**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-identity  Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities | **Celebrating difference**  Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself | **Dreams and goals**  Challenges  Perseverance  Goal-setting  Overcoming obstacles  Seeking help  Jobs  Achieving goals | **Healthy me**  Exercising bodies  Physical activity  Healthy food  Sleep  Keeping clean  Safety | **Relationships**  Family life  Friendships  Breaking friendships  Falling out  Dealing with bullying  Being a good friend | **Changing me**  Bodies  Respecting my body  Growing up  Growth and change  Fun and fears  Celebrations |
| Year 1 | **Being me in my world**  Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud  Consequences  Owning the Learning Charter | **Celebrating difference**  Similarities and differences  Understanding bullying and  knowing how to deal with it  Making new friends  Celebrating the differences  in everyone | **Dreams and goals**  Setting goals  Identifying successes and  achievements  Learning styles  Working well and celebrating  achievement with a partner  Tackling new challenges  Identifying and overcoming  obstacles  Feelings of success | **Healthy me**  Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with  household items  Road safety  Linking health and happiness | **Relationships**  Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships | **Changing me**  Life cycles – animal and human  Changes in me  Changes since being a baby  Differences between female and  male bodies (correct terminology)  Linking growing and learning  Coping with change  Transition |
| Year 2 | **Being me in my world**  Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning  environment  Valuing contributions  Choices  Recognising feelings | **Celebrating difference**  Assumptions and  stereotypes about gender  Understanding bullying  Standing up for self and  others  Making new friends  Gender diversity  Celebrating difference and  remaining friends | **Dreams and goals**  Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to and sharing  success | **Healthy me**  Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks and sharing  food | **Relationships**  Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special  relationships | **Changing me**  Life cycles in nature  Growing from young to old  Increasing independence  Differences in female and male  bodies (correct terminology)  Assertiveness  Preparing for transition |
| Year 3 | **Being me in my world**  Setting personal goals  Self-identity and worth  Positivity in challenges  Rules, rights and  responsibilities  Rewards and consequences  Responsible choices  Seeing things from others’  perspectives | **Celebrating difference**  Families and their  differences  Family conflict and how to  manage it (child-centred)  Witnessing bullying and how  to solve it  Recognising how words can  be hurtful  Giving and receiving  compliments | **Dreams and goals**  Difficult challenges and achieving  success  Dreams and ambitions  New challenges  Motivation and enthusiasm  Recognising and trying to  overcome obstacles  Evaluating learning processes  Managing feelings  Simple budgeting | **Healthy me**  Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs  Keeping safe and why it’s  important online and off line  scenarios  Respect for myself and others  Healthy and safe choices | **Relationships**  Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to  for help  Being a global citizen  Being aware of how my choices affect  others  Awareness of how other children  have different lives  Expressing appreciation for family  and friends | **Changing me**  How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| Year 4 | **Being me in my world**  Being part of a class team  Being a school citizen  Rights, responsibilities and  democracy (school council)  Rewards and consequences  Group decision-making  Having a voice  What motivates behaviour | **Celebrating difference**  Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and  unique everyone is  First impressions | **Dreams and goals**  Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes | **Healthy me**  Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength | **Relationships**  Jealousy  Love and loss  Memories of loved ones  Getting on and Falling Out  Girlfriends and boyfriends  Showing appreciation to people and  animals | **Changing me**  Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| Year 5 | **Being me in my world**  Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  How behaviour affects groups  Democracy, having a voice,  participating | **Celebrating difference**  Cultural differences and how  they can cause conflict  Racism  Rumours and name-calling  Types of bullying  Material wealth and  happiness  Enjoying and respecting  other cultures | **Dreams and goals**  Future dreams  The importance of money  Jobs and careers  Dream job and how to get there  Goals in different cultures  Supporting others (charity)  Motivation | **Healthy me**  Smoking, including vaping  Alcohol  Alcohol and anti-social behaviour  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behaviour | **Relationships**  Self-recognition and self-worth  Building self-esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing screen time  Dangers of online grooming  SMARRT internet safety rules | **Changing me**  Self- and body image  Influence of online and media on  body image  Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition |
| Year 6 | **Being me in my world**  Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued  Choices, consequences and  rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling | **Celebrating difference**  Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict,  difference as celebration  Empathy | **Dreams and goals**  Personal learning goals, in and  out of school  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments | **Healthy me**  Taking personal responsibility  How substances affect the body  Exploitation, including ‘county  lines’ and gang culture  Emotional and mental health  Managing stress | **Relationships**  Mental health  Identifying mental health worries and  sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology  use | **Changing me**  Self-image  Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition |