

Kea C P School: PSHE Overview (Personal Social and Health Education)

	Autumn Term	Spring Term	Summer Term
SEAL themes	New beginnings Getting on and falling out	Going for goals Good to be me	Healthy eating Relationships Growing up: Changes
Year 1	Manners/being polite/golden rules. Sharing and borrowing. Expressing my opinions. Good behaviour. Friendship message. Listening to others. Bullying.	Resilience. Going for goals What is fair? Making a friend feel proud. Being worried or anxious. Managing my feelings.	*SRE: Keeping clean, growing and changing, families and care. Staying safe. Staying healthy. Growing older. Caring for the local environment Y1/2 Transition - class visits, story with new teachers, activities with Y2.
Year 2	Resilience. Good manners/being polite Golden rules. Bullying. Playground rules. Personal hygiene.	New Year's resolutions. Going for goals Good to be me. Anger management.	*SRE: Differences: boys and girls, male and female, naming body parts. Celebrating difference. Respect for others.
Year 3	Introduce Make a noise. Resilience. Manners/being polite Rights and privileges Class Charter SEAL - New Beginnings SEAL - Getting on and Falling Out R-Time	Drugs education: smoking (3 lessons) New Year Resolutions SEAL - Going for Goals SEAL - Good to be Me SEAL - Say no to Bullying R - Time	*SRE: Differences: male and female, personal space, family differences. SEAL - Relationships SEAL - Changes R - Time

Year 4	Reminder about Make a noise. Resilience. Manners/being polite Being a good friend Conflict and resolution Staying safe online (parents) Say no to bullying (make a noise)	Drugs education: alcohol Brain science: how do we learn? Resilience. How to stay healthy. Growth mindset.	Walk Tall: relationships, puberty. *SRE: what is puberty? Growing and changing, puberty and reproduction.
Year 5	Reminder about Make a noise. Resilience. Manners/being polite. Growth mindset. Bullying and how my actions affect others.	Drugs education. Recognising how we can keep ourselves safe and who helps us to do this. Mental health and wellbeing and how to cope with this.	*SRE: puberty, male and female changes, puberty and hygiene. Community and enterprise Aspirations for the future.
Year 6	Reminder about Make a noise. Resilience. Manners/being polite. Responsibilities and jobs. Online safety.	Drugs education. Illegal and medicinal drugs. Healthy lifestyle choices - diet, exercise, healthy mind and how to deal with conflict/stressful situations.	How to deal with changes; transition to secondary school. Forming new relationships and friendships. Positive self-image. *SRE: puberty and reproduction, understanding relationships, conception and pregnancy, communication in relationships.

*Notes: SRE = Sex and Relationships Education.

Make a noise = on line platform for reporting bullying, with excellent resources for teachers and parents about keeping children safe online.

<https://makeanoise.info/>