

PSHE/RSE overview 2023 - 2024

	Autumn	Spring	Summer
EYFS	<p>Pupils will explore and discuss a range of story books, animated stories and dilemma posters on the subject of:</p> <ul style="list-style-type: none"> - Feelings - Sharing - Playing / Socialising - Why Children Play Differently Helping others 	<p>Pupils will explore and discuss a range of story books, animated stories and dilemma posters on the subject of:</p> <ul style="list-style-type: none"> - Feelings - Friendships - Bedtime - Jealousy 	<p>Pupils will explore and discuss a range of story books, animated stories and dilemma posters on the subject of:</p> <ul style="list-style-type: none"> - Road Safety - Personal Hygiene - Healthy Eating Transition to Year 1
Year 1	<p>Keeping/Staying safe: Road Safety Understand why it is important to stay safe when crossing the road Be able to recognise a range of safe places to cross the road Understand the differences between safe and risky choices Know different ways to help stay safe</p> <p>Keeping/Staying healthy: Washing hands Understand why we need to wash our hands Know how germs are spread and how they can affect our health Be able to practise washing your hands Know the differences between healthy and unhealthy choices</p> <p>Keeping/Staying healthy: Brushing teeth Understand why we need to brush our teeth Be able to practise brushing your teeth Know the differences between healthy and unhealthy choices</p>	<p>Relationships: Friendship Understand how to be a good friend Be able to recognise kind and thoughtful behaviours Understand the importance of caring about other's feelings Be able to see a situation from another person's point of view</p> <p>Being responsible: Water spillage Know how you can help people around you Understand the types of things you are responsible for Know how and understand the importance of preventing accidents Be able to recognise the differences between being responsible and irresponsible</p> <p>Our world: Growing in our world Understand the needs of a baby Be able to recognise what you can do for yourself now you are older</p>	<p>Feelings and emotions: Jealousy Be able to recognise and name emotions and their physical effects Know the difference between pleasant and unpleasant emotions Learn a range of skills for coping with unpleasant /uncomfortable emotions Understand that feelings can be communicated with and without words</p> <p>Our world: Living in our world Understand why we should look after living things Be able to identify how we can look after living things both inside and outside of the home Recognise why it is important to keep our communities and countryside clean Be able to encourage others to help keep their communities and countryside clean</p>

	<p>Be able to develop strategies to help you remember to brush your teeth when you forget, are tired or busy.</p>	<p>Be able to describe the common features of family life Be able to recognise the ways in which your family is special and unique</p>	<p>Hazard Watch: Is it safe to play with? Know what items are safe to play with and what items are unsafe to play with Be able to name potential dangers in different environments Be able to name dangers that can affect others, for example younger siblings</p>
<p>Year 2</p>	<p>Keeping/Staying safe: Tying shoelaces Know the reasons to make sure laces are tied Learn how to tie up laces properly Know rules to keep ourselves and others safe Understand the differences between safe and risky choices</p> <p>Keeping/Staying healthy: Healthy eating Know that food is needed for our bodies to be healthy and to grow Understand that some foods are better for good health than others Be able to list different types of healthy food Understand how to keep yourself and others healthy Know the differences between healthy and unhealthy choices</p> <p>Relationships: Body language Be able to recognise and name a range of feelings Understand that feeling can be shown without words</p>	<p>Relationships: Bullying Be able to name a range of feelings Understand why we should care about others feelings - Be able to see and understand bullying behaviours Know how to cope with these bullying behaviours</p> <p>Feelings and emotions: Worry Be able to recognise and name emotions and their physical effects Know the differences between pleasant and unpleasant emotions Learn a range of skills for coping with unpleasant/uncomfortable emotions Understand that feelings can be communicated with and without words</p> <p>Being responsible: Practice makes perfect Be able to name ways you can improve in an activity or sport Understand the importance of trying hard and not giving up</p>	<p>Being responsible: Helping some in need Know how you can help other people Be able to recognise kind and thoughtful behaviours and actions Understand the risks of talking to people you don't know very well in the community Be able to identify the differences between being responsible and irresponsible</p> <p>Feelings and emotions: Anger Be able to recognise and name emotions and their physical effects Know the differences between pleasant and unpleasant emotions Learn a range of skills for coping with unpleasant/uncomfortable emotions Understand that feelings can be communicated with and without words</p> <p>Our world: Working in our world Understand different ways we can receive money Know how to keep money safe</p>

