

Subject Overview: PSHCE

Jigsaw (Being Me in My World, Dreams and Goals, Celebrating Differences, Healthy Me, Relationships)

No Outsiders, Respect Yourself, PANTS, Online Safety and Just a Joke, STAR, EYFS

Brief Summary	Respect <i>Mutual Respect</i>	Relationships and friendships	Responsibility <i>Rule of Law Democracy (incl. citizenship)</i>	Independence <i>Individual Liberty</i>	Equality & Diversity <i>Tolerance (incl. protected characteristics)</i>	Personal Safety	Health & Wellbeing	Aspirations (Economic Wellbeing)
Nursery	<p>Saying yes and no</p> <p>Seeking permission</p>	<p>What makes a good friend?</p> <p>Being kind</p> <p>Playing with more than one friend</p> <p>Working and playing with others = making friends, taking turns and using kind words</p> <p>Important people in my life</p>	<p>Following the nursery rules</p> <p>Caring for each other.</p> <p>Kind hands</p> <p>Knowing my actions can hurt others.</p> <p>Right and wrong</p>	<p>Sharing my name in a group.</p> <p>Likes and Dislikes</p> <p>Persevering</p> <p>Working towards and achieving my goals.</p>	<p>Spotting differences – physical, foods, toys</p> <p>Similarities and differences between friends.</p> <p>Different families and how they look</p> <p>The impact of our actions and words on others</p>	<p>What is a stranger?</p> <p>Keeping myself safe</p> <p>PANTS rule</p>	<p>Different feelings and how they make us feel.</p> <p>Brushing our teeth</p> <p>Different parts of the body and what they do</p> <p>Self-care – handwashing, putting on own clothes.</p> <p>Eating and drinking to give me energy.</p> <p>Calming myself down when I am feeling worried or scared.</p> <p>Self care – handwashing,</p>	<p>Different jobs.</p> <p>People who help us</p> <p>Working hard to achieve your goal.</p>

							putting on own clothes. Changes as we get older.	
Reception	Listening to my teacher	Changes from when we were little Working and playing with others = making friends, taking turns and using kind words Taking turns What makes a good friend? Close friends Family roles	Difference between right and wrong Following the school rules What does it mean to care for others?	Following instructions Working towards goals Perseverance Favourite things	Different beliefs Differences make the world interesting. Spotting differences – physical, foods, hobbies Different families and how they look	Stranger Danger PANTs Rule Rules to keep us safe. Getting help	Different feelings and how they make us feel. Brushing our teeth Coping with things not going my way Exercise The importance of sleep. Washing our hands Stranger Danger Healthy and unhealthy foods Calming myself down when I am feeling worried or scared. Different parts of the body and what they do	Different jobs People who help us

<p>Year 1</p>	<p>Respecting differences</p> <p>Appropriate physical contact</p>	<p>Belonging.</p> <p>What makes a good friend?</p> <p>How can we make friends?</p> <p>What is bullying?</p> <p>Strategies to handle bullying.</p> <p>Working with different people and asking for help</p>	<p>Rights and responsibilities.</p> <p>How do I learn best?</p> <p>Rewards and consequences</p> <p>Making fair decisions</p> <p>What is a young carer?</p>	<p>Strengths and weaknesses</p>	<p>Similarities and Differences</p> <p>Being proud of who we are</p> <p>Understanding diversity in our world</p> <p>Making our school a welcoming place</p>	<p>What does being safe mean?</p> <p>Acceptable ways to behave online.</p> <p>Online information – knowing info can stay online</p> <p>Communicating on the internet</p> <p>Trusted adults</p> <p>PANTS Rule</p>	<p>Adults who care for us.</p> <p>Private body parts</p> <p>Healthy and unhealthy lifestyle choices</p> <p>Germs and keeping them at bay.</p> <p>Differences between boys and girls' bodies.</p>	<p>What is an achievement?</p> <p>Success and failure</p> <p>Being proud of my achievements</p> <p>Setting goals</p> <p>Overcoming challenges</p>
<p>Year 2</p>	<p>Respecting other's bodies</p>	<p>What is bullying?</p> <p>How does bullying make people feel?</p> <p>Strategies to handle bullying.</p> <p>Hurting people's feelings online.</p> <p>How to be a good friend?</p> <p>Different families</p>	<p>Rewards and consequences</p> <p>Positive learning behaviours</p> <p>Right and Wrong</p> <p>What is a young carer?</p>	<p>What makes us special and unique?</p> <p>Being confident in who you are</p>	<p>Stereotypes and how this alters how we feel about someone.</p> <p>Meaning of diversity.</p> <p>How is our school diverse?</p> <p>Accepting and celebrating differences.</p> <p>Ways to communicate.</p> <p>Knowing I belong</p>	<p>Right to feel safe</p> <p>Acceptable ways to behave online</p> <p>Online information – knowing info can stay online, what to do if something is put online without consent.</p> <p>Types of touch</p> <p>PANTS rule</p>	<p>Feeling worried</p> <p>Asking for help</p> <p>Growing from young to old – changes.</p> <p>Keeping Active</p> <p>Differences between boys and girls bodies.</p> <p>Hygiene – keeping clean, responsibility</p>	<p>Setting achievable goals.</p> <p>Overcoming challenges and persevering to achieve goals.</p> <p>Learning from other's strengths and weaknesses.</p>

