



PSHE LESSON OVERVIEW

EYFS

	AUTUMN	SPRING	SUMMER
	<p>TERM 1 – MY FEELINGS (6 lessons) BIG IDEA: Self-regulation Lesson 1: Identifying my feelings Lesson 2: Feelings jars Lesson 3: Coping strategies Lesson 4: Describing feelings Lesson 5: Facial expressions Lesson 6: Creating a calm corner</p> <p>TERM 2 – SPECIAL RELATIONSHIPS (6 lessons) BIG IDEA: Building relationships Lesson 1: My family Lesson 2: Special people Lesson 3: Sharing Lesson 4: I am unique Lesson 5: My interests Lesson 6: Similarities and differences</p>	<p>TERM 3 – TAKING ON CHALLENGES (6 lessons) BIG IDEA: Managing self Lesson 1: Why do we have rules? Lesson 2: Building towers Lesson 3: Team den building Lesson 4: Grounding Lesson 5: Team races Lesson 6: Circus skills</p> <p>TERM 4 – LISTENING AND FOLLOWING INSTRUCTIONS BIG IDEA: Self-regulation Lesson 1: Simon says Lesson 2: Listening to a story Lesson 3: Pass the whisper Lesson 4: Obstacle race Lesson 5: Blindfold walk Lesson 6: Treasure hunt</p>	<p>TERM 5 – MY FAMILY AND FRIENDS (6 lessons) BIG IDEA: Building relationships Lesson 1: Festivals Lesson 2: Sharing Lesson 3: What makes a good friend? Lesson 4: Being a good friend Lesson 5: Teamwork Lesson 6: Celebrating friendships</p> <p>TERM 6 – MY WELLBEING (6 lessons) BIG IDEA: Managing self Lesson 1: What is exercise? Lesson 2: Yoga and relaxation Lesson 3: Looking after ourselves Lesson 4: Being a safe pedestrian Lesson 5: Eating healthily Lesson 6: A rainbow of food</p>



PSHE OVERVIEW

KS1 (Mixed Age – Year 1 / 2)

	AUTUMN	SPRING	SUMMER
CYCLE A	<p>TERM 1 – FAMILIES AND RELATIONSHIPS BIG IDEA: RELATIONSHIPS (core theme)</p> <p>Lesson 1 Introduction: Setting ground rules for RSE & PSHE lessons* Lesson 2 Family* Lesson 3 Friendships* Lesson 4 Families are all different Lesson 5 Other people’s feelings Lesson 6 Getting along with others* Lesson 7 Friendship problems* Lesson 8 Gender stereotypes*</p> <p>TERM 2 – HEALTH AND WELL BEING BIG IDEA: HEALTHY LIFESTYLES</p> <p>Lesson 1 Understanding my feelings* Lesson 2 Relaxation - laughter and progressive muscle relaxation Lesson 3 What am I like? Lesson 4 Ready for bed? Lesson 5 Hand washing and personal hygiene Lesson 6 Sun safety Lesson 7 Allergies Lesson 8 People who help us stay healthy</p>	<p>TERM 3 – SAFETY AND THE CHANGING BODY BIG IDEA: KEEPING SAFE</p> <p>Lesson 1 Communicating with adults* Lesson 2 People who help to keep us safe in our local community Lesson 3 Road safety* Lesson 4 Safety with medicines* Lesson 5 Making a call to the emergency services Lesson 6 The difference between secrets and surprises Lesson 7 Appropriate contact* Lesson 8 My private parts are private* Lesson 9 Personal boundaries*</p> <p>TERM 4 – CITIZENSHIP BIG IDEA: VALUES</p> <p>Lesson 1 Rules* Lesson 2 Similar, yet different * Lesson 3 Belonging Lesson 4 Job roles in the community Lesson 5 Our school environment Lesson 6 Our local environment</p>	<p>TERM 5 – ECONOMIC WELL BEING BIG IDEA: LIVING IN THE WIDER WORLD</p> <p>Lesson 1 Money* Lesson 2 Needs and wants* Lesson 3 Looking after money Lesson 4 Banks and building societies* Lesson 5 Jobs*</p> <p>TERM 6 – TRANSITION BIG IDEA: DEALING WITH CHANGE</p> <p>Transition lesson*</p>

