

PSHE Overview					
Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1					
<p>Mental health and wellbeing</p> <p>Zones of regulation</p> <p>Children learn what the zones of regulation are, extending learning from EYFS, they explore different emotions and how their emotions and actions are different</p>	<p>Managing Risk and Keeping Safe</p> <p>(Local area walk)</p> <p>Children learn how to keep themselves safe in familiar situations, our local area, including road safety and explore the importance of their personal safety</p>	<p>Drugs and alcohol, what do we put in our bodies?</p> <p>Children learn how to stay safe around medicines and what substances can be harmful to our bodies.</p>	<p>Identity, society and equality</p> <p>Children explore their own identity, what makes them special</p> <p>Zones of Regulation/ Resilience</p> <p>Children explore what it means to be resilient, activities that help them to regulate and the importance of being kind</p>	<p>Careers, My Money</p> <p>Children learn where money comes from, explore the role of a bank and explore different careers, linking to school and sustainability</p>	<p>Physical health and Wellbeing</p> <p>Children explore eating healthy, explore what sugar can do to our diet, the positive impact of exercise and explore sun safety</p> <p>Link to Sports Day & DT cooking</p> <p>Transition lesson</p> <p>Children discuss the transition to their new year group</p>
Year 2					
<p>Zones of Regulation</p> <p>Children recap the Zones of regulation Children to further develop their tool kit from last year</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>	<p>Relationships, Sex and Health Education; Lifecycles</p> <p>Link to Science</p> <p>Children learn the correct terminology for private body parts, the human lifecycle and different stages of life</p>	<p>Managing Risk and Keeping Safe</p> <p>Link to Topic</p> <p>To understand fire safety, how to stay safe at home, call 999 and road safety</p> <p>Fire Safety Workshop</p>	<p>Drugs and Alcohol, Medicines and Me</p> <p>Children learn about staying safe around medicines and asthma safety</p>	<p>Mental Health and Wellbeing</p> <p>Link with English</p> <p>Children explore their friendships, the importance of being kind, making friends online and solving problems independently</p>	<p>Physical Health and Wellbeing</p> <p>Children explore different categories of food and making a healthy meal</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>

Year 3					
<p>Mental Health and Wellbeing; Strengths and Challenges</p> <p>Zones of Regulation</p> <p>Children explore strengths and challenges in relation to goal setting, and where emotions linked to zones of regulation may fall when trying to achieve these goals.</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>	<p>Keeping Safe and Managing Risk; Bullying</p> <p>Link to Arsenal and racism</p> <p>Children explore the differences between difficulties in friendships and bullying and how to spot the difference.</p> <p>Children explore bullying online with links to racism and Arsenal players</p>	<p>Identity, Society and Equality; celebrating difference</p> <p>Children learn about similarities and differences between them and others, the importance of community and belonging to different groups</p>	<p>Careers, Financial Capability and Economic Wellbeing; Spending, Saving & Budgeting</p> <p>Children explore budgeting, purchases and their impacts, career options and job opportunities</p> <p>Link to Topic, sustainability and Institute of Physics</p>	<p>Drugs, Alcohol and Tobacco Education; Tobacco</p> <p>Children explore the dangers of drugs, including medication, smoking and the risks associated with smoking</p>	<p>Physical Health and Wellbeing; What Helps Me Choose?</p> <p>Children explore the Eat Well guide, understand influences around the food we choose and how physical exercise impacts our overall health</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>
Year 4					
<p>Mental Health and Emotional Wellbeing; Dealing with my feelings</p> <p>Zones of Regulation</p> <p>Children learn about a range of emotions, their strengths, making mistakes and taking responsibility for</p>	<p>Identity, Society and Equality; Democracy</p> <p>Children explore democratic society and how local government works. Children explore how budgets are assigned at local government level</p>	<p>Keeping Safe and Managing Risk; Playing Safe</p> <p>Children learn about being safe in their local area and online, as well as administering basic first aid</p> <p>First Aid Workshop</p>	<p>Drugs, Alcohol and Tobacco; Different Influences</p> <p>Children learn about different drugs and how they influence behaviour, including benefits of being a nonsmoker, linked to previous learning about Asthma</p>	<p>Relationships, Health and Sex Education; Puberty</p> <p>Children explore the physical and hormonal changes related to puberty and what to expect as boys and girls</p> <p>Mental Health and Emotional Wellbeing; link to friendships and Spring 2 English</p>	<p>Physical Health and Wellbeing; Making Healthy Choices</p> <p>Children explore what makes food healthy and design healthy meals</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p>

<p>their own happiness</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>				<p>text - The Council of Good Friends by Nikesh Shukla</p> <p>Use unit as a chance to address social dynamic in class</p>	<p>Children discuss the transition to their new year group</p>
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Year 5

<p>Zones of Regulation</p> <p>Children help to develop Zones of Regulation in their class and link these different feelings to changes in puberty and hormones</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p> <p>Identity, Society and Equality; Stereotypes, discrimination and prejudice</p> <p>Children explore stereotypes and discrimination, the impact of this on others - specifically hate crime</p> <p>Link to Black History Month</p>	<p>Relationships, Sex and Health Education; Puberty</p> <p>Children learn further details about the changes they will experience in puberty as boys and girls and explore peer pressure</p>	<p>Keeping Safe and Managing Risk; When Things go Wrong</p> <p>Children explore staying safe online, recognising domestic abuse and dangers of going missing</p> <p>Fire Safety Workshop</p>	<p>Mental Health and Emotional Wellbeing; Understanding feelings</p> <p>Children explore mental health and how to take responsibility for their own feelings, particularly in times of change and how to resist peer pressure – link back to RSHE and English text</p>	<p>Drugs, Alcohol and Tobacco; Different Influences</p> <p>Children explore different influences that may make people drink or take drugs, including influences online</p>	<p>Physical Health and Wellbeing; Taking Responsibility for my Health</p> <p>Children explore calorie intakes, balanced diets and the importance of rest</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>
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Year 6

<p>Zones of Regulation</p> <p>Children help to develop Zones of Regulation in their class and link these different feelings to changes in puberty and hormones</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>	<p>Keeping safe and Managing Risk; Knife Crime</p> <p>Children visit Ben Kinsella exhibition and explore the impacts of knife crime on young people, communities and families</p>	<p>Identity, Society and Equality; Human Rights</p> <p>Children explore what it means to be a refugee, homelessness and explore the UN Convention on the Rights of a Child</p>	<p>Drugs, Alcohol and Tobacco; Weighing up Risk</p> <p>Children explore different drugs, particularly focusing on vaping, the effects of different drugs and factors that may influence them</p>	<p>Relationships, Sex and Health Education</p> <p>Children learn about Sexual Intercourse and conception and how to stay safe</p> <p>Transition Lesson</p> <p>Children prepare for Secondary school</p>
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