



PSHE Overview 2024-2025

Thinking like a responsible citizen:

When Thinking like a Responsible Citizen, children learn about and begin to understand a range of factors that may affect them in their own lives. Closely aligned to the school's core values, children learn life skills, resilience and are taught how to look after their own emotional, physical and financial wellbeing.

- develop understanding of their personal Health and Wellbeing through recognising attitudes, behaviours and influences of others
- develop an awareness of relationships, how to control emotions and changes that occur as they grow
- understand people's contribution to the modern world through discussions on workplaces, laws and citizenship.



Year groups	Autumn 1	Autumn 2	Spring	Spring 2	Summer	Summer 2
Year One	Rules/Charter E-safety Friendships Taking turns	Anti-bullying Week Manners Feelings Happiness/Anger Responses/Opinions	Washing Hands Healthy Eating Physical Activity Comparisons- ourselves	Bullying Behaviour Unkindness Personal Safety Emotional Safety	Kindness Family Caring Lending/Borrowing Sharing	Kidsafe *Transition Sun safety Road safety Money
Year Two	Friendship Fair and Unfair Our School Belonging Staying Safe	Anti-bullying week Right and Wrong Consequences Aspirations Co-operation	Keeping Clean Skin Dental Hygiene Drug Safety	Similarities and Differences Human Body Growing Up Changing Needs Physical Activity -Exercise	Behaviour Teasing Local Citizenship Responsibility	Emotions Love Sadness Money Choices Enterprise Kidsafe
Year Three	<u>Health -Physical & Mental (Physical health & fitness & Mental wellbeing)</u> I Am Who I Am! Hearts & Minds Three in One Sleep – Sweet Dream	<u>Health – Online Safety – (Internet safety and harms – (Online relationships)</u> E-Safety – Online Chat Online Privacy – The Secrets Jar Online Privacy – E-Protection	<u>Citizenship – Collaboration – Community</u> Different Communities – My Community School Communities – School Swap <u>Relationships – Collaboration-</u>	<u>Citizenship</u> Rules – I’m In Charge! Thinking Ahead – Lesson Planning Taking the Lead – Learning Time <u>Relationships – Communication- (Respectful relationships)</u>	<u>Health – Mental – Emotions – (Mental wellbeing)</u> Loss / Separation – Lost! Loss / Separation – Found! <u>Relationships – (Caring friendships & respectful relationships)</u>	<u>Health – Physical - Growing and changing- (Changing adolescent body)</u> Before Puberty – You’ve Grown! Visible Changes – Mind the Gap <u>Health – Physical – (Healthy Eating & Physical health and fitness)</u>

		<u>Healthy – Physical – First Aid – (Basic First aid)</u> How to Help – Who to Call Emergency Calls – Calling 999 Emergency Calls – Ambulance, Now!	<u>(Respectful relationships)</u> Working Together – Name Game Working Together – Build It Up Shared Goals – Better Places	Clear Messages – Dot Dot Dash How to Listen – Listen Up!	Friendship – Best Features Friendship – Circles Time Friendship - Falling Out Friendship – The BAFAs	A Balanced Approach – Define: Healthy Physical Exercise – Active Kids? Lifestyle Choices – It’s Your Choice _
Year Four	<u>Health – Mental – Emotions/Aspirations (Mental wellbeing & respectful relationships)</u> Identified Strengths – I’m Good at That Self-Respect – Let’s Rock! <u>Relationships – (Respectful relationships) (Health – mental wellbeing)</u> Self-Worth – I’m a Marvel! Persistence and Resilience – Don’t Give Up	<u>Relationships – Bullying – (Respectful relationships & being safe)</u> Reactions – Frustration Negative Persistence – Over and Over <u>Health – Mental & Physical (internet safety & harms & online relationships)</u> Online Privacy – It’s Personal Internet Use – Online Usage Internet Use – Age Limits	<u>Citizenship – Discrimination</u> Stereotypes – His and Hers <u>Relationships– Similarities and Differences– (families that care for me, respectful relationships)</u> Connections – Paper Chains Family Links – Family Tree Religious Views – Faith Findings Celebrate Diversity – Inside Outside	<u>Relationships – Communication (Respectful, online relationships & caring friendships)</u> Responding to Others – Agony Aunts Expressing Opinions – It’s Debatable <u>Citizenship – Money – Economic Awareness</u> Money Choices – A Million Dollars Managing Money – Design Choice (how to manage a budget)	<u>Health – Mental- Emotions – (Mental wellbeing)</u> Feelings – Overreacting Loss / Separation – Left Behind Family Changes – Two Homes Managing emotions and everyday feelings	<u>Health – Physical - Eating Healthily – (Healthy eating)</u> A Balanced Diet – Plant or Animal? A Balanced Diet – Balancing Act Working with Food – Master Chef Working with Food – Our Food Hall <u>Health – Mental – Emotions/Aspirations- (Mental wellbeing)</u> Identified Strengths – Future Me Setting Goals – That’s My Goal! Setting Goals – The Impossible Dream
Year Five	<u>Resilience Lesson Plans School Resources from Beano Young Minds</u>	<u>Health- Physical – Staying Healthy – (Drugs, alcohol & tobacco/ health & prevention)</u> Drugs – Just Say No!	<u>Citizenship – Diversity and Planning</u> Community Event – We’re Cultured!	<u>Citizenship – Law and order</u> Structure – Just Imagine Law and Order – In Charge	<u>Health – Mental – Emotions – (Mental wellbeing)</u> Death and Grief – It’s Natural	<u>Health – Physical – (Healthy eating)</u> Food Choices – Secret Eaters Food Choices – Invention Team

