

# PHSE Subject Overview 2023.24

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
<b>Year 6</b>	<p><b>Myself and My Relationships</b> My Emotions</p> <p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? What does it mean to have a 'strong sense of identity' &amp; 'self-respect'? What can I do to boost my self-respect? How do I manage strong emotions? How can I judge if my own feelings and behaviours are appropriate &amp; proportionate? How do I recognise how other people feel and respond to them? What is loneliness and how can we manage feelings of isolation? How common is mental ill health and what self-care techniques can I use? How and from whom do I get support when things are difficult?</p>	<p><b>Myself and My Relationships</b> Anti-Bullying</p> <p>Can I explain the differences between friendship difficulties and bullying? Can I define the characteristics and different forms of bullying? How do people use technology &amp; social media to bully others and how can I help others to prevent and manage this? What do all types of bullying have in common? Might different groups experience bullying in different ways? How can people's personal circumstances affect their experiences? How does prejudice sometimes lead people to bully others? Can I respond assertively to bullying, online and offline? How might bullying affect people's mental wellbeing and behaviour? How and why might peers become colluders or supporters in bullying situations? Can I identify ways of preventing bullying in school and the wider community?</p>	<p><b>Healthy and Safer Lifestyles</b> Digital Lifestyles (in ICT)</p> <p>What are some examples of how I use the internet, the services it offers, and how do I make decisions? What are the principles for my contact and conduct online, including when I am anonymous? How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? How might the media shape my ideas about various issues and how can I challenge or reject these? Can I explain some ways in which information and data is shared and used online? Extra objective: what happens when I share inappropriate images and what images are appropriate to share? How can online content impact on me positively or negatively? What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? What are some ways of reporting concerns and why is it important to persist in asking? Can I identify, flag and report inappropriate content?</p> <p><b>Health and safer Lifestyle</b> Relationship and Sex Education</p> <p>What are different ways babies are conceived and born? (Sex Education) <b>(non-statutory for PSHE)</b> <b>EXTRA not-statutory</b> – how the sperm meets the egg. What effect might puberty have on people's feelings and emotions? How can my words or actions affect how others feel, and what are my responsibilities? What should adults think about before they have children? Why might people get married or become civil partners? What are different families like? FP</p>		<p><b>Health and Safer Lifestyles</b> Personal Safety</p> <p>Can I use my Early Warning Signs to judge how safe I am feeling? How can I seek help or advice from someone on my personal network and when should I review my network? How could I report concerns of abuse or neglect? Can I identify appropriate &amp; inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take? How can I recognise risks online and report concerns? What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</p>		
<b>Year 5</b>	<p><b>Healthy and Safer Lifestyles</b> Relationships and Sex education</p> <p>What are male and female sexual parts called and what are their functions?</p>	<p><b>Myself and My Relationships</b> Family and Friends</p> <p>What are the characteristics of healthy friendships on and offline and how do they benefit me?</p>	<p><b>Healthy and Safer Lifestyles</b> Managing safety and risk</p> <p>When am I responsible for my own safety as I get older and how can I keep others safer? How can I safely get the attention of a known or</p>	<p><b>Healthy and Safer Lifestyles</b> Drug education</p> <p>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</p>	<p><b>Healthy and Safer Lifestyle</b> Healthy lifestyles</p> <p>How does physical activity help me &amp; what might be the risks of not engaging in it? What could characterise a balanced or unbalanced diet</p>	<p><b>Citizenship</b> Diversity and Community</p> <p>How do other people's perceptions, views and stereotypes influence my sense of identity?</p>	

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	<p>How can I talk about bodies confidently and appropriately?          What happens to different bodies at puberty?          How can I keep my growing and changing body clean?          How can I reduce the spread of viruses and bacteria?</p>	<p>How do trust and loyalty feature in my relationships on and offline?          Can I always balance the needs of family &amp; friends &amp; how do I manage this?          Can I communicate, empathise &amp; compromise when resolving friendship issues?          How can I check that my friends give consent on and offline?          How do people in my family continue to support each other as things change?</p> <p>Anti-Bullying</p> <p>Can I explain the differences between friendship difficulties and bullying?          Can I define the characteristics and different forms of bullying?          How do people use technology &amp; social media to bully others and how can I help others to prevent and manage this?          What do all types of bullying have in common?          Might different groups experience bullying in different ways?          How can people's personal circumstances affect their experiences?          How does prejudice sometimes lead people to bully others?          Can I respond assertively to bullying, online and offline?          How might bullying affect people's mental wellbeing and behaviour?          How and why might peers become colluders or supporters in bullying situations?</p>	<p>unknown adult in an emergency?          