	<p>Be able to see a situation from another person's point of view Understand why it is important to care about other's feelings</p>	<p>Be able to see the benefits of practising an activity or sport Be able to learn ways to set goals and work to reach them.</p>	<p>Be able to describe the skills you may need in a future job or career Be able to recognise the differences between wants and needs</p>
Year 3	<p>Keeping/Staying safe: Staying safe Know ways to keep ourselves and others safe Be able to recognise risky situations Be able to identify trusted adults around us Understand the differences between safe and risky choices</p> <p>Keeping/Staying safe: Leaning out of windows Be able to recognise a range of warning signs Be able to spot the dangers we may find at home Know the importance of listening to our trusted adults Be able to understand ways we can keep ourselves and others safe at home Know the differences between safe and risky choices</p> <p>Keeping/Staying healthy: Medicine Know, understand, and be able to practise simple safety rules about medicine Understand when it is safe to take medicine Know who we can accept medicine from Understand the differences between healthy and unhealthy choices</p>	<p>Relationships: Touch Understand the difference between appropriate and inappropriate touch Know why it is important to care about other's feelings Understand personal boundaries Know who and how to ask for help</p> <p>Being responsible: Stealing Understand the differences between borrowing and stealing Be able to describe how you might feel if something of yours is borrowed and not returned Know why it is wrong to steal Be able to identify the differences between being responsible and irresponsible</p> <p>Fire Safety: Hoax calling Understand the importance of being responsible and how our actions/choices can affect others Know what a 'hoax call' is and why it can be risky Understand why our emergency services are an important part of our community</p>	<p>Feelings and Emotions: Grief Be able to recognise and name emotions and their physical effects Know the differences between pleasant and unpleasant emotions Learn a range of skills for coping with unpleasant /uncomfortable emotions Understand that feelings can be communicated with and without words</p> <p>Our world: Looking after our world</p> <ul style="list-style-type: none"> • be able to explain the meaning of reduce, reuse, and recycle • recognise how we can help look after our planet • be able to identify how to reduce the amount of water and electricity we use • understand how we can reduce our carbon footprint <p>Hazard Watch : Is it safe to eat or drink? Know which food and drink items are safe or unsafe Be able to name potential dangers in different environments Be able to name dangers that can affect others, for example younger siblings</p>

<p>Year 4</p>	<p>Keeping/staying safe: cycle safety Identify strategies we can use to keep ourselves and others safe Recognise the impact and possible consequence of an accident or incident Identify what is a risky choice Create a set of rules for and identify ways of keeping safe</p> <p>Keeping/staying healthy: Healthy living Explain what is meant by a balanced diet and plan a balanced meal Recognise how too much sugar, salt and saturated fat in our food and drink can affect us now and when we are older Understand nutritional information on packaged food and explain what it means Describe different ways to maintain a healthy lifestyle</p> <p>A world without judgement: Breaking down barriers Recognise positive attributes in others Explain why being different is okay Recognise your own strengths and goals, and understand that these may be different from those around you Identify some of the ways we can overcome barriers and promote equality</p>	<p>Feelings and emotions: Jealousy Recognise our thoughts, feelings and emotions, and identify the differences between those that feel good and those that don't Describe how we can support others who feel lonely, jealous or upset Recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and others Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions such as loneliness and jealousy</p> <p>First Aid: First Aid Y4</p> <ul style="list-style-type: none"> • Identify and name situations that may require first aid • List reasons why someone may struggle to breathe • identify the signs of an asthma attack or choking • Identify the signs of an allergic reaction and anaphylactic shock • Understand the correct steps for seeking immediate emergency help • Provide first aid treatment to someone who is struggling to breathe 	<p>Being responsible: Coming home on time Recognise the importance of behaving in a responsible manner in a range of situations Describe a range of situations where being on time is important Explain the importance of having rules in the home Describe ways that behaviour can be seen to be sensible and responsible</p> <p>The working world: Chores at home Identify ways in which we can help those who look after us Explain the positive impact of our actions Describe the ways in which we can contribute to our home, school and community Identify the skills we may need in our future job roles</p> <p>Growing and changing: Relationships Identify the different types of relationships we can have and describe how these can change as we grow Explain how our families support us and how we can support our families Identify how relationships can be healthy and unhealthy Explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable</p>
<p>Year 5</p>	<p>Keeping/staying safe: peer pressure Identify strategies we can use to keep ourselves and others safe Recognise ways to manage peer pressure</p>	<p>A world without judgement: inclusion and acceptance Identify some of the ways in which we are different and unique</p>	<p>Being responsible: Looking out for others Recognise why we should take action when someone is being unkind</p>

