

Year Group	Autumn I <b><u>Use St. Mary's Vocabulary List</u></b>	Autumn II <b><u>Use St. Mary's Vocabulary List</u></b>	Spring I <b><u>Use St. Mary's Vocabulary List</u></b>	Spring II <b><u>Use St. Mary's Vocabulary List</u></b>	Summer I <b><u>Use St. Mary's Vocabulary List</u></b>	Summer II <b><u>Use St. Mary's Vocabulary List</u></b>
R	<b>Me and My Relationships</b> All about me. What makes me special Me and my special people. Who can help me? My feelings.	<b>Valuing Difference</b> I'm special, you're special. Same and different families and homes. Being kind and caring.  <b>UK Parliament Week</b>	<b>Keeping Myself Safe</b>  What's safe to go onto and into my body (including medicines)? Keeping safe indoors and outdoors. Keeping safe online. People who help to keep me safe.	<b>Rights and Responsibilities</b>  Looking after my special people and friends. Being helpful at home and caring for the classroom. Caring for our world. Looking after money.	<b>Being My Best</b>  Bouncing back when things go wrong. Healthy Eating. Move your body. A good night's sleep.	<b>Growing and Changing Seasons.</b> Life seasons – humans and plants. Where do babies come from – correct vocabulary for body parts / a baby is made by a woman and a man and grows inside the mother's tummy. Getting bigger. Me and my body – boys and girls. <b>Road safety</b>
Year 1	<b>Me and My Relationships</b>  Why we have classroom rules. Our feelings. Feelings and bodies. Good friends. How are you listening?	<b>Valuing Difference</b> Same or different? Unkind, tease or bully? School rules. Special people. What is fair or unfair.  <b>UK Parliament Week</b>	<b>Keeping Myself Safe</b>  Keeping healthy. The importance of sleep. People who can help me if I feel unsafe. Feelings of loss. Medicines and safety. Good and bad touches. Sharing pictures.	<b>Rights and Responsibilities</b>  Caring for the school environment. Looking after something. Money. Keeping money safe and saving. Basic first aid.	<b>Being My Best</b> Healthy foods / lunch. How diseases spread and prevention. New skills / overcoming challenges. Listening to and praising others. How our behaviour affects others. Personal Hygiene. Catch it! Bin it! Kill it!	<b>Growing and Changing</b>  Internal body parts and processes. Taking care of a baby. How I have changed since a baby / people who helped. Teasing and bullying – who can help. The difference between secrets and nice surprises. Keeping privates private.
Year 2	<b>Me and My Relationships</b>  Our ideal classroom. Feelings. Bullying. Being a good friend. Let's all be happy.	<b>Valuing Difference</b> What makes us who we are? How do we make others feel? My special people. Feeling left out. Acts of kindness. Solving problems.  <b>UK Parliament Week</b>	<b>Keeping Myself Safe</b> Medicines. Feeling safe or unsafe. Situations to say yes, no, I'll tell or I'll ask. Feeling comfortable, types of touch, who can help us. Touches – fun or not? Safe/ unsafe secrets. Secrets that should never be kept.	<b>Rights and Responsibilities</b>  Getting on with others. Impulsive behaviour. Feeling safe. Looking after the environment. Money – saving and spending. Online relationships, internet safety.	<b>Being My Best</b> How we learn. Making choices during the day. Keeping clean and healthy. Dental hygiene. Food, water, exercise and sleep. Internal body parts / food, water and oxygen.	<b>Growing and Changing</b> Giving positive feedback. Losing a person you are close to. Stages of growth. Private body parts / genitals help people to make babies when they are grown up. Respecting Privacy. Safe and unsafe secrets.  <b>Fire Safety Visit</b>

			<b>Local Dentist Visit</b>			
<b>Year 3</b>	<p><b>Me and My Relationships</b></p> <p>Rules. Feelings of loss. Cooperation and collaboration. Looking after people who are special to us. Strategies for resolving conflict. Dares and strategies to deal with them. Expressing opinions, listening to others, Friendship.</p>	<p><b>Valuing Difference</b></p> <p>Types of family / Adoption, fostering and same-sex relationships. My community. Respect and challenge. Diversity – national, regional, ethnic, religious. Diversity – bullying and tolerance. Prejudiced views.</p> <p><b>UK Parliament Week</b></p>	<p><b>Keeping Myself Safe</b></p> <p>Safe/unsafe situations and keeping safe. Danger or risk? Managing risks. Alcohol and cigarettes – risks and effects. Online safety / browsing online. Online behaviour / personal information. Medicines (drugs) – harmful or helpful?</p>	<p><b>Rights and Responsibilities</b></p> <p>Volunteers. Helping each other to stay safe and healthy. Facts and opinions. Looking after the environment. Income, saving and spending. Jobs – earning money.</p>	<p><b>Being My Best</b></p> <p>Healthy eating. Illnesses, hygiene and treatments. Discussion, debating, tolerance. I am fantastic! Collaboration, success, nerve messages. How food, water and air get into the body and blood. Skills and talents.</p>	<p><b>Growing and Changing</b></p> <p>Different types of relationships / positive, healthy relationships. Personal space / types of touch. Secrets and surprises. Online and offline behaviour. Basic First Aid Babies come from the joining of an egg and a sperm, what happens when an egg doesn't meet a sperm.</p>
<b>Year 4</b>	<p><b>Me and My Relationships</b></p> <p>Good and bad feelings. Positive, healthy relationships. Times to say no to a friend. Collaboration and teamwork. Different feelings. Changing feelings. Strategies to respond to bullying / feeling under pressure.</p>	<p><b>Valuing Difference</b></p> <p>Negotiation and compromise. Rights / protecting our personal body space. Friends, different types of relationship. How people are different / how to deal with aggressive behaviour. Differences in people / respect. Stereotypes.</p> <p><b>UK Parliament Week</b></p>	<p><b>Keeping Myself Safe</b></p> <p>Danger, risk or hazard? Safe and unsafe pictures online. Strategies for managing dares. Medicines. Risks and effects of smoking and alcohol. Identifying and managing risk. Positive and negative influences.</p>	<p><b>Rights and Responsibilities</b></p> <p>Who helps us to stay safe? Humans have rights and responsibilities. Rules, democracy. Influence. Bullying, anti-social behaviour, the role of a bystander. Environmental organisations. Income and expenditure – home and school. Income tax, National Insurance, VAT.</p>	<p><b>Being My Best</b></p> <p>Everyone is unique. Making choices. Health – food, water, oxygen, sleep. Caring for the environment – the 7 Rs. Community. Basic first aid.</p>	<p><b>Growing and Changing</b></p> <p>Changes that happen in life, dealing with change. Feelings – understand how the onset of puberty can have emotional as well as a physical impact.</p> <p>Male and female body parts – similarities and differences. Correct terminology for genitalia. Understand and explain why puberty happens. Know the key facts of the menstrual cycle and how to cope with periods. Secrets and surprises.</p> <p>Marriage – entering freely. Marriage includes same sex and opposite sex partners. Know the legal age for</p>

