

**Caedmon Primary School**  
**PSHE OVERVIEW**  
**Topics**

<u>EYFS</u>		<u>KS1</u>	
<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>
<p>Self-Regulation- solve problems, follow a 2 step instruction, be kind and helpful, express feelings, share own interests with others.</p> <p>Managing Self- learns how to keep ourselves clean (brush teeth and hair), understands exercise is good for us, understands some food are better for us then others, follows classroom rules, can manage some own risk (can climb two blocks outside), realises that each and every one of us is a unique and special person.</p> <p>Building Relationships- can share and take turns, builds good relationships with adults and peers, can play with one or more friends, has confidence to talk to others about their home and community,</p>	<p>Self-Regulation- Understands their own feelings and can recognise how others feel, can solve conflicts with others, can wait for what they want,</p> <p>Managing Self- Can dress self, can attend to own toileting needs, can name some foods that are healthy and unhealthy, are confident to try to things, will show resilience and perseverance when faced with a challenge, knows why we have rules and can explain what is right and wrong , appreciates the similarities and differences between boys and girls, including the correct names of body parts.</p> <p>Building Relationships- and work and play with others, can take turns, has good relationships with adults and peers, can express their feelings and consider the feelings of others,</p>	<p>Physical Health and Wellbeing – healthy foods, staying active, human life cycle, people that help us to be healthy, germs,</p> <p>Mental Health and Wellbeing – positive and negative emotions and feelings - &amp; different situations, sharing feelings, negative thoughts, positive attitude, loss or change</p> <p>Keeping Safe and Managing Risk – what to do if in danger, appropriate touching, sun safety, keeping safe in the house, people who help us, road safety, online safety and stranger danger</p> <p>Drugs, Alcohol and Tobacco – what medicine does, taking medicine safely, harmful substances – what should not be put onto or into our bodies</p> <p>Identity, Society and Equality –what makes us special, boys and girls can like the same things, how they are</p>	<p>Physical Health and Wellbeing – healthy and unhealthy food, importance of sleep, exercise &amp; rest, human life cycle</p> <p>Mental Health and Wellbeing - healthy mind aswell as body, loneliness, exercise &amp; the benefits to mental health, caring for yourself, bacteria and hygiene, good things about themselves, right and wrong, managing feelings, loss</p> <p>Keeping Safe and Managing Risk – ways to keep safe, sun protection, emergencies in the home, people who help us in the community, rules in the community, online and social media age restrictions, secrets</p> <p>Drugs, Alcohol and Tobacco – examples of medicine and uses, following instructions for medicines, allergies, harmful drugs, influences on our peers, harmful substances in the home, what we should and should not put on our bodies</p>

<p>understands and accepts similarities and differences between people.</p>	<p>recognises what a friend is and things that friends share.</p>	<p>different to others, family members and their responsibility, helpful and unhelpful behaviour, moving house, good manners</p> <p>Relationships – friends, a good friend, who to ask for help with friendships, what makes us happy, people we care about, families care for each other, what is a relationship?</p> <p>Careers and Financial Capability and Economic Wellbeing – explain what borrowing is, ways people earn money, saving money, different jobs</p>	<p>Identity, Society and Equality – similarities and differences between themselves and others, everyone equal, basic physical differences between boys and girls, responsibilities in the classroom, behaviour can affect others, community groups, what makes a house a home, moving house, being polite and respectful</p> <p>Relationships – how they are cared for, know how to make friends, solving friendship arguments, what to do if feeling unsafe, ways they can care for others, family is special, identify different relationships</p> <p>Careers and Financial Capability and Economic Wellbeing – borrowing and returning what is borrowed, sometimes people have to make choices when money is limited, safe places to store money, jobs and working hours</p>
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**KS2**

<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Physical Health and Wellbeing – healthy plate, exercise and mental health, media influence on buying/branding, body changes</p>	<p>Physical Health and Wellbeing – balanced diet, active lifestyles, media influence on food, human life cycle</p>	<p>Physical Health and Wellbeing – exercise, healthy eating, media perceptions</p>	<p>Physical Health and Wellbeing – What keeps me healthy? – including media perceptions</p>

