

## PSHE Curriculum Overview 2021-2022



Term	Autumn		Spring		Summer	
Focus	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds and coping with change	Living in the wider world
EYFS	<p><b>Personal, social and emotional development:</b> Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.</p>					
	<p><b>Self- regulation</b></p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</li> <li>- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</li> <li>- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul>		<p><b>Managing Self</b></p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</li> <li>- Explain the reasons for rules, know right from wrong and try to behave accordingly;</li> <li>- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>		<p><b>Building Relationships</b></p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Work and play cooperatively and take turns with others;</li> <li>- Form positive attachments to adults and friendships with peers;</li> <li>- Show sensitivity to their own and to others' needs.</li> </ul>	

<b>Year 1</b>	<b><i>Forming friendships and how kind or unkind behaviours impact other people.</i></b>						
	<b>Theme – Making friends and getting along</b>	<b>Theme – Recognising strengths and respecting differences</b>	<b>Theme – Our special people</b>	<b>Theme – The importance of families</b>	<b>Theme – Amazing bodies</b>	<b>Theme – Growing and Changing</b>	<b>Living in the wider world</b>
<b>Vocabulary</b>	<i>friend, friendly, kind, unkind, welcoming, happy, sad, share.</i>	<i>similarity, difference, special, unique, strengths, abilities</i>	<i>special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe</i>	<i>family, important, differences, similarities, happy, special, superhero</i>	<i>body, healthy, private, penis, testicles, vagina, similar, different, health, healthy choices</i>	<i>growing, adults, babies, change, older, growing up, jobs, future</i>	<i>Environment, money, spending, saving, safety</i>
<b>Year 2</b>	<b><i>Similarities and differences between people and how to respect and celebrate these.</i></b>						
	<b>Theme – What makes a happy friendship?</b>	<b>Theme – Strengths, abilities and stereotypes</b>	<b>Theme – Special people in our communities</b>	<b>Theme – The diversity of families</b>	<b>Theme – Staying safe and healthy</b>	<b>Theme – Growing up and setting goals</b>	<b>Living in the wider world</b>
<b>Vocabulary</b>	<i>happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust</i>	<i>strengths, abilities, gender, stereotype, qualities</i>	<i>community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect</i>	<i>family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions</i>	<i>healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind</i>	<i>growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future</i>	<i>Environment, money, spending, saving, safety</i>

Year 3	<i>Identifying who our special people are and how they keep us safe.</i>						
	Theme – Being a good friend	Theme – Valuing and respecting one another	Theme – Responsibility and boundaries	Theme – Different types of committed relationships	Theme – Sleep, food and hygiene	Theme – Coping with feelings when things change	Living in the wider world
<b>Vocabulary</b>	<i>friend, respect, values, touch, private, privacy, resilience, encouragement</i>	<i>different, equal, respect, community, values, diversity, customs, respect, feelings, values</i>	<i>responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding</i>	<i>commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce</i>	<i>health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap</i>	<i>changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions</i>	<i>Money, spending, saving, budgeting money, interest, loan, tax, debt, resources, sustainability, economics, choices, environment.</i>
Year 4	<i>What a family is (including difference and diversity between families), and why families are important and special.</i>						
	Theme – Solving friendship difficulties	Theme – Identify and diversity	Theme – Rights and responsibilities	Theme – Families and other relationships	Theme – Influences and personal choices	Theme – Puberty and hygiene	Living in the wider world
<b>Vocabulary</b>	<i>friend, values, qualities, difficulty, compromise, communication, yes,</i>	<i>diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree</i>	<i>rights, responsibilities, respect, opportunities,</i>	<i>relationships, appropriate, behaviour, belonging, membership, together, family</i>	<i>Influence, pressure, persuade, healthy</i>	<i>puberty, hormones, menstruation, eggs, sanitary</i>	<i>Money, spending, saving, budgeting money, interest, loan, tax, debt, resources,</i>

	<i>no, boundaries, permission</i>		<i>entitled, agreement, rights, convention, United Nations, roles, responsibilities</i>		<i>choices, consequence, responsibility, feelings emotions</i>	<i>pads, periods, hygiene, hormones, sweat, health</i>	<i>sustainability, economics, choices, environment, enterprise, enterprise skills, entrepreneurs.</i>
<b>Year 5</b>	<b><i>Our bodies and the amazing things they can do. Learning the correct names for different body parts.</i></b>						
	<b>Theme – Changing friendships</b>	<b>Theme – Celebrating strengths and setting goals</b>	<b>Theme – Caring in the community</b>	<b>Theme – Healthy, committed relationships</b>	<b>Theme – Valuing our bodies and minds</b>	<b>Theme – Puberty and emotions</b>	<b>Living in the wider world</b>
<b>Vocabulary</b>	<i>identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety</i>	<i>strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety</i>	<i>care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement</i>	<i>relationships, healthy, diversity, commitment</i>	<i>self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic</i>	<i>hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control</i>	<i>Money, spending, saving, budgeting money, interest, loan, tax, debt, resources, sustainability, economics, choices, environment.</i>

Year 6	<i>Growing from young to old and how we have changed since we were born.</i>						
	Theme – Relationships and feelings	Theme – Respectful behaviour online and offline	Theme – Responsible behaviour as we get older	Theme – Starting a family	Theme – Being the best me	Theme – Coping with emotional effects of life changes	Living in the wider world
Vocabulary	<i>personal safety, risk, consequences, friends, change, relationships, emotions, feelings</i>	<i>online identity, communication, risk, online bullying, diversity, inclusive, differences</i>	<i>strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, Independence, networks</i>	<i>sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe</i>	<i>self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind</i>	<i>body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect</i>	<i>Money, spending, saving, budgeting money, interest, loan, tax, debt, resources, sustainability, economics, choices, environment, enterprise, enterprise skills, entrepreneurs.</i>