Can I carry out basic first aid in common situations, including head injuries?          How can being outside support my wellbeing &amp; how do I keep myself safe in the sun?</p>	<p>How does drug use affect the way a body or brain works?          How do medicines help people with different illnesses?          What immunisations have I had, or may I have in future and how do they keep me healthy?          What is drug misuse?          What are some of the laws about drugs?          When and how should I check information about drugs?</p>	<p>and what are the associated benefits and risks?          What are the different aspects of a healthy lifestyle and how could I become healthier?          What might be the signs of physical illness and how might I respond?          What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?          Why are online apps and games age restricted?</p>	<p>How do views of gender affect my identity, friendships, behaviour and choices?          What are people's different identities, locally and in the UK?          How can I show respect to those with different lifestyles, beliefs and traditions? - This is covered in Year 4          What are the negative effects of stereotyping?          Which wider communities and groups am I part of and how does this benefit me?          What are voluntary organisations and how do they make a difference?</p>
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		Can I identify ways of preventing bullying in school and the wider community?				
<b>Year 4</b>	<b>Myself and My Relationships</b> Family and Friends What is a healthy friendship and how does trust play an essential part? What skills do I need for choosing, making and developing friendships and how effective are they? How can I help to resolve disagreements positively by listening and compromising? Can I empathise with other people in a disagreement? How can I check with my friends that their personal boundaries have not been crossed? How do my family members help each other to feel safe and secure even when things are tough? Who is in my network of special people now and how do we affect and support each other?	<b>Myself and My Relationships</b> Anti-Bullying How are falling out and bullying different? How do people use power when they bully others? What are the key characteristics of different types of bullying? How can lack of respect and empathy towards others lead to bullying? What is the difference between direct and indirect forms of bullying? What are bystanders and followers and how might they feel? Do I understand that bullying might affect how people feel for a long time? How can I support people I know who are being bullied by being assertive? How does my school prevent bullying and support people involved?	<b>Citizenship</b> Diversity and Communities What have we got in common and how are we different? How might others' expectations of girls and boys affect people's feelings and choices? How are our families the same and how are they different? Do people who live in my locality have different traditions, cultures and beliefs? (to include 'respect different lifestyles, beliefs and traditions' from Y5) How does valuing diversity benefit everyone? Why are stereotypes unfair and how can I challenge them?	<b>Healthy and Safer Lifestyles</b> Drug Education What medical & legal drugs do I know about, and what are their effects? Who uses and misuses legal drugs? Why do some people need medicine and who prescribes it? What are immunisations and have I had any? What are the safety rules for storing medicine and other risky substances? What should I do if I find something risky, like a syringe?	<b>Health and Safer Lifestyles</b> Personal Safety Can I recognise when my Early Warning Signs are telling me I don't feel safe? Who is on my personal network and how can I ask them for help? What could I do if I feel worried about a friendship or family relationship? What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? How can I decide if a secret is safe or unsafe? How can I keep safe online?	<b>Healthy and Safer Lifestyles</b> Relationship and Sex Education (to include emotional changes from Y5 objectives) What does it mean to be 'grown up'? What am I responsible for now and how will this change? How do different caring, stable, adult relationships create a secure environment for children to grow up? What happens to different bodies at puberty? (Emotional changes from Y5 objectives to be taught here)
<b>Year 3</b>	<b>Healthy &amp; Safer Lifestyles:</b> Digital Lifestyles How might my use of technology change as I get older, and how can I make healthier and safer decisions? How does my own and others' online identity affect my decisions about communicating online?	<b>Myself and My Relationships</b> Anti-Bullying How are falling out and bullying different? How do people use power when they bully others? What are the key characteristics of different types of bullying? How can lack of respect and empathy towards others lead to bullying?	<b>Healthy &amp; Safer Lifestyles</b> Healthy Lifestyles (Y4 teach teeth in science) What does healthy eating and a balanced diet mean? (spring 1 science link) What is an active lifestyle and how does it help me to be healthier?	<b>Healthy and Safer Lifestyles</b> Managing Safety and Risk When might I meet adults I don't know & how can I respond safely? What actions could I take in an emergency or accident and how can I call the emergency services?  <b>Myself and My Relationships</b> My Emotions	<b>Citizenship</b> Rights, Rules and Responsibilities What does it mean to be treated and to treat others with respect? Who are those in positions of authority within our school and communities and how can we show respect? Why do we need rules at home and at school?	<b>Healthy and Safer Lifestyles</b> Relationships and Sex Education (to include non-binary definition) How are male and female bodies different and what are the different parts called? When do we talk about our bodies, how they change, and who do we talk to?

