**Portsdown Primary School and Early Years Subject Overview: PSHE**

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery  | PSHE in the Nursery and Year R is a key part of the ‘Personal, Social and Emotional Development ’ area of the EYFS Curriculum (although there are also key links to the Physical Development; Understanding the World; and Communication and Language areas of the EYFS Curriculum).  Within the provision at Portsdown Primary School and Early Years, the children in EYFS will be supported with their wellbeing – knowing who they are, where they fit in and feeling good about themselves. They will be helped to and then help with finding solutions to conflicts and rivalries. They will also be supported to become increasingly independent in meeting their own care needs, for example, brushing teeth, using the toilet, washing and drying their hands thoroughly. |
| Year R  | **Being me in my world**Self-identityUnderstanding feelingsBeing in a classroomBeing gentleRights and responsibilities | **Celebrating difference**Identifying talentsBeing specialFamiliesWhere we liveMaking friendsStanding up for yourself | **Dreams and goals**ChallengesPerseveranceGoal-settingOvercoming obstaclesSeeking helpJobsAchieving goals | **Healthy me**Exercising bodiesPhysical activityHealthy foodSleepKeeping cleanSafety | **Relationships**Family lifeFriendshipsBreaking friendshipsFalling outDealing with bullyingBeing a good friend | **Changing me**BodiesRespecting my bodyGrowing upGrowth and changeFun and fearsCelebrations |
| Year 1 | **Being me in my world**Feeling special and safeBeing part of a classRights and responsibilitiesRewards and feeling proudConsequencesOwning the Learning Charter | **Celebrating difference**Similarities and differencesUnderstanding bullying andknowing how to deal with itMaking new friendsCelebrating the differencesin everyone | **Dreams and goals**Setting goalsIdentifying successes andachievementsLearning stylesWorking well and celebratingachievement with a partnerTackling new challengesIdentifying and overcomingobstaclesFeelings of success | **Healthy me**Keeping myself healthyHealthier lifestyle choicesKeeping cleanBeing safeMedicine safety/safety withhousehold itemsRoad safetyLinking health and happiness | **Relationships**Belonging to a familyMaking friends/being a good friendPhysical contact preferencesPeople who help usQualities as a friend and personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships | **Changing me**Life cycles – animal and humanChanges in meChanges since being a babyDifferences between female andmale bodies (correct terminology)Linking growing and learningCoping with changeTransition |
| Year 2 | **Being me in my world**Hopes and fears for the yearRights and responsibilitiesRewards and consequencesSafe and fair learningenvironmentValuing contributionsChoicesRecognising feelings | **Celebrating difference**Assumptions andstereotypes about genderUnderstanding bullyingStanding up for self andothersMaking new friendsGender diversityCelebrating difference andremaining friends | **Dreams and goals**Achieving realistic goalsPerseveranceLearning strengthsLearning with othersGroup co-operationContributing to and sharingsuccess | **Healthy me**MotivationHealthier choicesRelaxationHealthy eating and nutritionHealthier snacks and sharingfood | **Relationships**Different types of familyPhysical contact boundariesFriendship and conflictSecretsTrust and appreciationExpressing appreciation for specialrelationships | **Changing me**Life cycles in natureGrowing from young to oldIncreasing independenceDifferences in female and malebodies (correct terminology)AssertivenessPreparing for transition |
| Year 3 | **Being me in my world**Setting personal goalsSelf-identity and worthPositivity in challengesRules, rights andresponsibilitiesRewards and consequencesResponsible choicesSeeing things from others’perspectives | **Celebrating difference**Families and theirdifferencesFamily conflict and how tomanage it (child-centred)Witnessing bullying and howto solve itRecognising how words canbe hurtfulGiving and receivingcompliments | **Dreams and goals**Difficult challenges and achievingsuccessDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying toovercome obstaclesEvaluating learning processesManaging feelingsSimple budgeting | **Healthy me**ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it’simportant online and off linescenariosRespect for myself and othersHealthy and safe choices | **Relationships**Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go tofor helpBeing a global citizenBeing aware of how my choices affectothersAwareness of how other childrenhave different livesExpressing appreciation for familyand friends | **Changing me**How babies growUnderstanding a baby’s needsOutside body changesInside body changesFamily stereotypesChallenging my ideasPreparing for transition |
| Year 4 | **Being me in my world**Being part of a class teamBeing a school citizenRights, responsibilities anddemocracy (school council)Rewards and consequencesGroup decision-makingHaving a voiceWhat motivates behaviour  | **Celebrating difference**Challenging assumptionsJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem-solvingIdentifying how special andunique everyone isFirst impressions | **Dreams and goals**Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes | **Healthy me**Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressureCelebrating inner strength | **Relationships**JealousyLove and lossMemories of loved onesGetting on and Falling OutGirlfriends and boyfriendsShowing appreciation to people andanimals | **Changing me**Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transitionEnvironmental change |
| Year 5 | **Being me in my world**Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesHow behaviour affects groupsDemocracy, having a voice,participating | **Celebrating difference**Cultural differences and howthey can cause conflictRacismRumours and name-callingTypes of bullyingMaterial wealth andhappinessEnjoying and respectingother cultures | **Dreams and goals**Future dreamsThe importance of moneyJobs and careersDream job and how to get thereGoals in different culturesSupporting others (charity)Motivation | **Healthy me**Smoking, including vapingAlcoholAlcohol and anti-social behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour | **Relationships**Self-recognition and self-worthBuilding self-esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing screen timeDangers of online groomingSMARRT internet safety rules | **Changing me**Self- and body imageInfluence of online and media onbody imagePuberty for girlsPuberty for boysConception (including IVF)Growing responsibilityCoping with changePreparing for transition |
| Year 6 | **Being me in my world**Identifying goals for the yearGlobal citizenshipChildren’s universal rightsFeeling welcome and valuedChoices, consequences andrewardsGroup dynamicsDemocracy, having a voiceAnti-social behaviourRole-modelling | **Celebrating difference**Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullyingInclusion/exclusionDifferences as conflict,difference as celebrationEmpathy | **Dreams and goals**Personal learning goals, in andout of schoolSuccess criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments | **Healthy me**Taking personal responsibilityHow substances affect the bodyExploitation, including ‘countylines’ and gang cultureEmotional and mental healthManaging stress | **Relationships**Mental healthIdentifying mental health worries andsources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTake responsibility with technologyuse | **Changing me**Self-imageBody imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consentBoyfriends/girlfriendsSextingTransition |