament Visit and/or focus	Enterprise Fair Dress as Career Day	Proud to be diverse day Y6 Health and Wellbeing Week
Whole School		Thrive Zones of Regulation RedStart Financial Education NUFC Core Values: Collaborative, Discipline, Hard Working, Passionate Commando Joes British Values and Protected Characteristics Global goals and Sustainability Careers education supported by skills builder linked to Enquiry Based Learning second half of each half term.					
Nursery		<b>All about me</b> Achieve a goal they have chosen	<b>Are we all the same?</b> <b>Celebrations</b> Shows solution to conflicts and rivalries. Understand gradually how others might be feeling Develop appropriate ways of being assertive	<b>Traditional Tales</b> (Three Little Pigs, Goldilocks, Gingerbread man and Three Billy Goats Gruff)  Feelings of others - how are the	<b>People who help us</b> Develop their sense of responsibility and membership of a community. Following rules and understanding why they are important.	<b>Growing</b> Be increasingly independent in meeting their own care needs eg. brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.	<b>Enquiry Based Learning topic</b>  How do we Keep our Bodies Safe?

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PSHE Whole School Overview

			Shows solution to conflicts and rivalries. Understand gradually how others might be feeling	characters feeling?		Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amount of screen time, having a good sleep routine and being a safe pedestrian.  <b>HealthWorks (Lisa Conroy), oral hygiene and healthy eating workshops</b>		
Reception	Thrive... Zones of Regulation... Understanding of self and others.....	Teacher Led Pants Talk revisited regularly throughout the year	<b>Who am I?</b> Classroom routines/rules Builds constructive and respectful relationships Think about the perspective of others Work and play cooperatively and	<b>What do you celebrate?</b> See themselves as a valuable individual Explain the reasons for rules, to know right and wrong and to behave accordingly Similarities and differences	<b>Winter</b> Express their feelings and consider the feelings of others. Identify and moderate their own feelings socially and emotionally.	<b>Do All Traditional Tales Live Happily Ever After?</b> Show resilience and perseverance in the face of challenge Discuss good/bad characters.	<b>Healthy Bodies</b> Play cooperatively Turn taking Regulate behaviour  Redstart - financial education	<b>Where do minibeasts live?</b> Manage their own needs: personal hygiene Be confident to try new activities and show resilience and perseverance. Manage their own basic hygiene and understand the

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Red - Relationships

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PSHE Whole School Overview

			<p>take turns with others</p> <p>Form positive attachments to adults, and friendships with peers.</p> <p>Show sensitivity to their own and others needs.</p>	<p>between celebrations</p> <p>Safety at Bonfire night</p>	<p>Think about the perspective of others</p> <p>Turn taking</p>		<p>importance of healthy food choices</p> <p>Discuss caring for minibeasts and the environment they live in</p> <p>Transition to Y1</p>
Year 1	<p>Thrive... Zones of Regulation....</p> <p>Understanding of self and others.....</p>	<p><b>What is the same and different about us?</b></p> <p>Discovery Ed: Similarities and Differences Module - <b>PC BV</b></p> <p>Recognising Strengths and Respecting Differences</p> <p>Discovery Ed: Healthy and Happy Friendships module - Making friends and getting along</p>	<p><b>Who is special to us?</b></p> <p>Discover Ed: Caring and Responsibility module - Our Special People - Lesson 1 and 2</p> <p>Discovery Ed: Families and committed relationships - The Importance of Family</p>	<p><b>What helps us stay healthy?</b></p> <p>Discovery Ed: Healthy bodies, Healthy minds - Amazing Bodies</p> <p>Discovery Ed: Coping with Change Module - Growing and Changing</p> <p><b>Teacher Led Hand Washing and Oral Hygiene (CS)</b></p>	<p><b>What can we do with money?</b></p> <p>RedStart- financial education</p>	<p><b>Who helps to keep us safe?</b></p> <p>Discovery Ed: Caring and Responsibility module - Our Special People - Lesson 3</p>	<p><b>How can we look after each other and the world?</b></p> <p>Looking after each other.</p> <p>Concept of looking after ourselves, people, animals, the world</p> <p>Taking care of places</p> <p>How to be</p>

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PSHE Whole School Overview

		Teacher Led Pants Talk (CS)		Redstart - financial education			helpful.
			Commando Joes: Traditional Tales	Commando Joes: The Queen		Commando Joes: Simba and Me	
Year 2	Thrive... Zones of Regulation... Understanding of self and others.....	What makes a good friend? Discovery Ed: Healthy and Happy Friendships module: What Makes a Happy Friendship?	What helps us to stay safe?	What helps us grow and stay healthy?  Discovery Ed: Healthy Bodies, Healthy Minds module - Staying Safe and Healthy	What is bullying? PC BV Discovery Ed: Similarities and Differences module - Strengths, abilities and stereotypes  Redstart- financial education	What jobs do people do? Discovery Ed: Coping with Change Module - Growing Up and Setting Goals Discovery Ed: Caring and Responsibility Module- Special People in our Communities	How do we recognise our feelings? Discovery Ed: Families and committed relationships - The Diversity of Our Families PC BV

