






PSHE Whole School Overview

Year	Autumn Term		Spring Term		Summer Term	
Rec	Mental health and emotional wellbeing Self-regulation, self-awareness, identifying feelings, asking for help and making friends/settling in.	Identity, society and equality What makes us special? What makes me me? Respect and tolerance towards people who are different to you.	Relationships education Challenging gender stereotypes * pink is for boys* All families are different.	Medicine What is medicine, who can give us medicine? What things can or cant we eat? How do we stay healthy?	Keeping safe and managing risk  Stranger danger, safe behaviour, washing hands.	Careers, financial capability and economic wellbeing Value of money, saving, how do we get money? Tuck shop.
Focus weeks/days	Chips – Challenging homophobia in primary school 1. Red rockets and rainbow jelly 2. The artist who painted a blue horse 3. Mommy Mama and me		Internet safety day	Disconnect to reconnect		Sports week Physical health and wellbeing How can we keep our brain and bodies healthy?
	Anti-bullying week D:Side – Internet safety					
Online safety (Purple Mash)	Self Image & Identity	Online Relationships Online Bullying	Managing online information	Online reputation	Health Wellbeing & Lifestyle Watching Videos – CEOP website	Copyright & Ownership Privacy
1 You, Me, PSHE	Mental health and emotional wellbeing Feelings	Identity society and equality Me and others	Relationships education Boys, girls and families (Lessons 4-6)	Drug, alcohol and tobacco education What do we put into and on our bodies? D:side	Keeping safe and managing risk  Feeling Safe	Careers, financial capability and economic wellbeing My money
MindMate	Feeling good and being me Recognising feelings	Friends and family Recognise how others show feelings	Strong emotions Recognising what is fair and unfair, right and wrong	Being the same being different Celebrating difference	Solving problems Setting goals and targets	Life changes New school/class and making new friends

		and know how to respond				
Focus weeks/days	First Aid Week Accident and emergency	Anti-bullying week	Internet safety day	Disconnect to reconnect		Sports week Physical health and wellbeing Fun Times
	Chips – Challenging homophobia in primary school 1. Elmer 2. The odd egg 3. Picnic in the park D:Side – Internet safety					
Online safety (Purple Mash)	Self Image & Identity	Online Relationships Online Bullying	Managing online information	Online reputation Sharing Pictures – CEOP website	Health Wellbeing & Lifestyle Watching Videos - CEOP website	Copyright & Ownership Privacy
2 You, Me, PSHE	Mental health and emotional wellbeing Friendship	Identity society and equality Me and others	Relationships education Boys, girls and families (Lessons 1-3)	Drug, alcohol and tobacco education Medicines and me D:side	Keeping safe and managing risk  Indoors and outdoors	Careers, financial capability and economic wellbeing My money
MindMate	Feeling good and being me Celebrate strength	Friends and family Impact of behaviour on others	Strong emotions Comfortable and uncomfortable feelings	Being the same being different Begin to understand empathy	Solving problems Not giving up/perseverance	Life changes Loss; losing loved objects, pets, person
Focus weeks/days	First Aid Week Accident and emergency	Anti-bullying week	Internet safety day	Disconnect to reconnect		Physical health and wellbeing What keeps me healthy/
	Chips – Challenging homophobia in primary school 1. Rabbityness – Jo Empson 2. The great big book of families- Mary Hoffman and Ros Asquith					

	3. My princess boy – Cheryl Kilodavis and Suzanne DeSimone					
Online safety (Purple Mash)	Self Image & Identity	Online Relationships Online Bullying	Managing online information	Online reputation Sharing Pictures – CEOP website	Health Wellbeing & Lifestyle Watching Videos - CEOP website Playing Games – CEOP website	Copyright & Ownership Privacy
3 You, Me, PSHE	Mental health and emotional wellbeing Strengths and challenges	Identity, society and equality Celebrating difference	Relationships education and health education Growing up and changing	Drug, alcohol and tobacco education Tobacco is a drug D:side	Keeping safe and managing risk See it say it stop it 	Careers, financial capability and economic wellbeing Saving, spending and borrowing
MindMate	Feeling good and being me Goals and aspirations	Friends and family Unkind behaviours	Strong emotions Introducing strong emotions including anger	Being the same being different Differing opinions	Solving problems Dealing with difficult situations	Life changes New faces/new routines
Focus weeks/days	First Aid Week Bites and stings D:Side – Internet safety	Anti-bullying week	Internet safety day	Disconnect to reconnect		Physical health and wellbeing What helps me choose
	Chips – Challenging homophobia in primary school 1. This is our house 2. Nanny Fox 3. And Tango makes three					
Online safety (Purple Mash)	Self Image & Identity	Online Relationships Online Bullying Chat video – CEOP website	Managing online information	Online reputation Like video – CEOP website Share video – CEOP website	Health Wellbeing & Lifestyle Play Video – CEOP website Explore Video – CEOP website	Copyright & Ownership Privacy Lock Video – CEOP website

