

Woodside Primary
PSHE Overview 2022-2024

	Autumn 1 Families and relationships	Autumn 2 Health and wellbeing	Spring 1 Safety and changing the body	Spring 2 Citizenship	Summer 1 Economic wellbeing	Summer 2 Transition
Sherwood	Managing emotions	Building relationships	Building constructive and respectful relationships	Understanding the feelings of others	Understanding why we are important	Manage own needs, feeling and emotions

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Delamere	<ul style="list-style-type: none"> • To begin to understand what PSHE education (or the name used in your school) is and how we can help everyone learn in these lessons • To understand the role of families • To begin to understand the importance and characteristics of positive friendships and who I can speak to if I am unhappy • To begin to understand the importance and characteristics of positive friendships and who I can speak to if I am unhappy. • To begin to understand the range of families they may encounter now and in the future • To recognise how others show feelings and how to respond to these • To identify their special people and how they should care for one another • To begin to understand how courtesy and manners make us feel • To begin to understand that friendships can have problems but we can overcome these • To understand what is meant by a stereotype 	<ul style="list-style-type: none"> • To describe and understand their feelings • To develop simple strategies for managing these feelings • To know how to relax in different ways • To recognise and celebrate their strengths and set simple but challenging goals • To understand the benefits of physical activity and rest • To begin to understand how germs are spread and how we can stop them spreading • To begin to understand the risks associated with the sun • To begin to understand allergies • To understand that there are people in the local community who help to keep us healthy 	<ul style="list-style-type: none"> • To know how to respond to adults politely and safely • To understand that there are people in the local community who help to keep us safe • To understand ways to keep safe on and near roads • To begin to understand what is safe to put into or onto our bodies • To know what an emergency is and how to make a phone call if needed • To begin to understand the difference between secrets and surprises • To begin to understand the difference between acceptable and unacceptable physical contact 	<ul style="list-style-type: none"> • To begin to understand the importance of rules • To begin to recognise ways in which we are the same and different to other people • To understand the range of groups people belong to • To begin to understand the roles people have in the community • To understand ways to look after the school environment • To recognise the role people play in looking after the environment 	<ul style="list-style-type: none"> • Learning about what money is, where it comes from and how people make money • To begin to understand the difference between wants and needs • To understand how to keep cash safe • To understand the benefits of banks and building societies • To understand that skills and interests will help someone decide what job to do 	<ul style="list-style-type: none"> • To understand that change can cause mixed feelings

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Thetford	<ul style="list-style-type: none"> • To recap what the subject of PSHE is and how we can help everyone to learn effectively in these lessons • To understand that friendships have ups and downs and that problems can be resolved (Y3). • To begin to understand the impact of bullying (Y4) • To understand the impact of bullying and the responsibility of bystanders to help • To recognise that stereotypes are present in everyday life • To recognise that stereotypes exist based on a number of factors • To begin to understand the physical and emotional boundaries in friendships • To understand why trust is an important part of positive relationships • To begin to understand the differences between people and why it is important to respect these differences (Y3) • To begin to understand that families are very varied, in this country and across the world (Y4) 	<ul style="list-style-type: none"> • To understand and plan for a healthy lifestyle including physical activity, rest and diet • To understand the benefits of healthy eating and dental health • To perform a range of relaxation stretches • To understand the different aspects of my identity • To identify my own strengths and begin to see how they can affect others • To develop a growth mindset and understand that mistakes are useful • To identify what is important to me and to take responsibility for my own happiness 	<ul style="list-style-type: none"> • To understand the importance of being kind online and what this looks like • To understand that cyberbullying involves being unkind online • To understand the benefits and risks of sharing material online • To develop understanding of privacy and the difference between secrets and surprises • To understand how to help if someone has been stung or bitten • To understand the choices people can make and those which are made or influenced by others • To understand the role they can take in an emergency situation • To recognise the physical differences between children and adults • To develop an understanding of safety on or near roads 	<ul style="list-style-type: none"> • To begin to understand the UN convention on the rights of the child • To understand the responsibilities of both children and adults to help all children benefit from their rights • To understand the environmental benefits of recycling • To understand the groups which make up the community • To understand that charities care for others and how people can support them • To begin to understand how democracy works in the local area • To understand why we have rules and the consequences of breaking rules at school and home 	<ul style="list-style-type: none"> • To begin to recognise how ethics can influence our spending decisions (Y3) To begin to understand what makes something good value for money (Y4) • To understand how to put together a budget (Y3) To begin to understand the importance of keeping track of money (Y4) • To recognise that money has an impact on how we feel. (Y3) To understand ways money can be lost and how this makes people feel (Y4) • To understand that there are a range of jobs available and to think about what job they might want to do. (Y3) To consider positive and negative factors that can influence people's career choices. (Y4) • To understand that stereotypes exist in the workplace but these should not limit people's career aspirations 	<ul style="list-style-type: none"> • To create goals to achieve in Year 4 (Y3) • To understand the strategies people use to cope with change (Y4)

