



William Martin CofE Schools and Nursery

St James CofE Primary School

| PSHE OVERVIEW 2020-2021 | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 | |
|---|---|---|--|--|---|--|---|---|
| <p>Autumn 1A</p> <p>PSHE GROUND RULES</p> | <p>Coping after Covid-19</p> <p>Naming emotions (INSIDE OUT)</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>Feelings and emotions (INSIDE OUT)</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>Recognising how other people are feeling (INSIDE OUT)</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>Conflicting feelings</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>Coping with change (including loss)</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>How hormones effect our emotions</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Coping after Covid-19</p> <p>Anxiety and depression (Mental health conditions)</p> <p>Self-regulation</p> <p>Mindfulness</p> | <p>Mental Health and Wellbeing</p> |
| <p>Autumn 1B</p> <p>PSHE GROUND RULES</p> <p>Parent workshop RSE</p> | <p>Book: A Perfectly Messed up Story</p> <p>The power of yet</p> | <p>Book: How to Grow a Brain / The Girl Who Never Made Mistakes</p> <p>The power of yet</p> | <p>Book: My Fantastic Elastic Brain</p> <p>The power of yet</p> | <p>Book: How to Grow a Brain / The Most Magnificent Thing</p> <p>The power of yet</p> | <p>Book: The Dot Trilogy</p> <p>The power of yet</p> | <p>Book: A muddle of mistakes</p> <p>The power of yet</p> | <p>Book: Mistakes that worked</p> <p>The power of yet</p> | <p>Growth Mindset</p> |
| <p>Autumn 2A</p> <p>PSHE GROUND RULES</p> <p>Black History Month October</p> <p>World mental Health day 10th October</p> | <p>NSPCC <i>Talking Pants</i> campaign– letter home</p> <p>The Underwear rule</p> <p>CONSENT – ways of giving permission (YES) / not giving permission (NO)</p> <p>Who are my family? People who are important to me</p> | <p>NSPCC <i>Talking Pants</i> campaign– letter home</p> <p>The Underwear rule</p> <p>CONSENT –</p> <ul style="list-style-type: none"> • Appropriate and inappropriate touch (KEY QUESTIONS AND ACTIVITY) <p>BE YOURSELF - Uncomfortable feelings Speak up</p> | <p>Relationship values – Good and bad relationships</p> <p>CONSENT – (GROWING UP) Is it okay?</p> <p>VIPs – Who are your VIPs? Falling out</p> | <p>Relationship values – How to be a good friend</p> <p>CONSENT – (IT'S MY BODY) My body my choice</p> <p>BE YOURSELF – Know your mind</p> | <p>Relationships values – Types of friendships</p> <p>CONSENT –</p> <ul style="list-style-type: none"> • Acceptable and unacceptable physical contact • How to respond to unacceptable physical contact (KEY QUESTIONS AND ACTIVITY) <p>VIPs – Is this a good friend? GROWING UP – Relationships and families</p> | <p>Relationship dynamics – friendship boundaries and expectations</p> <p>CONSENT –</p> <ul style="list-style-type: none"> • Acceptable and unacceptable physical contact • How to respond to unacceptable physical contact (KEY QUESTIONS AND ACTIVITY) <p>BE YOURSELF – You are unique Uncomfortable feelings</p> | <p>Loving relationships – GROWING UP – Relationships Let's talk about sex</p> <p>CONSENT –</p> <ul style="list-style-type: none"> • To learn whether touch contact is acceptable or unacceptable, appropriate or inappropriate • How to respond (KEY QUESTIONS AND ACTIVITY) <p>VIPs – It's OK to disagree You decide Secrets</p> | <p>RSE</p> |



