**SAMLESBURY**



Church of England School

**PSHE Whole School Detailed Overview – 2 Year Plan 2019/2020 & 2020/2021**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn: Relationships** | **Spring: Living in the wider world** | **Summer: Health and Wellbeing** |
|  | **Families and****friendships** | **Safe relationships** | **Respecting ourselves and others** | **Belonging to a****community** | **Media literacy and****digital resilience** | **Money and work** | **Physical health and Mental wellbeing** | **Growing and changing** | **Keeping safe** |
| Year 1&2 2019/2020 |  Roles of different people; families; feeling cared for | Recognising privacy;staying safe; seekingpermission | How behaviouraffects others; being polite and respectful | What rules are;caring for others’needs; looking after the environment | Using the internetand digital devices;communicatingonline | Strengths and interests; jobs in the community | Keeping healthy;food and exercise, hygiene routines; sun safety | Recognising what makes them uniqueand special; feelings; managing whenthings go wrong | How rules and age restrictions help us; keeping safe online |
| Year 1&2 2020/2021 | Making friends;feeling lonely and getting help | Managing secrets; resisting pressure and getting help;recognising hurtful behaviour | Recognising things in common anddifferences; playing and working cooperatively; sharing opinions | Belonging to agroup; roles andresponsibilities;being the sameand different in the community | The internet ineveryday life; online content and information | What money is;needs and wants; looking after money | Why sleep is important; medicines and keeping healthy;keeping teethhealthy; managing feelings and asking for help | Growing older;naming body parts; moving class or year | Safety in differentenvironments; risk and safety at home;emergencies |
| Year 3&4 2019/2020 | What makes afamily; features of family life | Personal boundaries; safely responding to others; the impact of hurtful behaviour | Recognising respectful behaviour;the importance of self-respect; courtesy and being polite | The value of rules and laws; rights, freedoms and responsibilities | How the internet is used; assessinginformation online | Different jobs and skills; job stereotypes; setting personal goals | Health choices and habits; what affects feelings; expressingfeelings | Personal strengths and achievements;managing and reframing setbacks | Risks and hazards; safety in the localenvironment and unfamiliar places |
| Year 3&4 2020/2021 | Positive friendships,including online | Responding tohurtful behaviour;managing confidentiality; recognising risks online | Respecting differences and similarities; discussing differences sensitively | What makes acommunity; sharedresponsibilities | How data is shared and used | Making decisions about money; usingand keeping money safe | Maintaining a balanced lifestyle; oralhygiene and dental care | Physical and emotional changes in puberty; externalgenitalia; personal hygiene routines;support with puberty | Medicines andhousehold products;drugs common to everyday life |
| Year 5&6 2019/2020 | Managing friendships and peer influence | Physical contact and feeling safe | Responding respectfully to a wide range of people; recognising prejudice anddiscrimination | Protecting the environment; compassion towards others | How informationonline is targeted;different mediatypes, their role and impact | Identifying job interests and aspirations;what influencescareer choices;workplace stereotypes | Healthy sleephabits; sun safety;medicines, vaccinations, immunisationsand allergies | Personal identity;recognising individuality and different qualities; mentalwellbeing | Keeping safe indifferent situations,including respondingin emergencies, first aid  |
| Year 5&6 2020/2021 | Attraction to others; romantic relationships; civil partnership and marriage | Recognising andmanaging pressure; consent in differentsituations | Expressing opinions and respectingother points of view, including discussingtopical issues | Valuing diversity;challenging discrimination and stereotypes | Evaluating media sources; sharingthings online | Influences andattitudes to money; money and financialrisks | What affects mentalhealth and waysto take care of it; managing change, loss and bereavement; managing time online | Human reproduction and birth;increasing independence; managingtransition | Keeping personalinformation safe; regulations and choices; drug useand the law; drug use and the media |

**These topics will require reporting to parents so they have the opportunity to withdraw their child if they wish or ask questions.**