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	<p><i>Extra objective: what happens when I share images and what images are appropriate to share?</i></p> <p>How might people with similar likes &amp; interests get together online?</p> <p>Can I explain the difference between "liking" and "trusting" someone online?</p> <p>What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?</p> <p>When looking at online content, what is the difference between opinions, beliefs and facts?</p> <p>Why is it important to ration the time we spend using technology and/or online?</p> <p>How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it?</p> <p>Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?</p>	<p>What is the difference between direct and indirect forms of bullying?</p> <p>What are bystanders and followers and how might they feel?</p> <p>Do I understand that bullying might affect how people feel for a long time?</p> <p>How can I support people I know who are being bullied by being assertive?</p> <p>How does my school prevent bullying and support people involved?</p>	<p>What is mental wellbeing and how is it affected by my physical health?</p> <p>How much sleep do I need &amp; what happens if I don't have enough?</p> <p>How can I plan and prepare simple, healthy meals safely?</p> <p>How can I look after my teeth and why is it important? (Y4 link to teeth in science).</p>	<p>Why is it important to accept and feel proud of who we are?</p> <p>What does the word 'unique' mean and what do I feel proud of about myself?</p> <p>Why is mental wellbeing as important as physical wellbeing?</p> <p>How can I communicate my emotions?</p> <p>Can I recognise some simple ways to manage difficult emotions?</p> <p>What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?</p> <p>How do my actions and feelings affect the way I and others feel?</p> <p>How do I care for other people's feelings?</p> <p>Who can I talk to about the way I feel?</p>	<p>What part can I play in making and changing rules?</p> <p>What do we mean by rights and responsibilities?</p> <p>What are my responsibilities at home and at school?</p> <p>How do we make democratic decisions in school?</p> <p>What is a representative and how do we elect them?</p> <p><i>(Extra objective from Y4) How might others' expectations of girls and boys affect people's feelings and choices?</i></p>	<p><i>Extra objective: What does non-binary mean?</i></p> <p>Why is it important to keep myself clean?</p> <p>What can I do for myself to stay clean and how will this change in the future?</p> <p>How do different illnesses and diseases spread and what can I do to prevent this?</p>
<p><b>Year 2</b></p>	<p><b>Citizenship</b></p> <p>Rights, Rules and responsibilities</p> <p>Can I listen to other people, share my views and take turns?</p>	<p><b>Myself and My Relationships</b></p> <p>Family and Friends</p> <p>Can I describe what a good friend is and does and how it feels to be friends?</p> <p>Why is telling the truth important?</p> <p>What skills do I need to choose, make and develop friendships?</p>	<p><b>Healthy and Safer Lifestyles</b></p> <p>Digital Lifestyles</p> <p>What are some examples of ways in which I use technology and the internet and what are the benefits?</p> <p>What is meant by 'identity' and how might someone's</p>	<p><b>Healthy and safer lifestyles</b></p> <p>Relationships and Sex Education – links with science unit Animals including humans</p> <p>How do babies change and grow? (Statutory in science for Year 2)</p>	<p><b>Healthy and Safer Lifestyles</b></p> <p>Drug education – links with science unit Animals including humans</p> <p>Which substances might enter our bodies, how do they get there and what do they do?</p>	<p><b>Healthy and Safer lifestyles</b></p> <p>Personal Safety</p> <p>Which school/classroom rules are about helping people to feel safe?</p> <p>Can I name my own Early Warning Signs?</p>