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| <p style="text-align: center;">Autumn 2B PSHE</p> <p style="text-align: center;">GROUND RULES</p> <p style="text-align: center;">Anti-bullying week 12-16 Nov</p> | <p>My growing body</p> <p>Naming body parts</p> | <p>Book: Simon keeps hurting himself</p> <p>Keeping secrets (good / bad)</p> | <p>Book: Jane has a secret</p> <p>Correct name for body parts (including external genitalia)</p> | <p>Book: Kamal is always hungry</p> <p>Gender stereotypes</p> | <p>Book: Tina makes a friend online</p> <p style="color: purple;">GROWING UP – changes in boys / changes in girls (puberty)</p> <p>Positive body image</p> | <p>Book: Lorna has a boyfriend</p> <p>Sharing images</p> <p>Positive body image</p> | <p>Book: Aniso doesn't want to go on holiday</p> <p>Discrimination and prejudice (including homophobia and sexism)</p> <p>Positive body image</p> | <p style="color: green; text-decoration: underline;">RSE</p> |
| <p style="text-align: center;">Spring 1</p> <p style="text-align: center;">PSHE GROUND RULES</p> | <ul style="list-style-type: none"> • Calling 999 • Bumps, cuts and bruises <p>Drug awareness – People who help us</p> <p>Personal hygiene / Healthy eating</p> | <ul style="list-style-type: none"> • Burns and scalds • First aid kit <p>Drug awareness – Medicines and people who help us</p> <ul style="list-style-type: none"> • Medicines • Who gives us medicines <p>Healthy eating / Food groups</p> | <ul style="list-style-type: none"> • Head injuries • Sprains and strains <p>Drug awareness – Keeping safe</p> <ul style="list-style-type: none"> • Risks • Hazardous substances <p>Healthy eating / Balanced diet</p> | <ul style="list-style-type: none"> • Choking • Poisons <p>Drug awareness – Smoking</p> <ul style="list-style-type: none"> • Why do people smoke • Physical effects of smoking • Smoking and society <p>Why do we exercise?</p> | <ul style="list-style-type: none"> • Minor bleeds • Serious bleeds and shock <p>Drug awareness – Alcohol</p> <ul style="list-style-type: none"> • Effects of alcohol • Alcohol and risk • Limits to drinking alcohol <p style="color: purple;">Fit as a fiddle (IT'S MY BODY) – Choices we make Choices everywhere</p> | <ul style="list-style-type: none"> • Asthma attack • Allergic reaction <p>Drug awareness – Legal and illegal drugs</p> <ul style="list-style-type: none"> • Legal and illegal drugs • Attitudes to drugs • Peer pressure <p>Food and mood – what's the connection?</p> | <ul style="list-style-type: none"> • Primary survey DRAB • Unresponsive (breathing) <p>Drug awareness – Preventing early use</p> <ul style="list-style-type: none"> • Cannabis • VSA and getting help (volatile substance abuse) <p>Healthy lifestyles / personal hygiene</p> | <p style="color: green; text-decoration: underline;">FIRST AID / DRUGS AND ALCOHOL AWARENESS</p> |



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| <p>Spring 2A</p> <p>PSHE GROUND RULES</p> <p>Grandparents lunch</p> | <p>Book: Billy's Birthday Bash</p> <p>Celebrating our emergency services</p> <p>Activity Passport: Search for butterflies outdoors</p> | <p>Book: Billy's Birthday Bash</p> <p>Celebrating the monarchy</p> <p>Activity Passport: Make a home for small insect or creature</p> | <p>Book: Billy's Birthday Bash</p> <p>Celebrating the rule of law</p> <p>Activity Passport: Start a vegetable patch</p> | <p>Celebrating democracy</p> <p>Activity Passport: Make something out of wood</p> | <p>Celebrating individual liberty</p> <p>Activity Passport: Walk through a forest</p> | <p>Mutual respect and tolerance</p> <p>Activity Passport: Pick up litter in your area</p> | <p>Extremism</p> <p>Activity Passport: Arrange a parent / carer tea party (grandparents' lunch)</p> | <p>BRITISH VALUES / ACTIVITY PASSPORT</p> |
| <p>Spring 2B</p> <p>PSHE GROUND RULES</p> <p>Child Mental Health Day May 7th</p> | <p>Being me/Being you</p> | <p>Being the same/being different</p> | <p>Celebrating difference</p> | <p>What is racism?</p> | <p>What does racism look like?</p> | <p>Exploring stereotypes and anti-racism</p> | <p>What is an unconscious bias?</p> <p>White privilege</p> | <p>ANTI-RACISM / BLM movement</p> |
| <p>Summer 1</p> <p>PSHE GROUND RULES</p> <p>Aspirational visitors to classes/ assembly</p> | <p>What is a role model?</p> <p>When I grow up, I want to be...</p> | <p>Who is your hero?</p> <p>When I grow up, I want to be...</p> | <p>Positive role models</p> <p>When I grow up, I want to be...</p> | <p>Inspirational people.</p> <p>When I grow up, I want to be...</p> | <p>Gender equality / equal pay debate</p> <p>When I grow up, I want to be...</p> | <p>Challenging stereotypes</p> <p>When I grow up, I want to be...</p> | <p>What are my qualities?</p> <p>When I grow up, I want to be...</p> | <p>RAISING HOPES AND ASPIRATIONS</p> |



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| Summer 2 PSHE GROUND RULES | Money – What is it? | Spending money | Saving money | Money matters | Borrowing and lending | Budgeting | The entrepreneur | ECONOMIC WELLBEING |
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Road safety reception / year 5

E-safety