



PSHE Whole School Overview



Key of Resources KS1 and KS2

PSHE Association

Pol-Ed

Kapow

Oak National Academy

Twinkl

Other

Term	EYFS (PSED)	KS1		KS2				Whole School
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Pol-Ed Assemblies
Autumn Term	Self-Regulation My Feelings What makes me unique	General Wellbeing Noticing feelings Paying attention to pleasant feelings Helpful and unhelpful thoughts	General Wellbeing Noticing and naming feelings Changing thoughts and feelings Managing unhelpful thoughts	General Wellbeing Exploring emotions Managing thoughts and emotions Managing worries and responses	General Wellbeing Exploring different thinking habits Different ways to manage worries How can I stay safe in my local area?	General Wellbeing Noticing and naming emotions Changing thinking habits Rumination and worry	General Wellbeing Regulating emotions Managing distraction Money and emotional wellbeing Challenging stereotypes	Whole School Assemblies
	Tooth brushing	How can I speak up?	Reactions and responses	When should I break a secret?	How can we be role models?	How can my adult relationships affect my future?	Relationships	Hate Crime
	Why we have rules in Bankfields Primary School	Relationships What is bullying? How can I be an ally? How can I make friends?	Relationships Why are relationships important? How can I work with different people?	Relationships What is bullying? Friendship conflict versus bullying	Relationships Respect and manners Healthy Friendships How my behaviour affects others	Relationships Including others Bullying and its impact How do my words have power?	What is my relationship with authority? How can we challenge sexism?	Bonfire Safety and Firework Safety
	Building friendships Express likes and dislikes - give opinions	What if my friends make me feel sad?	Other people's feelings Unhappy friendships	Being a kind friend What can I do when friendships go wrong?	How my behaviour affects others	How do my words have power?	Respectful relationships Resolving conflict	Anti-Bullying
	Identify different emotions and expressions and explain how they make us feel in different situations.	Personal Safety How can I keep myself safe in a new place? People who help keep us healthy	Personal Safety What is fire safety? What are medicines?	Personal Safety What are emergency services? What do we mean by risk?	Personal Safety How can we keep safe on the road? What are hazards in the home?	What is peer pressure? Personal Safety Rail Safety How can we keep our things safe?	Personal Safety Water safety What is spiking?	Human Rights
	Children will know that the police are friendly, approachable and here to protect us if we need help.	British Values (Democracy) Democratic decisions	British Values (Democracy) School Council	British Values (Democracy) Local democracy	British Values (Democracy) Local councillors	British Values (Democracy) Parliament	British Values (Democracy) National Democracy	Team Assemblies Year 3/4
	Children will be able to explain who a stranger is and how to keep ourselves safe.	British Value (Rule of Law) Rukes	British Value (Rule of Law) Rules Beyond School	British Value (Rule of Law) Rukes	British Value (Rule of Law) What are human rights?	British Value (Rule of Law) Breaking the Law	British Value (Rule of Law) Consequences of breaking the law	How do we enforce the law?
								How can I be a responsible citizen?
								What is the law and why do we have it?
								What are children's rights?

