













Laurus Primary PSHE 8 Year Overview

Intent: to develop the knowledge, skills and attributes children need to protect and enhance their wellbeing and to independently thrive in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging.

	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 
Pre-School	Think Equal			Think Equal			Think Equal		
Rec	<ul style="list-style-type: none"> • Belonging to a class • Family life • How can I be a good friend? • Can I have more than one friend? • Falling out 	<ul style="list-style-type: none"> • We all have feelings • Does everyone love hugs? • NSPCC - Talk Pants 	<ul style="list-style-type: none"> • Being special • We are all different • We do our best • Overcoming obstacles 	<ul style="list-style-type: none"> • Teamwork • Seeking help • Where we live • People who help us 	<ul style="list-style-type: none"> • Smartie the Penguin • Using the internet • Communicating online 	<ul style="list-style-type: none"> • Jobs • Strengths & Interests • Ada Lovelace – Inspiring people 	<ul style="list-style-type: none"> • Dealing with mood monsters • Calming down • Eat the Rainbow • Keeping clean - body and teeth 	<ul style="list-style-type: none"> • I can do this by myself • Bodies • Growing up (growth and change) • Revisit - PANTS 	<ul style="list-style-type: none"> • How can I keep safe outside? • Dealing with dilemmas – getting lost • Fun and fears • Changes – Transition to Y1
Key Stage 1 Pupils should be taught about: special and important people in their lives; similarities and differences; different families; friendship and fairness; cooperation and teamwork skills; feelings and emotions; communicating effectively with others; consent and bullying behaviours.									
Year 1:	Roles of different people; families; feeling cared for Who are the people around me? Who are the people in my life that love and care for me?	Recognising privacy; staying safe; seeking permission How can I look after myself? What is the difference between good and bad secrets? NSPCC PANTS	How behaviour affects others; being polite and respectful (<i>Link to character traits</i>) What are the differences and similarities between people? How does behaviour affect others?	What rules are; caring for others' needs; looking after the environment What are class rules? How do rules keep me safe? What is the environment?	Using the internet and digital devices; communicating online How can I stay safe online?	Strengths and interests; jobs in the Community Who helps our community? (<i>parental link</i>) Where does our money come from?	Keeping healthy; food and exercise, hygiene routines; sun safety What foods help me stay healthy? How can I look after my teeth? Why is it important to wash my hands? How can we look after ourselves?	Recognising what makes them unique and special; feelings; managing when things go wrong What makes us unique? What are the similarities between girls and boys?	How rules and age restrictions help us; keeping safe online What/who helps to keep us safe? What are rules about household items? What is an emergency and what do I do?
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies



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Key Stage 2 Pupils should extend their learning on the themes covered in KS1 and build on their knowledge about: different types of families and loving relationships; who their support network consists of; unhealthy and healthy relationships, dares, risks and peer pressure; personal boundaries and secrets; techniques for resolving disputes, collaboration, compromise and sharing responsibilities and the consequences for our actions.									
Year 3	What makes a family; 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; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	<u>RSE curriculum:</u> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	<u>RSE curriculum:</u> Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media