	Understanding emotions Becoming resilient Managing difficult emotions Managing stress	Alcohol – Drink Aware Tobacco – Up in Smoke <u>Relationships - (internet safety and harms & being safe)</u> Physical Contact – Touch Sensitive Online Relationships – A Risky Business Responsible use of mobile phones - YoungMinds <u>Citizenship – Money- Economic Awareness (internet safety & harms)</u> How can I keep my money safe?	<u>Relationships (Caring friendships, respectful relationships, family that care for me)</u> Responding - Scrabble Shared Goals – It’s All Go! Community Spirit – All Join In	<u>Relationships – Communication – (Caring friendships & respectful relationships)</u> Confidentiality – Secret Info Listening – I’m All Ears! Responding – Scenarios	Death and Grief - Poppies Managing Conflict – Families at War Understanding change - YoungmMinds <u>Citizenship – Money (Health – mental wellbeing)</u> How does money link to feelings? –	Cooking – Michelin Stars <u>Health – Physical and Mental wellbeing – (Changing adolescent body)</u> Physical, Emotional & Mental – 3-D What’s Puberty? Healthy Lifestyles – You Choose!
Year Six	<u>Healthy – Mental – Aspirations – (Mental wellbeing)</u> Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers Wonderful Me – media selves	<u>Health – Physical- Online safety – (Internet Safety & harms)</u> Internet Safety – Fake News <u>Health – Physical – Illness – (Health and prevention) taught in science</u> Physical Illness – Bleugh! Immunisation – One Sharp Scratch <u>Health- Physical – (First Aid)</u> Basic First Aid – First Aid Tips	<u>Relationships – Similarities and Differences – (Respectful relationships)</u> Race and Ethnicity – United States? Gender Stereotypes – Jobs 4 All Culture – Cultural Feast <u>RSE Relationships – Diversity – (Respectful relationships) extra unit</u>	<u>Relationships – Healthy Relationships – (Families, caring friendships & respectful relationships)</u> Mental Wellbeing – Mind Business (Bullying) Support and Care – Connection Marriage – I Promise..._	<u>Health – Mental- Keeping Mentally Healthy – (Mental wellbeing)</u> Healthy Minds – Young Minds <u>Health – (Physical health & mental wellbeing – sleep)</u> Pre SATs! – Emotions/anxiety-breathing techniques. Staying healthy - sleep/diet/exercise. <u>RSE Relationships – (Caring friendships Respectful</u>	<u>Citizenship – Money – Economic Awareness</u> Budgeting – Money Supermarket Consumer Sense – Payment Terms Consumer Sense – A Class Catalogue! <u>Citizenship – Money – Enterprise – money raising project</u> Generating Income – Making Money Generating Income – Raising Money

			<i>RSE - Diversity - Gender issues</i>		<i><u>relationships) extra unit after SATs</u></i> <i>RSE - Changing Faces- forming relationships.</i> <i>RSE - What makes a Healthy relationship?</i> <i>Healthy Relationships</i>	Health – Mental – Transition and change (<u>Mental wellbeing</u>) Setting Goals – ‘Super Futures’ Setting Goals – ‘I can do that’ (visit/careers
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