

New Scotland Hill PSHE Overview

	AUTUMN		SPRING		SUMMER	
Overarching theme	Managing Emotions	Respect	Safety (To include Safer Internet Day)	Resilience	Being Healthy (mind and body)	Relationships (RSHE)
Reception	<p>What do I understand about these emotions? How do I feel when I am red/blue yellow/purple?</p>	<p>What makes us and others special?</p>	<p>People who keep us safe and knowing who to trust. Use of NSPCC Pants resources.</p>	<p>What am I good at? What can I do if I can't do something?</p>	<p>Looking after our bodies and minds.</p>	<p>Positive relationships – what are they and why they important.</p>
Year 1		<p>What is respect? How do we show respect to others?</p>	<p>Safety in familiar situations/home (including what to do in an emergency). Personal safety when out and about (including sun-safety). E-Safety: Using the internet safely – making good choices. Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships, Privacy and Security, Online Bullying. Use of NSPCC Pants resources.</p>	<p>What am I good at? Perseverance and effort. Learning from mistakes/failures.</p>	<p>Discovery Education Our bodies and the amazing things they can do. Learning the correct names for different body parts.</p>	<p>Discovery Education Growing from young to old and how we have changed since we were born. Forming friendships and how kind or unkind behaviours impact other people. What a family is (including difference and diversity between families), and why families are important and special.</p>

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<p>Year 2</p>	<p>What happens to my body? (Look for different feelings within head, tummy, chest, hands etc)</p> <p>Do my friends feel the same as me?</p> <p>What makes me feel happy/low angry/wobbly?</p>	<p>What is respect?</p> <p>How are we similar to others? How are we different to others? Children learn the importance of valuing the similarities and differences between themselves and others. Courtesy and manners</p>	<p>Keeping safe and making good choices in the home including fire safety.</p> <p>Road Safety.</p> <p>E-Safety: Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships, Privacy and Security, Online Bullying.</p> <p>Use of NSPCC Pants resources.</p>	<p>Taking positive risks and not being afraid of failure. (Can include knowing when it is right to stop and ask for help rather than just carrying on regardless).</p> <p>Resilience and determination.</p> <p>Setting ourselves goals.</p>	<p>Discovery Education</p> <p>Ways to stay healthy, including safe and unsafe use of household products and medicines.</p> <p>Recognising personal boundaries and safe/unsafe situations.</p>	<p>Discovery Education</p> <p>Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.</p> <p>Understanding what makes a happy friendship.</p> <p>The different communities and groups we belong to and how we help and support one another within these. The different people in our families, and how families vary.</p>
<p>Year 3</p>	<p>If I start to feel xxxx, what strategies might help me</p>	<p>What is respect?</p> <p>Understanding physical and mental disabilities. (Respecting and valuing differences in Discovery Education)</p> <p>Respecting and understanding the work of charities.</p>	<p>Rules that keep us safe and why we need to follow them. Medication and knowing when (and how) it should be taken. The emergency services. What is bullying and the different types?</p> <p>E-Safety: Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships,</p>	<p>Taking responsibility for my goals/targets and choices.</p> <p>Dreams and ambitions.</p>	<p>Discovery Education</p> <p>Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.</p> <p>Strategies for resilience.</p>	<p>Discovery Education</p> <p>Coping with feelings around the changes in our lives.</p> <p>Being a good friend and respecting personal space.</p> <p>Different types of committed relationships and the basic characteristics</p>

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	<p>change how I feel?</p> <p>Resources to use:</p> <p>https://www.Goodmorningmsfoster.com/the emotionsshed</p>		<p>Online Reputation Privacy and Security, Online Bullying, Managing Online Information.</p> <p>Use of NSPCC Pants resources.</p>			<p>of these.</p>
<p>Year 4</p>	<p>Children create their own emotions chart to reflect their personal</p>	<p>What is respect?</p> <p>Stereotyping , including gender stereotyping.</p> <p>Prejudice and discrimination and how this can make people feel.</p> <p>Could also consider looking at: Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child found within Discovery Education.</p>	<p>Keeping safe near roads, rail, water, building sites and around fireworks.</p> <p>What to do in an emergency and basic first aid.</p> <p>E-Safety: Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships, Online Reputation Privacy and Security, Online Bullying, Managing Online Information.</p>	<p>Celebrating talents (unpicking what has to be done to be talented).</p> <p>Learning something new (class challenge).</p> <p>Recognising (and celebrating) when I've done my best and not needing to compare this with others.</p>	<p>Discovery Education</p> <p>Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.</p>	<p>Discovery Education</p> <p>How our bodies change as we enter puberty, including hygiene needs and menstruation.</p> <p>Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.</p> <p>The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.</p>

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<p>Year 5</p>	<p>feelings and body clues. Use the body mapping and/or thought processing resources on the emotions Shed website.</p>	<p>What is respect?</p> <p>Respecting the experiences of people of who have moved into our local area from other places including refugees).</p> <p>Human Rights</p> <p>Can use: How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community found in Discovery Education</p>	<p>Dealing with peer pressure when you're being encouraged to do something unsafe.</p> <p>E-Safety: Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships, Online Reputation Privacy and Security, Online Bullying, Managing Online Information.</p> <p>Use of NSPCC Pants resources.</p>	<p>Changing mindset. What happens if... I can't do the work? My friends make fun of me? I fall over in PE? I get a question wrong in front of the whole class?</p> <p>How can we rephrase the question to ones like: If I do this, I might... Get it wrong to start with, but at least I've tried. If I just ignore my friends or tell them how I feel, they will stop. If I fall over at least it shows I have tried. If I get a question wrong, at least I have tried to answer it and I might learn something.</p> <p>Also include: Recognising when we need help or support with our problems found in Discovery Education</p>	<p>Discovery Education</p> <p>Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.</p> <p>Positive emotional health and wellbeing.</p>	<p>Discovery Education</p> <p>How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.</p> <p>The characteristics of healthy, positive and committed relationships and how these develop as people grow older.</p>
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<p>Year 6</p>		<p>What is respect?</p> <p>Understanding Britain as a democratic society (people’s views are respected by all). Understanding how laws are made and why they exist.</p>	<p>Recognising and responding to peer pressure. The consequences of anti-social behaviour (including gangs and gang related behaviour). E-Safety: Resources taken from Project Evolve to include: Self-Image and Identity, Online Relationships, Online Reputation Privacy and Security, Online Bullying, Managing Online Information.</p> <p>Use of NSPCC Pants resources.</p>	<p>Discovery Education Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.</p> <p>How we can take more responsibility for self-care?</p> <p>Recognising when we need help or support with our problems.</p>	<p>Transition Use BF transition resources</p> <p>Positive habits for our well-being.</p>	<p>Discovery Education</p> <p>Ways to manage the increasing responsibilities and emotional effects of life changes.</p> <p>How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.</p> <p>Human reproduction, including different ways to start a family.</p>
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