



Whole School PSHE Overview



Reception

Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Tell an adult why it is important to listen to and follow instructions.			
Friends and Family	Know that friendships can make us feel happy and ways that we can make new friends feel welcome			
	Recognise the importance of saying sorry and forgiveness			
	Talk about my family and start to recognise similarities and differences between families.			
Healthy Mind	Begin to identify and name some feelings			
	Talk about how their own feelings can be affected by others			
	Identify 'star qualities' in myself and others.			
Healthy Body	Know that exercise and a healthy diet are important for good health. Discuss why snacks/meals available at school are good for them.			
Rights and Responsibilities	Talk about why we have school and classroom rules and guidelines.			
	Understand the importance of taking turns and sharing.			
Citizenship	Identify groups and communities they belong to considering the similarities and differences.			

Year 1

Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Use the internet safely with adult supervision			
	Know what is safe to eat and drink and who to check with			
	Describe how things that can go into a person's body or onto their skin can change how people look and feel (make up, sun cream, medicines, injections etc.)			
Friends and Family	Describe what kindness looks and feels like			
	Know how to help a friend if others are being unkind (unkind, mean, bullying)			
	Identify special people (friends, family and carers) and how they care for one another			
Growing Body	Understand that we are all different and can still be friends			
	Discuss how children grow and change			
	Identify different types of families and who to ask for help when families make them feel unhappy or unsafe			
Healthy Mind	Identify and name common feelings			
	Understand the importance of sharing thoughts and feelings			
	Talk about times and situations that make them feel happy, unhappy or cross			



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	Recognise the qualities of a positive learning attitude and environment			
	Discuss hopes for the future and the next year at school			
Healthy Body	Investigate bedtime routines and know how much sleep you should get and why it is important			
	Know why exercise is good for the body			
Rights and Responsibilities	Talk about where money comes from and how it can be used			
	Identify 'needs' and 'wants' and talk about the difference			
	Know how we can keep money safe and keep track of what we spend			
Citizenship	Recognise what it means to be a good neighbour and what can harm a neighbourhood			
	Describe what it is like to live in Britain and what makes them proud about Britain			

Year 2

Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Using the internet with adult guidance and using passwords to access online resources.			
	Identify everyday dangers in and outside the home and rules that keep people safe. (e.g. green cross code)			
	Understand who and what can make them feel better if they are feeling unwell			
	Describe how to stay safe around medicines and other household products			
	Know the number to call in an emergency and how to report an emergency			
Friends and Family	Identify the qualities of a good friend and how to show we are a good friend			
	Recognise that there are a range of ways to resolve arguments in a positive way			
	Talk about what 'family' means and why it is important			
Growing Body	Understand that some people have fixed ideas about what boys and girls can do			
	Explain differences between males and females			
	Name the different male and female body parts			
Healthy Mind	Understand that people's feelings can be hurt			
	Know that they can choose how to react to thoughts and situations			
	Know who to talk to if they are worried about how someone has touched them or made them feel			
	Discuss and celebrate personal achievements and goals (class and achievement assemblies)			
	Discuss things they are thankful for			
	Begin to practise regularly taking some time to be calm and still			



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Healthy Body	Explain what can happen if they don't get enough sleep.			
	Understand the importance of good hand hygiene and demonstrate/describe a good handwashing technique			
Rights and Responsibilities	Understand that all people have rights and some people have jobs which protect people's rights			
	Identify ways in which people can be different and what respect means and how to show it			
	Identify what being fair means and looks like			
Citizenship	Identify similarities and differences between homes around the world			
	Know what the environment is and how natural resources are used by people			
	Describe what you love about the world and how you would feel if these things disappeared			