<p>CYCLE B</p>	<p>TERM 1 – FAMILIES AND RELATIONSHIPS BIG IDEA: GETTING ON AND FALLING OUT</p> <p>Lesson 1 Introduction: Setting ground rules for RSE & PSHE lessons* Lesson 2 Family* Lessons 3 Friendships* Lesson 4 Other people’s feelings Lesson 5 Getting along with others* Lesson 6 Friendship problems* Lesson 7 Gender stereotypes* Lesson 8 Change and loss</p> <p>TERM 2 – HEALTH AND WELL BEING BIG IDEA: LOOKING AFTER MYSELF</p> <p>Lesson 1 Understanding my feelings* Lesson 2 Steps to success Lesson 3 Developing a growth mindset Lesson 4 Being active Lesson 5 Relaxation: breathing exercises Lesson 6 Healthy diet Lesson 7 Looking after our teeth</p>	<p>TERM 3 – SAFETY AND THE CHANGING BODY BIG IDEA: KEEPING SAFE</p> <p>Lesson 1 Communicating with adults* Lesson 2 local community Road safety* Lesson 3 Safety at home Lesson 4 Safety with medicines* Lesson 5 What to do if I get lost Lesson 6 The internet Lesson 7 Appropriate contact* Lesson 8 My private parts are private*</p> <p>TERM 4 – CITIZENSHIP BIG IDEA: UNDERSTANDING THE NEEDS OF OTHERS</p> <p>Lesson 1 Rules* Lesson 2 Similar, yet different * Lesson 3 Caring for others: Animals Lesson 4 The needs of others Lesson 5 Democratic decisions Lesson 6 School council Lesson 7 Giving my opinion</p>	<p>TERM 5 – ECONOMIC WELL BEING BIG IDEA: HOW MONEY HELPS US</p> <p>Lesson 1 Money* Lesson 2 Needs and wants* Lesson 3 Saving and spending Lesson 4 Banks and building societies* Lesson 5 Jobs*</p> <p>TERM 6 – TRANSITION BIG IDEA: DEALING WITH CHANGE</p> <p>Transition lesson*</p>
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PSHE OVERVIEW

LKS2 (Mixed Age – Year 3 / 4)

	AUTUMN	SPRING	SUMMER
CYCLE A	<p>TERM 1 - FAMILIES AND RELATIONSHIPS BIG IDEA: FRIENDSHIPS AND RELATIONSHIPS</p> <p>Lesson 1 Introductory lesson: Setting ground rules and signposting*</p> <p>Lesson 2 Friendship issues and bullying*</p> <p>Lesson 3 The effects of bullying and the responsibility of the bystander</p> <p>Lesson 4 Stereotyping - Gender*</p> <p>Lesson 5 Stereotyping - Age/disability*</p> <p>Lesson 6 Healthy friendships - boundaries</p> <p>Lesson 7 Learning who to trust</p> <p>Lesson 8 Respecting differences*</p> <p>Lesson 9 Change and loss - bereavement*</p> <p>TERM 2 – HEALTH AND WELL BEING BIG IDEA: HEALTHY BODY AND MIND</p> <p>Lesson 1 My healthy diary</p> <p>Lesson 2 Diet and dental health</p> <p>Lesson 3 Relaxation - stretches</p> <p>Lesson 4 Wonderful me</p> <p>Lesson 5 My superpowers</p> <p>Lesson 6 Celebrating mistakes</p> <p>Lesson 7 Communicating my feelings*</p> <p>Lesson 8 My happiness</p>	<p>TERM 3 - SAFETY AND THE CHANGING BODY BIG IDEA: CHANGING ME</p> <p>Lesson 1 Be kind online</p> <p>Lesson 2 Cyberbullying</p> <p>Lesson 3 Share aware</p> <p>Lesson 4 Privacy and secrecy</p> <p>Lesson 5 First Aid: Bites and stings</p> <p>Lesson 6 Choices and influences*</p> <p>Lesson 7 Year 3: First Aid: Emergencies and calling for help</p> <p>Year 4: Introducing puberty</p> <p>Lesson 8 Year 3: Road safety</p> <p>Year 4: Growing up</p> <p>TERM 4 – CITIZENSHIP BIG IDEA: PERSONAL RESPONSIBILITY</p> <p>Lesson 1 Recycling / reusing*</p> <p>Lesson 2 Local community buildings and groups*</p> <p>Lesson 3 Local council and democracy*</p> <p>Lesson 4 Rules</p> <p>Lesson 5 Rights of the child*</p> <p>Lesson 6 Human rights</p>	<p>TERM 5 - ECONOMIC WELL BEING BIG IDEA: FINANCIAL RESPONSIBILITIES</p> <p>Lesson 1 Spending choices*</p> <p>Lesson 2 Budgeting*</p> <p>Lesson 3 Money and emotions *</p> <p>Lesson 4 Jobs and careers*</p> <p>Lesson 5 Gender and careers</p> <p>TERM 6 – TRANSITION BIG IDEA: REFLECTION ON OPPORTUNITY AND RESPONSIBILITY</p> <p>Coping strategies*</p>

