

PSHE (including RSE) Whole School Overview

Term 1 Emotional wellbeing Personal Health Moral Spiritual	Term 2 Families and Relationships Personal Social Relationships Moral Cultural	Term 3 Friendships and Citizenship Personal Relationships Social Moral Cultural	Term 4 Safety and Identity Personal Social Moral	Term 5 My Body Personal Relationships Health Social	Term 6 Health and Hygiene Personal Health Social Spiritual
EARLY YEARS					
Identifying feelings I can identify simple feelings.	My Family: people who care for me I know who cares for me. I can identify a family. Join in role play about families. Listen to stories about families.	Similarities and Differences I can notice obvious differences and similarities. Play games: Spot the difference, memory games. Stories to support.	Likes and Dislikes. I can indicate whether I like or dislike something. Links to trying new foods, children to show if they like it. Story to support.	Introduce Body Parts I can name some body parts. Songs and rhymes. Games: Simon says, action games.	Hygiene and Handwashing I know the steps to wash my hands. I know that I should wash myself to stay healthy.

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KS1/Year 2

Feelings: Naming and explaining I can identify feelings. I can link feelings to situations. I can identify behaviours and physical responses to feelings.	Caring Families I can identify members of my family and who cares for me. I can listen to others talk about their families. I am beginning to understand that not all families are the same.	Caring Friendships: Similarities and Differences. I can identify differences and similarities between myself and others. I can name my friends. I am beginning to understand what I can do to be a good friend.	Safety: likes and dislikes. I know what to do if I see something I do not like (also online). I can choose what I like to do and don't like to do (also online). I understand that adults who look after me can help keep me safe.	My Body: Dental hygiene I know how to keep my teeth clean. I can identify when to brush my teeth. I can identify foods which are good and bad for my teeth.	Healthy Eating I can identify foods which are good for my body. I can try new foods and decide if I like them.
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LKS2 Year A					
Bullying is wrong I can identify when someone is being unkind. I can identify bullying. I know what to do if someone is being bullied.	Asking for help I can identify members of my family and who cares for me. I can identify people who I can go to for help.	Caring Friendships: Working together. I can name my friends. I know that my friends should make me feel happy. I know what I can do if a friend makes me unhappy.	Safety: My body belongs to me I can identify public and private areas. I can identify personal space. I know that I need permission to enter someone's personal space.	My Body: Body Parts I can identify and position the main parts of the body. I know that some parts are private.	Bad Bacteria! I know how to prevent the spread of bacteria. I know when I should wash my hands. I can identify ways of preventing the spread of bacteria.

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LKS2 Year B

Feelings: managing my body I can identify how my body responds to feelings. I can identify ways to help when my body is uncomfortable.	Different Families I know that there are different types of family. I know what marriage is. I know that marriage is a choice. I know that some people choose not to get married.	Caring Friendships: Falling out and making up I can listen to friends when they talk to me. I can listen to a friend's problem. I know what to do if I have a disagreement with a friend.	Online Safety: Online friends aren't always nice I know that online friends are not the same as real life friends. I can identify real life friends and online friends.	Keeping Clean I can identify ways to keep my body clean. I can identify reasons for good hygiene.	Healthy Bodies I know ways to keep moving. I can name a sport or activity I enjoy. I know how to stay safe in the water.
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UKS2 Year A					
Emotional Responses I know how I can respond to overwhelming or strong emotions. I know how Puberty might affect my emotions. I know what can make my emotions change.	Caring Families I can identify different ways families care for each other. I recognise some children and young people may be young carers at some points in their lives. I understand that care is at the heart of a happy family.	Friendships and Peer Pressure I know that I cannot trust everyone. I know what to do if a friendship makes me uncomfortable or unhappy.	Identity and Personal Information I know some features that make me special. I know that other people are different to me. I can accept that others are different.	Year 5 My Body: Puberty I know that my body will change. I am aware of the physical and emotional changes during Puberty. Year 6 How a Baby is Conceived and Born I know the correct terms for the male and female sexual organs. I know what sexual intercourse is.	Physical activity and sleep. I know that sleep is important to keep my body healthy. I know how lack of sleep can affect my body. I can identify a good bedtime routine to help me sleep well. I know that daily activity keeps my body healthy.

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UKS2 Year B

Managing Challenges and Change I know what might make my emotions stronger e.g difficult life events. I know what to do if I am struggling with my emotions. I know who is in my support network.	Safe homes I can identify factors which make a family safe and happy. I can list safe people and places if I need help. I know that running away from home is dangerous.	Peer Pressure I can identify who is my friend. I know how to tell a friend if I don't want to do something. I can identify who to tell if a friend makes me uncomfortable.	Online Data Sharing I know that I need permission to share things online. I know that some people online are not who they say they are.	Year 5 My Body: Puberty I know that my body will change. I am aware of the physical and emotional changes during Puberty. Year 6 How a Baby is Conceived and Born I know the correct terms for the male and female sexual organs. I know what sexual intercourse is.	Healthy Diet and Eating I know how a healthy diet keeps my body healthy. I can identify healthy and unhealthy foods. I can identify healthier options.
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