Year 3				
Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Recognising the importance of managing and protecting personal passwords and information online			
	Understand the importance of taking medicines correctly and using household products safely			
	Explain how germs travel and spread disease (difference between bacterial and viral infections)			
Friends and Family	Identify how thoughts, feelings and worries can affect our relationships with friends and family			
	Develop strategies to help share thoughts, feelings and worries (e.g. worry monster/box, friendship bench, check ins) and resolve disputes and difficulties			
	Recognise that change can affect our feelings (including year groups, key stages, houses, loss and changes in family circumstances)			
Growing Body	Know and respect body differences between ourselves and others			
	Consider appropriate and inappropriate physical contact and consent			
	Explore different types of families and who to go to for help and support			
Healthy Mind	Describe some strategies to help cope with uncomfortable feelings			
	Identify facial expressions associated with different feelings and that the way we feel inside can show on the outside (or not)			
	Identify ways to make things better after a mistake has been made			
	Identify skills and attributes that we should celebrate			
	Understand what impact a 'growth mindset' can have on their learning			
	Know that it is important to have 'rest' time including hobbies and interests			



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Healthy Body	Know what happens to muscles when we exercise them			
	Understand why eating a balanced and varied diet is important (eatwell plate)			
Rights and Responsibilities	Identify things we need and want and how advertisements can influence what we buy			
	Discuss the importance of organising and prioritising spending to enable saving for the future and the issues around debt			
	Identify different ways to pay for goods (cash, card, contactless, online, PayPal, cheque) and how to keep track of payments			
Citizenship	Identify rules and laws that help society function and why democracy is important			
	Identify what a diverse and multicultural society looks like and the benefits			
	Discuss why showing respect and being tolerant of others is important			
First Aid (Bites and Stings)	Identify when a casualty is having an allergic reaction to a bite or sting			
	Know how to provide first aid treatment for a casualty who has been bitten or stung			
	Know how to comfort someone who has been bitten or stung and seek medical help if required			
First Aid (Allergic Reactions)	Identify when someone is having an allergic reaction			
	Know how to help a casualty who is having an allergic reaction and seek medical help if required			

Year 4				
Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Know how to use mobile devices and the internet safely			
	Understand how drugs, cigarettes and alcohol affect the human body			
	Identify safety precautions that should be taken on and near roads			
Friends and Family	Talk about how our attitude can impact new and existing friendships			
	Understand there are many different types of family and talk about their own family and the relationships within it			
	Identify similarities and differences in different loving relationships			
Growing Body	Explore human life cycle and know that changes happen during puberty			
	Understand that puberty is linked to reproduction			
	Describe the characteristics of healthy relationships			
Healthy Mind	Recognise that people experience a range of emotions and react in a range of ways to experiences and situations			
	Identify strategies to cope with uncomfortable emotions			
	Understand that it is important to be aware of and look after our mental health			



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	Know where and how to seek support, identifying people in school they should speak to if they are worried about their own or someone else's mental health			
	Identify strategies to help someone who is lonely			
Healthy Body	Understand the characteristics of a poor diet and the impact on tooth health			
	Describe the mental and physical benefits of an active lifestyle			
Rights and Responsibilities	Understand what human rights are and that all people share the same rights			
	Know about The Universal Declaration of Human Rights and the Rights of the Child			
	Describe what a stereotype is and how they can be harmful and what it means to show respect			
Citizenship	Compare different values and customs around the world and in the UK			
	Know that differences and similarities can be attributed to a number of factors (family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability)			
	Talk about inequality in my country and other countries (enterprise opportunity/harvest link)			
First Aid (Asthma)	Identify when someone is having an asthma attack			
	Know how to assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma			
	Know how to seek medical help if required for someone who is having an asthma attack			
First Aid (Burns and Scalds)	Ensure own safety and the safety of others			
	Identify a burn or scald			
	Know how to give first aid to a casualty who has a burn or scald and seek medical help if required			

