



PSHE Scheme of Work: Overview of Coverage

	Health and Wellbeing <i>Feelings and emotions, Healthy Lifestyles, Keeping Safe</i>	Relationships <i>Growing and changing, Healthy Relationships, Valuing Difference</i>	Living in the Wider World <i>Rights and Responsibilities, Looking after our World, Money</i>
	Term 1	Term 2	Term 3
Year 1	<p>Recognising and sharing my feelings Exercise Healthy and unhealthy foods Keeping our bodies safe - medicine First aid</p>	<p>Keeping clean How humans grow and change Families and care Choosing and making friends Secrets and keeping safe (<b>consent</b>) Identifying and respecting difference</p>	<p>Class and Group Expectations Manners Looking after our environment – Pownall Green Where money comes from Keeping our money safe Wants and needs Transition – change and loss</p>
Year 2	<p>Emotions in different situations Body language Worry and anger Understanding nutritional content Exercise Keeping our bodies safe – safe and unsafe substances and situations First Aid Keeping safe in the sun</p>	<p>Differences: Boys &amp; Girls Differences: Male and Female Naming the body parts Our role as part of a family Characteristics of a friendship Privacy (<b>consent</b>) Appropriate and inappropriate behaviours – teasing and bullying Understanding diversity</p>	<p>Getting help from the community Expectations when living in the wider world Looking after our environment – energy usage at Pownall Green Looking after our environment –Pownall Green garden and grounds Transition – change and loss Setting goals and recognising what we are good at</p>
Year 3	<p>Everyday feelings Expressing feelings Managing feelings Making choices Preparing healthy meals Hygiene and microbes Smoking</p>	<p>Differences: Male and Female Personal space (<b>consent</b>) Family differences Defining healthy friendships Making friends online How to respond when you think that someone is being bullied Discrimination and stereotypes</p>	<p>A moral citizen Being involved in the community Enterprise Developing skills in enterprise Endangered species Healthy food that’s good for the planet Transition – setting goals and recognising what we are good at Managing conflicting feelings</p>
Year 4	<p>Mental health and self-care Jealousy Risks of an inactive lifestyle Dental health Effects of alcohol Alcohol and risk Limits to drinking alcohol First aid – broken bones/choking</p>	<p>The human lifecycle What is puberty? Puberty changes and reproduction Loss, grief and bereavement Appropriate touch (<b>consent</b>) Online bullying (<b>peer on peer abuse</b>) Solving disputes and conflicts amongst friends Assertiveness Finding common ground Showing acceptance</p>	<p>Exploring risk Recognising and managing risk in our local area Road safety Managing money effectively Loans and interest The oceans and plastic The problem with plastic Saving the world Transition – setting goals and recognising what we are good at Conflicting feelings and how to manage them</p>
Year 5	<p>Anger Adult and children’s views on feelings and emotions What positively and negatively affects health and wellbeing? (impact of the media) Making informed choices Legal and illegal drugs First Aid – burns Managing risk in the sun</p>	<p>Talking about puberty Male and female changes Puberty and hygiene Adults and children’s views on growing and changing Image sharing (<b>consent/peer on peer abuse</b>) Friendship Same gender relationships and equal marriage</p>	<p>Moral issues Fairness and rule of law Anti-social behaviour Household budgeting Exploring risk in relation to gambling Climate change Transition – setting goals and recognising what we are good at</p>
Year 6	<p>Worry Social media and wellbeing Seeking health support Diets in the media The media and body image Preventing early use First Aid – Unresponsive – breathing/not breathing</p>	<p>Puberty and reproduction Understanding relationships (<b>consent/peer on peer abuse</b>) Conception and pregnancy Communicating in relationships (<b>consent/peer on peer abuse</b>) Growing and changing summative assessment Making friends online (<b>consent/peer on peer abuse/sexual harassment</b>) Similarities and differences in our identity Gender stereotypes and gender expectations Recognising and challenging stereotypes</p>	<p>The rights of a child – cultural practice and British Law Being British Democracy and Rule of Law How does money affect my feelings? The impact of ‘debt’ Sustainable development Transition – Feelings and common anxieties about starting secondary school</p>