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Grizedale	<p>To understand how to form and maintain positive relationships</p> <p>To explore the ups and downs of friendships.</p> <p>To understand the concept of marriage</p> <p>To begin to understand self-respect</p> <p>To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens.</p> <p>To understand more about bullying and how to get help</p> <p>To recognise how attitudes to gender have changed over time.</p> <p>To explore the impact of stereotypes and how they can lead to discrimination</p>	<p>To use yoga poses and breathing to relax</p> <p>To understand the benefits of sleep</p> <p>To understand the purpose of failure</p> <p>Learn how to set short-term, medium-term and long-term goals</p> <p>To take responsibility for their own feelings and actions and to use vocabulary to describe these</p> <p>To understand and be able to plan healthy meals</p> <p>To understand risks associated with the sun and how these can be avoided, taking independence for their own sun protection</p>	<p>To begin to understand some issues related to online friendships including the impact of their actions</p> <p>To learn about staying safe online</p> <p>To understand physical changes during puberty</p> <p>To understand the menstrual cycle</p> <p>To understand emotional changes during puberty</p> <p>To understand how to help someone who is bleeding</p> <p>To begin to understand the influence others have on us and how we can make our own decisions</p>	<p>To begin to understand what happens when the law is broken</p> <p>To explore the links between rights and responsibilities</p> <p>To understand how reducing our use of materials and energy will help the environment</p> <p>To understand how we recognise and value the contribution people make to the community</p> <p>To recognise the role of pressure groups</p> <p>To begin to understand how parliament works</p>	<p>To understand that a loan can be a way to pay for things but that it needs to be repaid</p> <p>To understand income and expenditure and how to track money</p> <p>To understand some risks associated with money</p> <p>To understand how to put together a weekly budget</p> <p>To understand that stereotypes can exist in the workplace but they should not affect people's career aspirations</p>	<p>To understand the skills needed to take on responsibilities in school</p>

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Whinell	<p>To understand what we mean by respect and why it is important</p> <p>To understand that respect is two-way and how we treat others is how we can expect to be treated</p> <p>To explore other people's attitudes and ideas and to begin to challenge these</p> <p>To understand stereotypes and be able to share information on them</p> <p>To resolve disputes and conflict through negotiation and compromise</p> <p>To begin to understand the process and emotions relating to grief</p>	<p>To identify long term goals and how to work towards them</p> <p>To use mindfulness to manage emotions</p> <p>To use mindfulness to manage emotions</p> <p>To understand the potential impact of technology on physical and mental health</p> <p>To reflect on skills they have developed to identify and respond to difficult situations</p> <p>Understand ways that we help prevent ourselves and others becoming ill</p> <p>To understand how habits can be good or bad for our health</p> <p>To understand what happens when we are ill and begin to understand when to seek support</p>	<p>To begin to understand the risks of alcohol</p> <p>To start to become a discerning consumer of information online</p> <p>To understand that online relationships should be treated in the same way as face to face relationships</p> <p>To understand the development of the baby during pregnancy</p> <p>To understand how to help someone who is choking</p> <p>To understand how to help someone who is unresponsive</p>	<p>To understand human rights, including the right to education</p> <p>To understand some environmental issues relating to food and food production</p> <p>To understand how to show care and concern for others</p> <p>To recognise prejudice and discrimination and learn how this can be challenged</p> <p>To understand diversity and the value different people bring to a community</p> <p>To begin to understand how government works</p>	<p>To understand attitudes and feelings around money</p> <p>To understand how to keep money in bank accounts safe</p> <p>To begin to understand the risks associated with gambling</p> <p>To understand the range of jobs people might do</p> <p>To understand the different routes available into careers</p>	<p>To understand that a big change can bring both opportunities and worries</p>

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Epping	<p>To recap what the subject of PSHE is and how we can help everyone to learn effectively in these lessons</p> <p>To understand that friendships have ups and downs and that problems can be resolved (Y3).</p> <p>To begin to understand the impact of bullying (Y4)</p> <p>To understand the impact of bullying and the responsibility of bystanders to help</p> <p>To recognise that stereotypes are present in everyday life</p> <p>To recognise that stereotypes exist based on a number of factors</p> <p>To begin to understand the physical and emotional boundaries in friendships</p> <p>To understand why trust is an important part of positive relationships</p> <p>To begin to understand the differences between people and why it is important to respect these differences (Y3)</p> <p>To begin to understand that families are very varied, in this country and across the world (Y4)</p>	<p>To understand and plan for a healthy lifestyle including physical activity, rest and diet</p> <p>To understand the benefits of healthy eating and dental health</p> <p>To perform a range of relaxation stretches</p> <p>To understand the different aspects of my identity</p> <p>To identify my own strengths and begin to see how they can affect others</p> <p>To develop a growth mindset and understand that mistakes are useful</p> <p>To identify what is important to me and to take responsibility for my own happiness</p>	<p>To understand the importance of being kind online and what this looks like</p> <p>To understand that cyberbullying involves being unkind online</p> <p>To understand the benefits and risks of sharing material online</p> <p>To develop understanding of privacy and the difference between secrets and surprises</p> <p>To understand how to help if someone has been stung or bitten</p> <p>To understand the choices people can make and those which are made or influenced by others</p> <p>To understand the role they can take in an emergency situation</p> <p>To recognise the physical differences between children and adults</p> <p>To develop an understanding of safety on or near roads</p>	<p>To begin to understand the UN convention on the rights of the child</p> <p>To understand the responsibilities of both children and adults to help all children benefit from their rights</p> <p>To understand the environmental benefits of recycling</p> <p>To understand the groups which make up the community</p> <p>To understand that charities care for others and how people can support them</p> <p>To begin to understand how democracy works in the local area</p> <p>To understand why we have rules and the consequences of breaking rules at school and home</p>	<p>To begin to recognise how ethics can influence our spending decisions (Y3)</p> <p>To begin to understand what makes something good value for money (Y4)</p> <p>To understand how to put together a budget (Y3)</p> <p>To begin to understand the importance of keeping track of money (Y4)</p> <p>To recognise that money has an impact on how we feel. (Y3)</p> <p>To understand ways money can be lost and how this makes people feel (Y4)</p> <p>To understand that there are a range of jobs available and to think about what job they might want to do. (Y3)</p> <p>To consider positive and negative factors that can influence people's career choices. (Y4)</p>	<p>To create goals to achieve in Year 4 (Y3)</p> <p>To understand the strategies people use to cope with change (Y4)</p>