Year 5				
Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Know where and how to report concerns about issues online			
	Managing personal details (passwords and profiles) effectively			
	Describe how the safe use of medicines can support health and wellbeing			
	Explain the risks and effect of legal and illegal drug use			
Friends and Family	Understand how to express opinions, and disagree, respectfully			
	Discuss what a compromise is and how to make compromises in group activities			
	Recognise that we have responsibilities at home and to our families			
Growing Body	Describe some of the physical and emotional changes their bodies that occur during puberty			



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	Understand why they need to demonstrate good personal hygiene habits as they grow up			
Healthy Mind	Recognise what can positively and negatively affect their mental health			
	Recognise, talk about and create strategies to manage uncomfortable feelings			
	Discuss how to establish healthy mental habits including gratitude diaries, mindfulness practices and reflection time			
	To recognise feelings of worry and anxiety and find ways to share them effectively			
Healthy Body	Understand the risks associated with an inactive lifestyle and poor diet e.g. heart health, obesity, tooth decay, diabetes			
	Recognise the importance of building regular exercise into daily and weekly routine			
Rights and Responsibilities	Discuss and identify ways to avoid financial risk			
	Consider advertisers claims, value for money and what it means to be a critical consumer			
	Explain key financial management vocabulary including 'value for money', interest, tax, budget and debt			
Citizenship	Explain what it means to belong to a community and why rules and laws are necessary			
	Discuss local and national government and how it relates to human rights			
	Consider how they could support the local community			
First Aid (Bleeding)	Know how to ensure the safety of myself and others			
	Understand how to assess a casualty's condition calmly and give first aid to someone who is bleeding			
	Know how to seek medical help if required for a casualty who is bleeding			
First Aid (Emergencies and Calling for Help)	Understand that it is most important to ensure the safety of myself and others when faced with an emergency situation			
	Know how to assist in an emergency and give the correct information when calling the emergency services for help			

Year 6

Strand of PSHE	Focus	Term	Term	Term
Keeping Safe	Know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place			
	Understand why people choose to use or not use drugs			
	Describe strategies for managing peer influence in situations that might involve drugs			



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	Describe how messages in the media about drug use can influence a person's opinions and decisions			
Friends and Family	Recognise the characteristics of healthy and unhealthy friendships			
	Discuss different kinds of secrets and the implications of keeping and sharing secrets			
	Share ideas for ways we can care for and support our families and friends			
Growing Body	Describe how and why the body changes during puberty			
	Explain differences between healthy and unhealthy relationships and know the importance of communication			
	Consider different ways people might start a family			
	Explore positive and negative ways of communicating in a relationship			
Healthy Mind	Demonstrate a range of ways to describe and express their own and others' feelings (in on and offline situations, through literature and scenarios)			
	Identify and use a range of strategies to enable them to share difficult thoughts and feelings			
	Know that it is common for people to experience mental ill health and investigate a range of ways to manage and improve mental health; including people, charities, apps and websites			
	Understand that our online presence can cause negative and lasting impact on mental wellbeing			
	Describe simple self-care techniques including rest, time spent with family and friends, exercise, hobbies and interests			
Healthy Body	Identify ways of including regular exercise in daily and weekly routines e.g. walking or cycling to school, daily mile etc.			
	Understand what information the nutritional labels on food provide and how these can inform good dietary choices			
Rights and Responsibilities	Investigate the basic human rights that all people share and people who may face human rights issues			
	Using historical references consider how and why some ideas and human rights have changed			
	Consider how human rights activists have changed the world			
Citizenship	Explain what it means to be a responsible global citizen			
	Investigate why we need clean water and global access to clean water sources			
	Discuss how energy production and use and waste choices impact on the wider global community			
First Aid (Choking)	Recognise when a casualty is choking			
	Understand how to assess and give first aid to a casualty who is choking and seek medical help if required			



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First Aid (Head Injuries)	Know how to ensure the safety of themselves and others			
	Know how to assess a casualty's condition calmly			
	Identify ways to comfort a casualty who has a head injury and seek medical help if required			