		NSPCC – resource pack				
4 You, Me, PSHE	Mental health and emotional wellbeing Strengths and challenges	Identity, society and equality Democracy	Relationships education and health education Growing up and changing	Drug, alcohol and tobacco education Making choices D:side	Keeping safe and managing risk Playing safe 	Careers, financial capability and economic wellbeing Saving, spending and borrowing
MindMate	Feeling good and being me Feelings - intensity	Friends and family Skills to keep and maintain positive relationships	Strong emotions Resisting pressure	Being the same being different Know actions affect themselves and others	Solving problems Coping with difficult situations	Life changes Positive and negative effects on emotional wellbeing
Focus weeks/days	First Aid Week Asthma D:Side – Internet safety	Anti-bullying week	Internet safety day	Disconnect to reconnect		Physical health and wellbeing What is important to me
	Chips – Challenging homophobia in primary school 1. The Huey’s and the new jumper 2. The story of Ferdinand 3. King and King					
Online safety (Purple Mash)	Self Image & Identity BBC Bitesize website	Online Relationships Online Bullying <i>Chat</i> video – CEOP website	Managing online information BBC bitesize website	Online reputation <i>Like</i> video – CEOP website <i>Share</i> video – CEOP website	Health Wellbeing & Lifestyle <i>Play</i> Video – CEOP website <i>Explore</i> Video – CEOP website	Copyright & Ownership Privacy <i>Lock</i> Video – CEOP website BBC Bitesize website
5 You, Me, PSHE	Mental health and emotional wellbeing Dealing with feelings	Identity, society and equality Stereotypes, discrimination and prejudice	Relationships education Growing up and changing/ Healthy relationships	Drug, alcohol and tobacco education Different influences D:side	Keeping safe and managing risk When times go wrong 	Careers, financial capability and economic wellbeing Borrowing and earning money

MindMate	Feeling good and being me Self-belief	Friends and family Unhealthy friendships and relationships	Strong emotions Strong emotions and mental health	Being the same being different Stigma	Solving problems Talking it through	Life changes Aspirations to manage change positively
Focus weeks/days	First Aid Week Bleeding	Anti-bullying week	Internet safety day	Disconnect to reconnect		Physical health and wellbeing In the media
	D:Side – Internet safety					
	Chips – Challenging homophobia in primary school 1. We are all born free 2. Dad, David, Baba Chris and me 3. The whisperer					
Online safety (Purple Mash)	Self Image & Identity BBC Bitesize website	Online Relationships Online Bullying <i>Chat</i> video – CEOP website	Managing online information BBC bitesize website	Online reputation <i>Like</i> video – CEOP website <i>Share</i> video – CEOP website	Health Wellbeing & Lifestyle <i>Play</i> Video – CEOP website <i>Explore</i> Video – CEOP website	Copyright & Ownership Privacy <i>Lock</i> Video – CEOP website BBC Bitesize website
6 You, Me, PSHE	Mental health and emotional wellbeing Healthy minds	Identity, society and equality Human rights	Relationships and sex education Healthy relationships	Drug alcohol and tobacco education Weighing up risk D:side	Keeping safe and managing risk  Keeping safe out and about	Careers, financial capability and economic wellbeing Borrowing and earning money
MindMate	Feeling good and being me Self-integrity	Friends and family Celebrating friendships	Strong emotions Happiness	Being the same being different Body image / social media	Solving problems Winning; what does it take?	Life changes Moving on
Focus weeks/days	First Aid Week Choking	Anti-bullying week	Internet safety day	Disconnect to reconnect		Physical health and wellbeing

	D:Side – Internet safety					In the media
	Chips – Challenging homophobia in primary school 1. William’s Doll 2. 10,000 dresses 3. This day in June					
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