

New Scotland Hill PSHE Overview

	AUTUMN		SPRING		SUMMER	
EYFS	Self-Regulation Topics will include: My Feelings: Identifying my feelings Coping strategies Emotional adjectives Facial Expressions		Managing Self Topics will include: My wellbeing: What is exercise? Being a safe pedestrian Eating healthily Taking on challenges: Why do we have rules? Building towers Team races Also use if NSPCC Pants resource during Safety Week.		Building Relationships Topics will include: Special Relationships: Special people Sharing I am unique Similarities and differences My family and friends: Festivals Sharing What makes a good friend Being a good friend	
Overarching theme	My Healthy Self – Managing emotions, body and mind.	Connecting with Others	The Online World	Citizenship	Staying Safe and Being Healthy	Growing up and RSE
Year 1	Lessons from Kapow (My Healthy Self):		How do we spend time online? When am I online? What can I do online and what can I do in person? How should I behave when I use a device? How can I balance screen-time with in-person activities?	How can I help others and the environment? Caring for the needs of babies, young children and animals. How we can look after our school environment. How can I share my ideas respectfully? Who looks after our local environment?	How can I stay safe? How can I stay safe at home? What is safe for our bodies? What rules can keep me safe? How can I stay safe near roads? How might my body feel when something is unsafe? Who can keep me safe?	How can I protect myself and others in daily life? How and why do we wash our hands? How can I protect myself in any weather? Who helps us stay healthy? What should I do if I feel unwell?

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	How we can look after our emotions? How we can look after our bodies? How can I take care of my mind and body? How can I make healthy choices? How can I support my mind and body as I grow? How do my choices today shape my future health?	How can we have a kind and friendly class? How should people behave towards others?	What should I do if I see something online that worries me? How can I stay safe online?	How do rules help everyone?		How serious are different injuries? How can we get help for serious illnesses and injuries?
Year 2		How can I build safe, kind and caring relationships with others? How are we all different and the same? How are families different and the same? How can I show my feelings kindly and calmly? How can I let others know what is okay and not okay for me? Who can I talk to if something does not feel right? What should I do if someone is being unkind again and again?	How can we stay safe online? What can we do online and how can we do it safely? Who can see information shared online? What is private information? How do I know if private information has been shared online? Is everything we see online real? What should I do if something online worries me?	How do people belong to a community and earn money? Where do we belong? How do different people contribute to my community? What jobs do people do in our local community? What other jobs might people do? What is money? Where does money come from?	How can I make safe choices in different places? What makes my body special? How can I keep my body safe? How can I make safe choices at home? How can I stay safe in different places? What can I do if I cannot find my trusted adult? How can I stay safe around water?	How can we look after and respect our bodies as we grow? How do we grow and change? How will I change as I grow up? Do I make the rules about my own body? How can I talk about my body? How can we show respect for each others bodies? Who can I talk to if I do not feel safe?
Year 3		What helps us feel safe and included?	How should we communicate online?	What rights and responsibilities do we have?	What careers do people choose and why? (This is from the citizenship module)	How can we prevent injury and illness and respond if they happen?

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	In addition, it is important in the first few weeks of the new school year to spend time reminding children about their emotional check-ins and exploring the different zones of regulation.	How can I respect myself? What are personal boundaries? What makes a family? How can I be a good friend? How can we repair a friendship after falling out? What are the different types of bullying?	How do we communicate online? How can we be respectful when we communicate online? How can communication online sometimes be misunderstood? How should I respond to online bullying? Why do we need to be careful when communicating online? How can I keep myself safe online?	What are human rights? What rights should children have? How can we help the environment by reducing what we use? How can reusing items help the environment? Why is recycling important? How do local councils help look after local communities?		
Year 4	This should also include sharing stories to reflect different emotions and exploring the emotional tool kit for the zones of regulation. Children should be exposed to	How can we respect each other? How can I show self-respect? How can I show respect to others? How can I build trusting relationships? How can we solve friendship challenges? How should I respond to bullying? What is a stereotype?	How can we decide what to trust online? How can the internet be helpful and challenging? Is all online content appropriate for me? Why should we be careful what we trust online? How can we check if online information is reliable? How can we use multiple sources to check online information? Why should we question what we see online?	How can I spend money responsibly?	What signs help me to recognise what is safe or unsafe? How can I tell if a situation is unsafe? What do I do if a situation feels unsafe? How can I stay safe around traffic? Why can water be dangerous? What drugs are safe or unsafe? How can I prevent accidents?	How will my body and emotions change as I grow? What are body boundaries? How will I grow and change during puberty? Which emotional changes could I experience when growing up? What is a period? How can we show kindness and understanding about body changes?

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	questions including: What do I understand about these emotions? How do I feel when I am red/blue yellow/green? What happens to my body? (Look for different feelings within head, tummy, chest, hands etc)					Who can I talk to about growing up and changes?
Year 5		Why are healthy relationships important? What makes me who I am? How do families show commitment to each other? How can families support and protect each other? What helps us make and maintain healthy friendships? How can we manage challenges in friendships? How can I be assertive and respectful?	How am I influenced by what I see online? How do adverts try to influence us online? How are adverts chosen for me online? How else am I influenced online? How do online trends shape our offline choices? How does what we see online influence our viewpoints? How can some online messages be misleading?	How can we make a difference in our communities and beyond? How can we show care for others? How do people contribute to the community? How does the UK government work? What is the role of a local councillor? What are pressure groups? How can people influence the decisions made by the government?	How can we be in control of our money? (This is from the citizenship module)	How can I manage the changes to my body and emotions as I grow up? How will my body grow during puberty? How can I keep myself clean and hygienic? How can we treat others with kindness during puberty? How can I manage my own emotions and feelings during puberty? What is a period? How can I challenge behaviour which crosses personal boundaries?
Year 6	Do my friends feel the same as me?	What does it mean to stand up for myself and others? How does self-respect help me?	How do I feel about the things I see online? How do online platforms keep users engaged?	How can we protect everyone's rights?	How can I stay safe as I grow up? How can I stay safe on my own at home? How can I stay safe outside on my own?	Sex Education – how do people become parents and carers? Which words can we use to describe our private body parts?

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	What makes me feel happy/low angry/wobbly? If I start to feel xxxx, what strategies might help me change how I feel?	How can I be respectful in different situations? How can I set and respect boundaries? How can we challenge unfairness? How should we work together to stop bullying? When and how should I seek help?	How can I make safe choices if I am gaming online? Is online content always realistic? What is harmful online behaviour? Does what we post online matter? How does being online make me feel?		How can I travel safely on my own? How can I stay safe in, on and around water? How can I stay safe when I feel peer pressure? How can I stay safe around drugs?	How are babies made? What happens in pregnancy and how are babies born? How are families formed? How does life change after having a baby? What is consent? *There is also an additional unit about further first aid which could be taught in addition to the compulsory sex education unit.
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