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		<p>How might friendships go wrong, and how does it feel?          How can I try to mend friendships if they have become difficult?          What is my personal space and how do I talk to people about it?          Who is in my family and how do we care for each other?          Who are my special people, why are they special and how do they support me?</p> <p>Anti - Bullying</p> <p>Why might people fall out with their friends?          Can I describe what bullying is?          Do I understand some of the reasons people bully others?          Why is bullying never acceptable or respectful?          How might people feel if they are being bullied?          Who can I talk to if I have worries about friendship difficulties or bullying?          How can I be assertive?          Do I know what to do if I think someone is being bullied?          How do people help me to build positive and safe relationships?          What does my school do to stop bullying?</p>	<p>Identity online be different from their identity in the physical world?          What are some examples of online content or contact which might mean I feel unsafe, worried or upset?          What might I need of report something and how would I do this?          What sort of rules can help to keep us safer and healthier when using technology?          Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?</p>	<p>How have I changed since I was a baby? (Statutory in science for Year 2)          What's growing in that bump? (Sex Education/NC Science)          What do babies and children need from their families?          Which stable, caring relationships are at the heart of families I know?          What are my responsibilities now I'm growing up?</p>	<p>What are medicines and why and when do some people use them?          When and why do people have an injection from a doctor or a nurse?          Who is in charge of what medicine I take?          What different things can help me feel better if I feel poorly?          How can I keep safe with medicines and substances at home and at school?</p>	<p>Who could I talk with if I have a worry or need to ask for help?          What could I do if a friend or someone in my family isn't kind to me?          Can I identify private body parts and say 'no' to unwanted touch?          What could I do if I feel worried about a secret?          What could I do if something worries or upsets me when I am online?</p>
<b>Year 1</b>	<p><b>Myself and My Relationships</b>          Beginning and Belonging</p> <p>Do I understand simple ways to make sure my school is a safe, happy place?          How can I get to know the people in my class?          How do I feel when I am doing something new?</p>	<p><b>Citizenship</b>          Diversity and Communities</p> <p>What makes me 'me' and you 'you'?          Do all boys and girls like the same thing?          What is my family like and how are other families different?          What different groups do we belong to?          What is a stereotype and can I give some examples?</p>	<p><b>Healthy and Safer Lifestyles</b>          Managing Risk</p> <p>What is my name, address and phone number and when might I need to give them?          What is an emergency and who can help?          What are the benefits and risks for me in the sun and how can I stay safer?</p>	<p><b>Healthy and Safer Lifestyles</b>          Healthy Lifestyles</p> <p>How can I stay as healthy as possible?          What does it feel like to be healthy?          What does healthy eating mean and why is it important?          Why is it important to be active and what are the opportunities for physical activity?          What can help us eat healthily?</p>	<p><b>Healthy and Safer Lifestyles</b>          Relationships and sex education</p> <p>What are the names of the main parts of the body?          What am I in charge of my actions and my body?          Can I identify a trusted adult I can talk to about my body? (from RSE Year 3)          How do I keep my body clean?</p>	<p><b>Myself and My Relationships</b>          My Emotions</p> <p>What am I good at and what is special about me?          How can I stand up for myself?          Can I name some different feelings?          Can I describe situations in which I might feel happy, sad and cross etc?</p>

