













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	Understanding who are our family and friends	Learning different feelings; listening to our emotions to keep us safe	Learning about differences, how to treat others	Working together as a team and who helps us	Using the internet; following rules to keep us safe	Strengths; Interests; Jobs	Calming down; Eating healthily; Keeping clean;	Growing up; doing things for myself	How can I keep safe outside? Dealing with dilemmas
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	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful. *Link to character traits	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the Community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
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	RSE curriculum: 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	RSE curriculum: 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