

## **Britannia Primary School PSHE yearly overview**

Please Note: Units may be subject to change due to the needs of the cohort and

current local and world events. Some lessons we have decided to exclude or move to later year groups following governor and parent panel discussions and reviewing what is appropriate for our children. We follow Scarf lesson plans but also access PSHE association and other PSHE resources as appropriate.

PSHE values and key skills are also interwoven into all areas of Britannia school life and not always taught as discrete lessons.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Myself Safe</b>	<b>Rights and Responsibilities</b>	<b>Being my best</b>	<b>Growing and Changing</b>
EYFS	Families Respecting others Friendships Mental wellbeing	Respect Recognising, valuing and celebrating difference Caring friendships	Keeping healthy Medicine safety Online safety	Looking after things Money	Keeping healthy Growth mindset	Humans Seasons Body parts
Year 1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance	How our feelings can keep us safe Keeping healthy Medicine safety	Looking after things	Growth mindset Keeping healthy	Getting help Becoming independent Body parts
Year 2	Bullying Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening skills	Safe and unsafe secrets Appropriate touch Medicine safety	Co-operation and self-regulation	Looking after my body Growth mindset	Life cycles Dealing with loss Being supportive
Year 3	Cooperation Friendships	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Keeping safe

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Year 4	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural differences) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help Puberty (life education session)
Year 6	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding bystander behaviour	Emotional needs Staying safe online Drugs; norms and risks (including the law)	Understanding media bias, including social media Caring communities and the environment Earning and saving money	Aspirations and goal settings Managing risk	Keeping safe Body image Puberty (life education session) Self esteem