<p>from birth to old age, more advanced hygiene</p> <p>Mental Health and Wellbeing – explain what mental health is, stress, signs of suffering, links between physical and mental health, self-respect, screen time, positivity – trying new things, what is a setback? Dealing with loss and change.</p> <p>Keeping Safe and Managing Risk – bullying &amp; what to do, sun safety, safety at home/emergency services, road safety, telling people where you are going, online safety and laws</p> <p>Drugs, Alcohol and Tobacco – positives of medicine, alternatives to medicine, following instructions for medicine, vaccinations. What is a drug?, effects of smoking on the body, peer pressure, benefits of not taking drugs, risks of smoking, drugs and alcohol, keeping safe at home</p> <p>Identity, Society and Equality – factors that make people similar or different, empathise with those treated differently, how people influence our views on gender, ways</p>	<p>Mental Health and Wellbeing – emotions and supporting wellbeing inc dealing with loss, bullying, self-respect, importance of sleep, positivity</p> <p>Keeping Safe and Managing Risk – different types of bullying, appropriate touching, sun safety, fire safety, safety in society/keeping safe , online safety</p> <p>Drugs, Alcohol and Tobacco – age restrictions on medicine &amp; side effects, vaccinations, name drugs in everyday life, benefits of being smoke and drug free, peer pressure, how alcohol affects the body,</p> <p>Identity, Society and Equality – definitions of stereotype and discrimination, cultures and gender views, laws that protect the environment, group work, democratic society, good manners, support for the homeless</p> <p>Relationships – valuing friendships, are friends making us happy or unhappy, solving arguments, feeling safe, dealing with feelings, different types of families, marriage</p>	<p>Mental Health and Wellbeing – common issues, mental health organisations, self-esteem, feeling unsafe and organisations who help us, online safety</p> <p>Keeping Safe and Managing Risk – bullying, risks of running away, sun safety</p> <p>Drugs, Alcohol and Tobacco - safety with medicines, vaccinations, drugs, smoking, alcohol and associated risks, media images/alcohol</p> <p>Identity, Society and Equality – stereotypes, discriminatory language, human rights organisations, respect</p> <p>Relationships education – changing friendships and resolving arguments, where to go if you feel unsafe, loving relationships, parenting, different families. Also: School Nurse visit introduction to puberty – emotional changes (Parental consent will be sought).</p> <p>Careers and Financial Capability and Economic Wellbeing – debt and help, careers education</p>	<p>Mental Health and Wellbeing – strategies for maintaining good mental health</p> <p>Keeping Safe and Managing Risk – Indoors and Outdoors – risky behaviour, consequences, online safety; First Aid</p> <p>Drugs, Alcohol and Tobacco – Medicines and Me (safety); Addiction,</p> <p>Identity, Society and Equality – Gender Stereotypes and Discrimination, Authority</p> <p>Relationships education –Family relationships, resolving ups and downs in friendships Also: boys and girl’s School Nurse puberty talks – physical changes. (Parental consent will be sought).</p> <p>Careers and Financial Capability and Economic Wellbeing – Saving, debt; Careers Education</p>
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<p>to be responsible, community groups, homelessness, moving house and the challenges, good manners. What does the Council do?</p> <p>Relationships – showing that you care, know when someone needs a friend, how arguments start, what to do if you are worried/feel unsafe, different people have different needs, healthy family life, ups and downs of family life</p> <p>Careers and Financial Capability and Economic Wellbeing – why someone may need to borrow money, living on a budget, keeping track of money, jobs both men and women can do, how background might influence career choice</p>	<p>Careers and Financial Capability and Economic Wellbeing – risks of borrowing money, marketing/persuasion, difference between needing and wanting, skills for different jobs, education and importance for job opportunities</p>		
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