

2020/2021 PSHE Planning Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Unit title:	Myself and My Relationships Beginning and Belonging	Myself and My Relationships My Emotions	Citizenship Me and My World	Myself and My Relationships My Family and Friends (including Anti-bullying)	Healthy and safer lifestyles Healthy Lifestyles	Citizenship Identities and Diversity
	Themes covered	<ul style="list-style-type: none"> • Being special • Setting goals • Working together 	<ul style="list-style-type: none"> • Understanding feelings • Managing feelings 	<ul style="list-style-type: none"> • At school • At home • In the neighbourhood • Caring for living things • Financial capability 	<ul style="list-style-type: none"> • Families and other special people • Developing friendship skills 	<ul style="list-style-type: none"> • Staying healthy • Healthy eating • Exercise, physical activity and rest • Choosing a healthy lifestyle 	<ul style="list-style-type: none"> • Similarities and differences • The importance of family • Valuing and celebrating difference
Year 1	Unit title:	Myself and My Relationships Managing Change	Myself and My Relationships Beginning and Belonging	Citizenship Working Together	Myself and My Relationships Anti-bullying	Healthy and safer lifestyles Healthy Lifestyles	Citizenship Diversity and Communities
	Themes covered	<ul style="list-style-type: none"> • Recognising and understanding change • Coping with emotions in loss and change situations 	<ul style="list-style-type: none"> • Making the classroom safe • Building relationships • Coping with new situations • Sources of support 	<ul style="list-style-type: none"> • Recognising and developing strengths and skills • Developing communication skills • Developing group work skills • Applying communication and group work skills • Evaluating communication and group work skills 	<ul style="list-style-type: none"> • Defining bullying • Causes and types of bullying • How bullying makes us feel • Responding to bullying • Supporting others • Creating safe environments 	<ul style="list-style-type: none"> • Staying healthy • Exercise and physical activity • Healthy eating • Choosing a healthy lifestyle 	<ul style="list-style-type: none"> • My identity • Different families, cultures and beliefs • Groups in and out of school • Community • Stereotypes • People who help us • School environment • Needs of living things

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	Unit Title	Myself & My Relationships My Emotions	Citizenship Rights, Rules and Responsibilities	Healthy & Safer Lifestyles Managing Safety & Risk	Myself and My Relationships Anti-bullying	Myself & My Relationships Family and Friends	Economic Wellbeing Financial capability
Year 2	Themes covered	<ul style="list-style-type: none"> Self-awareness Assertiveness Identifying and naming emotions Coping with feelings Likes and dislikes Impulsive behaviour Calming down/relaxing Seeking support 	<ul style="list-style-type: none"> Class/School rules Rules and law in society Understanding right and wrong Explaining views Decision making School councils Responsibility 	<ul style="list-style-type: none"> Risky situations Emotion associated with risk Safety Emergency situations 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying makes us feel Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> Friendship Family Special people Problem solving in relationships Different points of view Personal space Safety Circles 	<ul style="list-style-type: none"> Money in different/familiar contexts Cash Values Money as a finite resource Saving and spending How banks work Charity Emotion in relation to money
Years 3	Unit title:	Myself and My Relationships Managing Change	Myself and My Relationships Beginning and Belonging	Citizenship Working Together	Myself and My Relationships Anti-bullying	Healthy and safer lifestyles Healthy Lifestyles	Citizenship Diversity and Communities
	Themes covered	<ul style="list-style-type: none"> Identifying changes Recognising emotions in loss and change situations Coping with loss and change Planning for change 	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Applying communication and group work skills Evaluation and feedback skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying affects us Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> A balanced and healthy lifestyle Physical activity Healthy eating Dental hygiene Making healthy choices 	<ul style="list-style-type: none"> Similarities and differences People in the community People with different backgrounds Stereotypes Roles in the community Local environment Animal welfare Role of the media

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Year 4	Unit title:	Myself & My Relationships My Emotions	Citizenship Rights, Rules and Responsibilities	Healthy & Safer Lifestyles Managing Safety & Risk	Myself and My Relationships Anti-bullying	Myself & My Relationships Family and Friends	Economic Wellbeing Financial capability
	Themes covered	<ul style="list-style-type: none"> Self-respect Mental wellbeing Communicating emotions Self-care Diverse emotions/responses Care and respect for others Seeking support 	<ul style="list-style-type: none"> Respect Authority School rules Democracy at school School councils Decision making Debating and voting Responsibilities at school and at home 	<ul style="list-style-type: none"> Emotions in risky situations Pressure Reactions Emergencies Safety Preventing accidents 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying affects us Responding to bullying Supporting others Creating safe environments 	<ul style="list-style-type: none"> Developing friendships On and offline friendships Trustworthiness Special people and networks Compromise Empathy Conflict resolution Personal boundaries Networks of support 	<ul style="list-style-type: none"> Understanding large amounts of money. Sources of money Saving and spending Cash versus money Keeping track of money Value for money Impact of choices Charities
Year 5	Unit title:	Myself and My Relationships Managing Change	Myself and My Relationships Beginning and Belonging	Citizenship Working Together	Myself and My Relationships Anti-bullying	Healthy and safer lifestyles Healthy Lifestyles	Citizenship Diversity and Communities
	Themes covered :	<ul style="list-style-type: none"> Identifying changes Coping with emotions in loss and change situations Ways to manage change 	<ul style="list-style-type: none"> Making the classroom safe Building relationships Coping with new situations Sources of support 	<ul style="list-style-type: none"> Recognising and developing strengths and skills Developing communication skills Developing group work skills Influences on decision making Developing awareness of strengths and skills in group work Developing perseverance Evaluation and feedback skills 	<ul style="list-style-type: none"> Defining bullying Causes and types of bullying How bullying affects us Responding to bullying Supporting others Cyberbullying Creating safe environments 	<ul style="list-style-type: none"> Healthy living Healthy eating Energy balance Physical activity Influences, choices and taking responsibility 	<ul style="list-style-type: none"> Influences on gender identity Diversity in communities Challenging stereotypes The media Voluntary, community, charitable and pressure groups Environmental issues Sustainability
Ye	Unit title:	Myself & My Relationships	Citizenship	Healthy & Safer Lifestyles	Myself and My Relationships	Myself & My Relationships	Economic Wellbeing

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	My Emotions	Rights, Rules and Responsibilities	Managing Safety & Risk	Anti-bullying	Family and Friends	Financial capability
Themes covered :	<ul style="list-style-type: none"> • Mental Health • Self-respect and identity • Feelings, thoughts and behaviour • Recognising strong feelings • Loneliness • Empathy • Networks of support 	<ul style="list-style-type: none"> • Courtesy, manners and respect • Online behaviour • Privacy • Rules • Children's rights • Conflicting rights and responsibilities • Rules and law in society • Role of the police • Democracy • Social and moral issues 	<ul style="list-style-type: none"> • Personal responsibility for safety • Risk reduction strategies • Basic first aid • Safety • Health and safety rules in school • Preventing accidents 	<ul style="list-style-type: none"> • Defining bullying • Causes and types of bullying • How bullying affects us • Responding to bullying • Supporting others • Cyberbullying • Creating safe environments 	<ul style="list-style-type: none"> • Healthy friendships • Changing networks • Influences and pressure • Family support • Cooperation • Online communities 	<ul style="list-style-type: none"> • Earnings & deductions • Wants and needs • Range of jobs • Budgeting • Debt and credit • Financial planning (including insurance and pensions) • Making choices • Managing feelings about money • Poverty • Role of charities