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PSHE Whole School Overview

				<p><b>Commando Joes:</b> Pocahontas</p>	<p><b>Pants Talk (Pantosaurus) (CS)</b> <b>Dental</b> <b>Students for Oral Hygiene</b></p>	<p><b>Commando Joes:</b> Samuel Pepys</p>		<p><b>Commando Joes:</b> Steve Backshall and Me</p>
Year 3	Thrive... Zones of Regulation...	Understanding of self and others.....	<p><b>Melva (CS)</b></p> <p><b>How can we be a good friend?</b></p> <p>Discovery Ed: Healthy and Happy Friendships module: Being a Good Friend</p> <p>Discovery education: Coping with Change module: Coping with Feelings When Things Change</p>	<p><b>What keeps us safe?</b></p> <p>Discovery Ed: Caring and Responsibility module: Responsibilities and Boundaries</p> <p><b>BV</b></p>	<p><b>What are families like?</b></p> <p>Discovery Education: Families and Committed Relationships module: Different Types of Committed Relationships</p>	<p><b>What makes a community?</b></p> <p>Discovery Education: Similarities and Differences module: Valuing and respecting one another <b>BV PC</b></p>	<p><b>Why should we eat well and look after our teeth?</b></p> <p>Discovery Education: Healthy Bodies, Healthy Minds module: Sleep, Food and Hygiene</p>	<p><b>Why should we keep active and sleep well?</b></p> <p><b>Redstart - financial education</b></p>
				<p><b>Commando Joes:</b> Spartacus</p> <p><b>First aid:</b> Bites and Stings</p>		<p><b>Commando Joes:</b> Arthur Wharton</p>		<p><b>Commando Joes:</b> Nellie Bly</p>

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Red - Relationships

Blue - Living in the Wider World

PSHE Whole School Overview

Year 4	Thrive... Zones of Regulation... Understanding of self and others.....	Melva (CS)	<p><b>What strengths, skills and interests do we have?</b> Discovery Ed: Healthy Bodies, Healthy Minds module: Influences and Personal Choices</p>	<p><b>How do we treat each other with respect?</b> Discovery Ed: Healthy and Happy Friendships module: Solving Friendship Difficulties Discovery Ed: Families and Committed Relationships module: Families and Other Relationships</p> <p><b>PC BV</b></p>	<p><b>How can we manage our feelings?</b> Discovery Ed: Coping with Change Module: Puberty and Hygiene</p> <p>Redstart - financial education</p>	<p><b>What strengths, skills and interests do we have?</b> Preparing for Enterprise with a focus on careers</p> <p>Discovery Ed: Caring and Responsibility module: Rights and Responsibilities <b>PC BV</b></p> <p>Redstart financial education</p>	<p><b>How can our choices make a difference to others and the environment?</b> Discovery Ed: Similarities and Differences module: Identity and Diversity <b>BV PC</b></p>	<p><b>How can we manage risk in different places?</b> Link to OPAL. Positive and negative risk. Playground safety. Water safety.</p>
Year 5	Thrive... Zones of Regulation... Understanding of self and	Melva (CS)	<p><b>What makes up a person's identity?</b> Discovery Ed: Healthy and Happy Friendships module:</p>	<p><b>What decisions can people make with money?</b></p>	<p><b>How can we help in an accident or emergency?</b> Discovery Ed: Caring and Responsibility module: Caring</p>	<p><b>How can friends communicate safely?</b> Discovery Ed: Families and Committed Relationships module:</p>	<p><b>How can drugs common to everyday life affect health?</b> Discovery Ed: Healthy Bodies, Healthy Minds module: Valuing</p>	<p><b>What jobs would we like?</b> Discovery Ed: Similarities and Differences module:</p>

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PSHE Whole School Overview

			<p>Changing Friendships</p> <p>Discovery Ed: Coping with Change module: Puberty and Emotions</p>		<p>in the Community</p>	<p>Healthy, Committed Relationships</p>	<p>Our Bodies and Minds</p> <p>Redstart - financial education</p>	<p>Celebrating Strengths and Setting Goals</p> <p>Debating</p> <p>School nurse: puberty talk</p>
				<p><b>Commando Joes:</b> Ed Stafford</p>	<p><b>First Aid:</b> Bleeding Basic Life Support</p>	<p><b>Commando Joes:</b> Tim Peake</p>		<p><b>Commando Joes:</b> Junko Tabei</p>
Year 6	<p>Thrive... Zones of Regulation... Understanding of self and others.....</p>		<p><b>How can we keep healthy as we grow?</b></p> <p>Discovery Ed: Healthy Bodies, Healthy Minds module: Being the Best Me</p> <p>Redstart - financial education</p>		<p><b>How can the media influence people?</b></p> <p>Discovery Ed: Similarities and Differences module: Respectful Behaviour Online and Offline</p> <p><b>BV PC</b></p>		<p><b>What will change as we become more independent? How do friendships change as we grow?</b></p> <p>Discovery Ed: Healthy and Happy Friendships module: Relationships and Feelings</p> <p>Discovery Ed: Caring and Responsibility module: Respectful Behaviour As We Get Older <b>BV</b></p> <p>Discovery Ed: Coping with Change Module: Coping with Emotional Effects of Life Changes</p> <p>Redstart financial education</p> <p><b>Puberty Talk (Teacher led)</b></p>	

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PSHE Whole School Overview

				<b>Knife Crime workshop (Teacher led)</b>
		<b>Commando Joes:</b> Amelia Earhart <b>First Aid:</b> Choking	<b>Commando Joes:</b> Sir Ranulph Fiennes	<b>Commando Joes:</b> Tutankhamun <b>First Aid:</b> Basic Life Support

These topics are from the PSHE Association and are enhanced by the Discovery Education modules. Zones of Regulation is taught and embedded in classes.

The three strands of learning have been applied to Early Years as relevant as possible as PSHE is embedded in continuous provision daily.

BV- links to British Values

PC- links to Protected Characteristics

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