						marriage. The reasons why someone would want to get married, live together or have a civil ceremony.
Year 5	<p><b>Me and My Relationships</b></p> <p>Collaboration. Negotiation and compromise. Friendship. Healthy / unhealthy relationships. Being assertive. Our emotional needs. Communication.</p> <p><b>BFC Healthy Eating Project</b></p>	<p><b>Valuing Difference</b></p> <p>Qualities of friendship. Kind conversations. Happy being me. The benefits of a diverse society / mutual respect for faiths and beliefs. Is information online true or untrue? Understand and explain the difference between sex, gender identity, gender expression, sexual orientation. Consequences of positive and negative behaviour.</p> <p><b>UK Parliament Week</b></p>	<p><b>Keeping Myself Safe</b></p> <p>Changing habits / legal and illegal substances. Positive and negative risks. Bullying. Dares. Decisions / risky situations. Sharing information online and offline. Medicines / categorising drugs. Smoking. Risks.</p>	<p><b>Rights and Responsibilities</b></p> <p>Health and wellbeing / stories in the media. Fact or opinion? Rights, responsibilities, duties. Voluntary, community and pressure (action) groups. Costs – producing and selling products. Personal finance – loan, credit, debt, interest. Local councils, local councillors, elections.</p>	<p><b>Being My Best</b></p> <p>Getting fit – smoking, alcohol, food, water, oxygen, sleep, exercise. Body systems. Strengths and talents. Community. Independence and responsibility. Qualities of “star” celebrities / “ordinary” people. First aid – how to make an emergency call, dealing with common injuries.</p>	<p><b>Growing and Changing</b></p> <p>Feelings and resilience strategies. People who can be trusted, acceptable / unacceptable touches. Feelings of separation. Safe and unsafe secrets.</p> <p>Products that may be needed during puberty. What menstruation is and why it happens. Know the correct vocabulary for the external sexual organs. Feelings of being relaxed, nervous, sad / how to be resilient.</p> <p><b>Bikeability</b></p>
Year 6	<p><b>Me and My Relationships</b></p> <p>Working together. Negotiation and compromise. Friendship. Assertiveness skills. Behaviour, peer-group dynamics. Reacting to others – positive / negative. Marriage, commitment, forced marriage. Appropriate physical contact / some</p>	<p><b>Valuing Difference</b></p> <p>Respect, bullying, discrimination. Similarities and differences, bullying – race, religion, age, disability, skin colour, religion, gender identity, sexuality. Respecting difference. Tolerance and respect. Friendships. Challenging gender stereotypes.</p>	<p><b>Keeping Myself Safe</b></p> <p>Behaviour online and face to face / how something posted online can spread quickly. Keeping personal information safe online / safe behaviours. Sharing photos and films online, what is illegal. Addictive behaviours / emotional needs.</p>	<p><b>Rights and Responsibilities</b></p> <p>Facts, opinions / biased, unbiased. Social media accounts. Money, savings, sales. Jobs and taxes. Voluntary, community and pressure (action) groups. Responsibility to the environment. Living in an environmentally sustainable way.</p>	<p><b>Being My Best</b></p> <p>5 Ways to Wellbeing – Connect, Be Active, Take Notice, Keep Learning, Give. Aspirational goals/actions. Research a health and wellbeing issue. Risk factors. Basic First Aid</p> <p><b>First Aid – St. John’s Ambulance</b></p>	<p><b>Growing and Changing</b></p> <p>Family Life, Relationships, Changes I look great – thinking about photographs / Our Qualities. Gender stereotypes / Media manipulation. Behaviour / risks of sharing images online. Managing Change. Puberty (girls and boys) and the menstrual cycle. Safe and unsafe secrets Making babies – sexual reproduction.</p>

PSHE Overview 2024

	inappropriate touch is illegal. Keeping personal information safe online.	<b>Disability Project</b> <b>UK Parliament Week</b>	Drugs – medical/non-medical, legal context. Basic laws in relation to drugs. Alcohol – what is normal? Emotional needs.	Democracy – Elections. Democracy – How Laws are made.		<b>Fire Safety Visit</b> <b>Robinwood – Outdoor Education.</b>
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