CYCLE B	<p>TERM 1 – FAMILIES AND RELATIONSHIPS BIG IDEA: DIFFERENT TYPES OF FAMILIES</p> <p>Lesson 1 Introductory lesson: Setting ground rules and signposting* Lesson 2 Friendship issues and bullying* Lesson 3 Healthy families Lesson 4 Stereotyping - Gender* Lesson 5 Stereotyping - Age/disability* Lesson 6 How my behaviour affects others Lesson 7 Effective communication to support relationships Lesson 8 Respect and manners Lesson 9 Respecting differences</p> <p>TERM 2 – HEALTH AND WELL BEING BIG IDEA: MENTAL HEALTH</p> <p>Lesson 1 My healthy diary Lesson 2 Looking after our teeth Lesson 3 Relaxation - visualisation Lesson 4 Meaning and purpose - my role Lesson 5 Resilience: breaking down problems Lesson 6 Emotions Lesson 7 Communicating my feelings* Lesson 8 Mental health</p>	<p>TERM 3 – SAFETY AND THE CHANGING BODY BIG IDEA: HARMFUL INFLUENCES</p> <p>Lesson 1 Fake emails Lesson 2 Internet safety: age restrictions Lesson 3 Consuming information online Lesson 4 Tobacco Lesson 5 First Aid: asthma Lesson 6 Choices and influences* Lesson 8 Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty Lesson 9 Year 3: Road safety Year 4: Growing up</p> <p>TERM 4 – CITIZENSHIP BIG IDEA: CHARITY</p> <p>Lesson 1 Recycling? reusing* Lesson 2 Local community buildings and groups* Lesson 3 Local council and democracy* Lesson 4 Diverse communities Lesson 5 Rights of the child Lesson 6 Charity</p>	<p>TERM 5 – ECONOMIC WELL BEING BIG IDEA: BUDGETING AND SPENDING</p> <p>Lesson 1 Spending choices* Lesson 2 Budgeting* Lesson 3 Money and emotions * Lesson 4 Jobs and careers* Lesson 5 Jobs for me</p> <p>TERM 6 – TRANSITION BIG IDEA: GOALS</p> <p>Coping strategies*</p>



UKS2 (Mixed Age – Year 5 /6)

AUTUMN

SPRING

SUMMER

CYCLE A

TERM 1 - FAMILIES AND RELATIONSHIPS
BIG IDEA: RESPECTFUL RELATIONSHIPS

Lesson 1 Introduction lesson: Setting rules and signposting*
Lesson 2 Build a friend - what makes a good friend
Lesson 3 Respect*
Lesson 4 Respecting myself
Lesson 5 Marriage
Lesson 6 Bullying
Lesson 7 Stereotyping
Lesson 8 Challenging stereotypes

TERM 2 – HEALTH AND WELL BEING
BIG IDEA: SELF-AWARENESS AND UNDERSTANDING

Lesson 1 Relaxation - yoga
Lesson 2 The importance of rest
Lesson 3 Embracing failure
Lesson 4 Going for goals
Lesson 5 Taking responsibility for my feelings
Lesson 6 Healthy meals
Lesson 7 Sun safety