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	<p>How can I make someone feel welcome in class? What helps me manage in new situations?</p>	<p>What does 'my community' mean and how does it feel to be part of it?</p>	<p>What are the risks for me if I am lost and how can I get help? How can I help to stop simple accidents from happening and how can I help if there is an accident?</p> <p><b>Healthy and Safer Lifestyles</b> Digital Lifestyles What are some examples of ways in which I use technology and the internet and what are the benefits? What is meant by 'identity' and how might someone's identity online be different from their identity in the physical world? What are some examples of online content or contact which might mean I feel unsafe, worried or upset? What might I need to report something and how would I do this? What sort of rules can help to keep us safer and healthier when using technology? Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?</p>		<p>How can I avoid spreading common illnesses and diseases?</p>	<p>How do my feelings and actions affect others? How do I manage some of my emotions and associated behaviours? What are the different ways people might relax and what helps me to feel relaxed? Who do I share my feelings with?</p>
<p><b>EYFS</b></p>	<p><b>Myself and My Relationships</b> Beginning and Belonging</p> <p>Who are the people in my family, and who are the people in other families? <b>Who are the people in my class and how are we similar to and different from each other? PCC</b></p>	<p><b>Myself and My Relationships</b> My Emotions</p> <p><b>Can I recognise and talk about my feelings? SR</b> <b>Can I recognise emotions in other people and say how they might be feeling? SR</b> <b>Do I know what might cause different emotions in myself and other people? SR</b></p>	<p><b>Healthy and Safer Lifestyles</b> Healthy Lifestyles</p> <p><b>What can I do to help keep my body healthy? MS</b> <b>Why are food and drink are good for us? MS</b> <b>How can I make healthier choices about food? MS</b> What is exercise is and why is it good for us?</p>	<p><b>Healthy and Safer Lifestyles</b> Keeping Safe including drug education</p> <p>What are some situations where need to think about how to keep myself safer? Do I understand simple safety rules for when I am at home, at school and when I am out and about?</p>	<p><b>Healthy and Safer Lifestyles</b> My Body and Growing Up</p> <p>What does my body look like? How has my body changed as it has grown? What can my body do? What differences and similarities are there between our bodies? <b>How can I look after my body and keep it clean? MS</b></p>	<p><b>Citizenship</b> Identities and Diversity</p> <p>How can we value different types of people including what they believe in and how they live their lives? <b>How do we celebrate what we believe in and how is this different for different people? PCC</b></p>

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<p>What is especially important to my family and me? Who are the members of my family and trusted people who look after me?</p> <p><b>Myself and My Relationships</b> My Family and Friends including Anti-Bullying</p> <p>Who are my special people and why are they special to me? BR</p> <p>Who is in my family and how do we care for each other? BR</p> <p>What is a friend and how can I be a good one? BR</p> <p>How do I make new friends? BR</p> <p>How can I respect my own needs and the needs of others? BR</p> <p>How can I make up with friends when I have fallen out with them? BR</p> <p>How does what I do affect others? BR</p> <p>Do I know what to do if someone is unkind to me? SR</p> <p><b>Citizenship</b> Me and My World</p> <p>Who are the people who help to look after me and my school? PP</p> <p>How can I help to look after my school?</p> <p>Where do I live and what are the different places and features in my neighbourhood? PCC</p>	<p>How might I and others feel when things change? SR</p> <p>What are some simple ways to help myself feel better? SR</p> <p>How can I help other people feel better? SR</p> <p>What could I do when things are difficult for me? MS</p> <p>How am I special and what is special about other people in my class?</p> <p>How can I play and work well with others? SR</p> <p>How can I show I am listening to an adult? SR</p> <p>What can help me to follow instructions? SR</p>	<p>Why are rest and sleep good for us?</p> <p>What are some of the similarities and differences in the way people live their lives? PCC</p> <p>What is life like in other countries? PCC</p>	<p>Can I say 'No!' if I feel unsafe or unsure about something? MS</p> <p>Can I ask for help and tell people who care for me if I feel unsafe, worried or upset? SR</p> <p>Who are the people who help to keep me safe? PP</p>	<p>How am I learning to take care of myself and what do I still need help with? MS</p> <p>What do animals and plants need to live and how can I help to take care of them?</p>	<p>What have I learnt to do and what would I like to learn next? SR</p>
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