

PSHE Overview 2019 - 2020

	Autumn 1 (SCARF) Value: Responsibility	Autumn 2 (SCARF) Value: Resilience	Spring 1 (SCARF) Value: Respect	Spring 2 (SCARF) Value: Reflection	Summer 1 (PIXL) Value: Responsibility and Resilience	Summer 2 Value: Respect and Reflection
<u>Year 1</u>	Living in the wider world and Valuing Difference Why do we have rules? How can we care for the environment? How should we look after our money?	Keeping Safe Who helps us when we feel unsafe? When should we take medicines?	British Values: Democracy and Rule of Law How do we all live together?	Healthy lifestyles What food do we eat do stay healthy? Why is it important to be hygienic?	Mental Health (being Healthy, feelings and emotions, support network, Happiness, Challenge) Why do we need to be healthy? How can we keep our bodies healthy? How can we keep ourselves and our minds happy?	RSE How do we keep clean and look after ourselves? How do we grow and change? How are our families different?
<u>Year 2</u>	Living in the wider world and Valuing Difference How can we look after our environment? What is the difference between saving and spending money?	Keeping Safe What could you do if you feel unsafe? How do you keep yourself safe? What is privacy?	British Values: Individual Liberty, Mutual Respect, Tolerance and Diversity Who am I? Who are we? How do we all live together?	Healthy lifestyles What does my body need? What does my body do?	Mental Health (resilience, determination, self-awareness, keeping cool, being positive) What do you do when you struggle?	RSE What is the difference between males and females? What is a life cycle?
<u>Year 3</u>	Living in the wider world and Valuing Difference What are the consequences of breaking the rules? How do volunteers help our community? How do people earn money?	Keeping Safe Safe or unsafe? Helpful or harmful? What is appropriate and inappropriate online behaviour?	British Values: Democracy and Rule of Law Why is it important to vote? What would happen if there were no rules?	Healthy lifestyles What is a balanced diet? How can stop infectious diseases from spreading?	Mental Health (My Mind, healthy body, healthy mind, mind training, resilience) What does having a healthy mind mean? Why do we need to be resilient?	RSE What is the difference between males and females? What are different types of touch? Do we all have the same family?

Year 4	Living in the wider world and Valuing Difference How do we make a difference? Should you become a volunteer? Why pay taxes?	Keeping Safe Danger, risk or hazard? What are the consequences of certain behaviour? What are feelings?	British Values: Individual Liberty, Mutual Respect, Tolerance and Diversity What is mutual respect? Why is it good to be similar but also different?	Healthy lifestyles How do we make good choices? What are the 5 ways to healthy wellbeing?	Mental Health (determination, feelings, emotions, mental health, positivity, self-awareness) How do we deal with and manage our emotions? What is positivity?	RSE What is the human life cycle? What is puberty?
Year 5	Living in the wider world and Valuing Difference Who makes up our wider community? What are our rights, responsibilities and duties? What are loans, credit, debt and interest?	Keeping Safe What does it mean to be grown up? When should we take risks? Drugs: True or false? How do you spot a bully? What should you share online?	British Values: Democracy and Rule of Law What does democracy mean to you? What would life be like with no rules?	Healthy lifestyles Smoking: What is normal? What's going on inside my body?	Mental Health (self-management, game plan, coping strategies, self-control, support network) How can we help to manage ourselves and have self-control?	RSE What happens during puberty? What are the changes males and females experience?
Year 6	Living in the wider world and Valuing Difference What are human rights? What does it mean to be part of a community? Does everyone earn the same money?	Keeping Safe What are online pressures? How do you keep safe online? To share or not to share (online)? What sort of drug is...? What is the risk (alcohol)?	British Values: Individual Liberty, Mutual Respect, Tolerance and Diversity Do we see individual liberty all over the world? How boring would it be if we were all the same?	Healthy lifestyles Would you want to be famous? What makes us unique?	Mental Health (Focus, aspirations, Life journey, belief, motivation) Why do we need to focus on our mental and physical health?	RSE How does the body prepare for reproduction? What are the signs of a positive relationship? How are babies made?