TERM 3 - SAFETY AND THE CHANGING BODY
BIG IDEA: KEEPING MY CHANGING BODY SAFE

Lesson 1 Online friendships
Lesson 2 Staying safe online
Lesson 3 First Aid: Choking
Lesson 4 Alcohol
Lesson 5 Drugs, alcohol and tobacco: Influences (vaping)
Lesson 6 **Year 5: Puberty Year 6: Physical and emotional changes of puberty**
Lesson 7 **Year 5: Menstruation Year 6: Conception**
Lesson 8 **Year 5: Emotional changes in puberty Year 6: Pregnancy and birth**

TERM 4 – CITIZENSHIP
BIG IDEA: RIGHTS AND RESPONSIBILITIES AND DEMOCRACY

Lesson 1 Breaking the law
Lesson 2 Prejudice and discrimination
Lesson 3 Protecting the planet
Lesson 4 Contributing to the community
Lesson 5 Rights and responsibilities*
Lesson 6 Parliament and national democracy*

TERM 5 - ECONOMIC WELL BEING
BIG IDEA: MANAGING MONEY

Lesson 1 Borrowing
Lesson 2 Income and expenditure
Lesson 3 Prioritising spending
Lesson 4 Risks with money
Lesson 5 Careers*

TERM 6
YEAR 6 ONLY - IDENTITY
BIG IDEA: BODY IMAGE

Lesson 1 **Year 6: What is identity?**
Lesson 2 **Year 6: Identity and body image**

YEAR 5/6 TRANSITION
BIG IDEA: MANAGING BIG CHANGES

Roles and responsibilities*

<p>CYCLE B</p>	<p>TERM 1 – FAMILIES AND RELATIONSHIPS BIG IDEA: BOUNDARIES</p> <p>Lesson 1 Introduction lesson: Setting rules and signposting* Lesson 2 Friendship skills Lesson 3 Respect* Lesson 4 Resolving conflict Lesson 5 Family life Lesson 6 Stereotyping Lesson 7 Challenging stereotypes Lesson 8 Change and loss</p> <p>TERM 2 – HEALTH AND WELL BEING BIG IDEA: GOOD HABITS</p> <p>Lesson 1 Relaxation - mindfulness Lesson 2 What can I be? Lesson 3 Taking responsibility for my health Lesson 4 The impact of technology on health Lesson 5 Resilience toolbox Lesson 6 Immunisation Lesson 7 Physical health concerns Lesson 8 Good and bad habits</p>	<p>TERM 3 – SAFETY AND THE CHANGING BODY BIG IDEA: RELATIONSHIPS AND MY CHANGING BODY</p> <p>Lesson 1 Critical digital consumers Lesson 2 Social media Lesson 3 First Aid: Bleeding Lesson 4 First Aid: Basic life support Lesson 5 Year 5: Puberty Year 6: Physical and emotional changes of puberty Lesson 6 Year 5: Menstruation Year 6: Conception Lesson 7 Year 5: Emotional changes in puberty Year 6: Pregnancy and birth</p> <p>TERM 4 – CITIZENSHIP BIG IDEA: DIVERSITY</p> <p>Lesson 1 Pressure groups Lesson 2 Valuing diversity Lesson 3 Food choices and the environment Lesson 4 Caring for others Lesson 5 Rights and responsibilities* Lesson 6 Parliament and national democracy*</p>	<p>TERM 5 – ECONOMIC WELL BEING BIG IDEA: FINANCIAL ATTITUDES</p> <p>Lesson 1 Attitudes to money Lesson 2 Keeping money safe Lesson 3 Stereotypes in the workplace Lesson 4 Gambling Lesson 5 Careers*</p> <p>TERM 6 YEAR 6 ONLY - IDENTITY BIG IDEA: BODY IMAGE</p> <p>Year 6: What is identity? Year 6: Identity and body image</p> <p>YEAR 5/6 TRANSITION BIG IDEA: MANAGING BIG CHANGES</p> <p>Roles and responsibilities*</p>
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