	<p>Explain the potential outcomes that may happen when we take risks Recognise the impact and possible consequence of an accident or incident</p> <p>Keeping/staying healthy: Smoking Explain some of the risks associated with smoking and name the addictive ingredient found in cigarettes and e-cigs Describe how smoking can affect your immediate and future health and well being Give reasons why someone might start and continue to smoke Identify and use skills and strategies to resist any pressure to smoke</p> <p>First Aid: First aid Y5 Complete a primary survey for first aid Demonstrate the recovery position for an unresponsive breathing casualty Know when to deliver CPR Demonstrate how to do CPR Know when to call for emergency help</p>	<p>Explain some of the elements which help us to have a diverse community Describe strategies to overcome barriers and promote diversity and inclusion</p> <p>Feelings and emotions: Anger Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant Explain how feelings can be communicated with or without words Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger</p> <p>Fire Safety : Petty Arson Be able to identify the differences between safe and risky choices Be able to practise simple ways of staying safe and finding help Know that even small fires can be very dangerous</p>	<p>Describe caring and considerate behaviour, including the importance of looking out for others Demonstrate why it is important to behave in an appropriate and responsible way Identify how making some choices can impact others' lives in a negative way</p> <p>The working world: Enterprise Understand and explain why people might want to save money Identify ways in which you can help out at home Budget for items you would like to buy Recognise way to make money and the early stages of enterprise</p> <p>Growing and changing: Puberty Explain what puberty means Describe the changes that boys and girls make go through during puberty Identify why our bodies go through puberty Develop coping strategies to help with the different stages of puberty Identify who and what can help us during puberty</p>
Year 6	<p>Keeping/staying safe: water safety Identify a range of danger signs Develop and name strategies that can help keep ourselves and others safe Recognise the impact and possible consequence of an accident or incident</p> <p>Keeping/staying healthy: alcohol Identify what is a risky choice</p>	<p>A world without judgement: British Values Understand that there are a wide range of religions and beliefs in the UK Explain each of the British Values: Democracy, The rule of law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs</p>	<p>Body image: Understand unrealistic appearance ideals. Understand the impact of social media, celebrity culture and advertising. Know how to reduce appearance-focused conversations and comparisons. Understand what body activism is and how to promote positive behaviour changes.</p>

Identify the risks associated with alcohol
Describe how alcohol can affect your immediate and future health
Develop and recognise skills and strategies to keep safe

First aid: First aid Y6 Part 1 & 2

Identify a range of situations that may require first aid
Understand how to support someone with a minor or serious head injury
Understand how to support someone who is having a seizure
Understand how to support someone with a severe bleed
Know when to call for medical help
Identify a range of situations that may require first aid
Understand how to support someone with a minor burn or scald
Understand how to support someone who is having a heart attack
Understand how to support someone with a fractured bone
Know when to call for medical help

Recognise that everybody is entitled to live the life that they choose, as long as they are not harming anyone
Explain why people can have different opinions and recognise how our judgements and opinions can affect others

The working world: In app purchases

Know and understand various money-related terms
Recognise some of the ways in which we can spend money via technology
Describe the potential impact of spending money without permission
Identify strategies to save money

Being responsible: Stealing

Explain what consent means
Recognise the importance of being honest and not stealing
Explain why it is important to have a trusting relationship between friends and family
Identify how making some choices can impact others' lives in a negative way

Growing and changing: Conception

Explain the terms 'conception' and 'reproduction'
Describe the function of the female and male reproductive systems
Identify the various ways adults can have a child
Explain various different stages of pregnancy
Identify the laws around consent

Feelings and emotions: Worry

Recognise our thoughts, feelings and emotions
Identify how we can reduce our feeling of worry
Explain how we can support others who feel worried
Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and others

Preparation for transition to Secondary School:

Self-esteem and attitudes to learning
Fixed/grown mindset
Managing change
Risk taking
Bounce back ability (resilience)
What is normal?
Friendships and fall outs
Making sense of timetables

The following 1 decision computer safety units of work will be delivered through computing lessons:

Years 1 – 3:

Online bullying

Image sharing

Making friends online

Computer safety

Year 4 – 6:

Online bullying

Image sharing

Making friends online



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