Spring Term	Managing self - Taking on challenge Children will be able to explain that they are part of a family: home, School and community Children will learn how to keep themselves safe online and know why we need to do this. Children will take part in British values - voting and making a personal choice. Self regulation - listening and following instructions Children will learn how to take turns, sharing with their peers and why it is important to do this. Children will explore fair and unfair - how it makes them and others feel. Children will learn about rules and look at this through well known characters	Wellbeing Online Having the right amount of screen time Choosing what to do online Relationships Feeling safe online Online worries Why safe hands are important Why is name calling unkind? Drugs, Alcohol, Tobacco and Vaping Safety with substances Relationships Gender stereotypes Financial Education What is money? Saving and spending	Wellbeing Online What is the internet? How to stay safe when gaming and watching videos online Relationships People on the internet Talking to people online What are different types of meeting? Secrets and surprises Drugs, Alcohol, Tobacco and Vaping Staying safe with medicines Relationships Gender stereotypes: Careers and jobs Financial Education Where does money come from? What are wants and needs?	Wellbeing Online Cyberbullying Fake emails Relationships What to do if I feel uncomfortable online The rules for friendship online Making choices Communicating my feelings Drugs, Alcohol, Tobacco and Vaping Hazards of household products (C4L) Relationships Stereotypes: Age Financial Education What does budgeting mean? How do people feel about money?	Wellbeing Online Internet - Age restrictions Share Aware Relationships Understand who we can interact with online Know who to trust online What is peer influence? Who do I encounter? Drugs, Alcohol, Tobacco and Vaping Tobacco Relationships Stereotypes: Disability Financial Education Why keep of track of money? What ways are there to look after money?	Wellbeing Online What is media influence? How do we use our phones sensibly? Relationships What are online friendships? Dangers to watch out for in the online space (or group chats) What is grooming? What are my personal boundaries? Drugs, Alcohol, Tobacco and Vaping Tobacco and Vaping What do I know about drugs? Relationships Stereotypes: Race and religion Financial Education What are the risks with money? What are the risks of handling money online?	Wellbeing Online How is my data shared? Why does media have age restrictions? Relationships Pick your pics Social media Critical consumers How can I get ready for secondary relationships? Drugs, Alcohol, Tobacco and Vaping Alcohol Relationships What is prejudice and how can we help? Financial Education Spending influences (online) Wellbeing and support (online)	<u>Team Assemblies</u> <u>Year 3/4</u> What are protected characteristics? What is a hate crime? How can I respect my environment? <u>Year 5/6</u> What is anti-social behaviour? What are the different types of crime? What does the law say about legal drugs? What does the law say about marriage?
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Summer Term	<p>Building relationships</p> <p>Family and friends</p> <p>Sharing with others</p> <p>My well being</p> <p>Children will learn how we grown/change throughout our lives and look at the different generations in our families.</p> <p>Children will learn about other animals and plants grow and change and will be able to explain the changes that they can see.</p> <p>Graduation / achievement: what have we and our peers achieved this year?</p> <p>Children will be able to identify their own aspirations for the year ahead</p>	<p>Wellbeing Online What is private information? Relationships Who are my trusted adults? What is a family? General Wellbeing Change and loss Physical Health and Fitness Ready for bed Healthy Eating Identify where some food and drink come from Health Protection and Prevention Handwashing and personal hygiene Basic First Aid Allergies Growing and Changing Asking for permission British Values (Liberty) The needs of others British Values (Tolerance and Respect) Similar yet different</p> <p>Transition</p>	<p>Wellbeing Online Media influence: Is everything I see online true? Relationships Families offer stability and love How do I share family worries? General Wellbeing What happens when things change? Physical Health and Fitness Being active Healthy Eating Healthy diet Health Protection and Prevention Looking after our teeth Basic First Aid Bites and Stings Growing and Changing Giving and seeking permission British Values (Liberty) Giving my opinion British Values (Tolerance and Respect) Similar yet different: My local community</p> <p>Transition</p>	<p>Wellbeing Online Deciding if a question is too personal Relationships Healthy families Family changes General Wellbeing Change and loss Physical Health and Fitness My healthy diary Healthy Eating Healthier eating and drinking habits Health Protection and Prevention Sun safety (science link) Basic First Aid Treating burns Growing and Changing Having pride in ourselves British Values (Liberty) Rights and responsibilities British Values (Tolerance and Respect) Respecting differences in others</p> <p>Transition</p>	<p>Wellbeing Online Consuming information online Relationships Families in the wider world Challenges for families General Wellbeing Coping with grief Physical Health and Fitness Relaxation Healthy Eating Healthy eating - choices and influences Health Protection and Prevention Exploring dental health Basic First Aid Asthma Growing and Changing Growing Up British Values (Liberty) UNICEF rights of the child British Values (Tolerance and Respect) What is discrimination?</p> <p>Transition</p>	<p>Wellbeing Online What are deep fakes? Relationships Why are our special people important? Committed relationships General Wellbeing Change and loss Physical Health and Fitness The importance of rest Healthy Eating Ready, steady cook Health Protection and Prevention The importance of vaccines Basic First Aid First Aid: Bleeding and head injuries Growing and Changing Nurse visit British Values (Liberty) Communities British Values (Tolerance and Respect) Pressure groups</p> <p>Transition</p>	<p>Wellbeing Online What is AI? Relationships How can we respect different relationships? Marriage and partnerships General Wellbeing How do people manage loss and support each other? Physical Health and Fitness Taking responsibility for my health Healthy Eating Risks associated with a poor diet Health Protection and Prevention The impact of technology on health Basic First Aid First Aid: Choking Growing and Changing Physical and emotional changes of puberty British Values (Liberty) Human Rights British Values (Tolerance and Respect) Valuing diversity</p> <p>Transition</p>	<p>Whole School Assemblies Mental Health - Happy Mind, Happy You</p> <p>Team Assemblies Year 3/4 What Can I Be? Year 5/6 What is a weapon?</p>
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