							Keeping active, fit and healthy. Relaxed and stressed. Food group	
Year 3	Conflict and how it makes us feel Negotiating in conflict situations -	Recognising emotions in myself and others Who is in my family What is bullying? Witnessing bullying Right to be safe in their own family Appreciating my friends and family Bystanders and what I can do	Rules – why they are needed, rights and responsibilities Rewards and consequences as a result of my behaviour Understanding my role in the classroom Taking responsibility for my actions Understanding consequences. Taking responsibility for my learning What challenges can young carers face?	Recognising my self- worth Being myself – accepting who I am Recognising peer pressure, ways to resist, identify feelings of anxiety and fear.	Different families and their importance Children around the world Meaning of discrimination Why people might feel like an outsider. What makes us unique? Recognising stereotypes Living in Britain	Keeping myself safe Harmful household substances Acceptable ways to behave online Sharing information online How people act online Online relationships – knowing someone online compared to offline. PANTS rule	Healthy and unhealthy. Impact of exercise on my body, Drugs Taking care of my body Puberty	Setting challenges Knowing my strengths, Meeting and overcoming obstacles.
Year 4	Understanding conflict	Teamwork Being part of a school community	Democracy The equal rights of a child (safe,	Being unique – respecting my unique features.	Making assumptions based on looks Accepting difference	Offline vs Online identity	Mental health – Puberty	

	<p>How cultural differences can lead to conflict.</p>	<p>What counts as bullying behaviour?</p> <p>Direct and indirect bullying</p> <p>Supporting those that are being bullied</p> <p>Friendship groups</p> <p>Managing emotions when others upset you</p> <p>Different relationships</p> <p>Loss and Love – how people feel when they lose someone</p> <p>Qualities of a good friend</p>	<p>healthy, happy, learn)</p> <p>My rights and responsibilities as a member of my class.</p> <p>Rewards and consequences in school</p> <p>Knowing and demonstrating the school values and rules.</p> <p>What challenges can young carers face?</p>	<p>Recognising peer pressure and related feelings</p> <p>Being proud of who I am</p> <p>Being assertive</p> <p>Appropriate and inappropriate touch</p>	<p>Being proud of who we are</p> <p>Prejudice, discrimination and racism</p> <p>Why are people afraid of difference?</p> <p>People in my community</p>	<p>Online Bullying – describe, recognise, understand</p> <p>Being respectful of others online</p> <p>Healthy online behaviours,</p> <p>PANTs rule</p> <p>Seeking an adult for support</p>	<p>Body parts</p> <p>Healthy lifestyles – making small changes, self-care</p>	
Year 5	<p>Expressing my opinion</p> <p>Respecting other people's bodies</p>	<p>Direct and indirect bullying</p> <p>Bullying behaviour</p> <p>Changing the ways of bullies</p> <p>Changing friendships –</p> <p>Valuing the people in my life</p> <p>Romantic relationships</p>	<p>Rights and responsibilities – universal rights of the child.</p> <p>My rights and responsibilities as a member of our class</p> <p>Making responsible choices</p> <p>Understanding consequences</p>	<p>Knowing who I am</p> <p>Building self-esteem.</p> <p>Being assertive – resisting peer pressure</p> <p>Challenging language and behaviours that are unacceptable.</p>	<p>People living in Britain</p> <p>The impact of poverty</p> <p>Understanding discrimination and how conflict can be caused by cultural differences.</p> <p>Different ideas about equality around the world.</p> <p>Racism and discrimination</p>	<p>Online bullying</p> <p>Report and Block</p> <p>Having a responsible online identity</p> <p>Being involved in online communities and making positive contributions</p>	<p>Smoking</p> <p>Alcohol</p> <p>Positive Body Image – media and celebrity culture</p> <p>Relationships with food</p> <p>The body</p> <p>Puberty</p>	<p>My hopes for the school year</p> <p>Material wealth</p> <p>Dreams and ambitions</p> <p>The impact of money</p> <p>Careers – different jobs will lead to</p>

			<p>Making difficult decisions and justifying my actions</p> <p>Making a positive contribution to society</p> <p>What help is available to young carers?</p>		<p>Dreams and aspirations in different cultures</p>	<p>Communicating with friends online</p> <p>Emergency Aid</p> <p>PANTS Rule</p> <p>Knowing how to seek help for themselves or a friend.</p>	<p>Menstruation</p> <p>Reproduction</p>	<p>different incomes.</p> <p>Persevering to reach my goals</p>
Year 6	<p>Expressing my opinion</p> <p>Establishing ground rules.</p>	<p>Power and control in a relationship/friendship.</p> <p>Direct and indirect bullying</p> <p>Bullying behaviour</p> <p>Changing the ways of bullies</p> <p>Different relationships</p> <p>How relationships change with age.</p> <p>Love and loss - the stages of grief,</p>	<p>Rights and responsibilities</p> <p>Contributing to the school community</p> <p>Freedom of speech</p> <p>Democracy – laws</p> <p>Global issues – how they concern me</p> <p>Making a positive contribution to society</p> <p>The rights of young carers.</p>	<p>Being assertive – resisting peer pressure</p> <p>Right to say no</p>	<p>Perceptions of normal.</p> <p>Disability and how it can affect someone's life.</p> <p>Difference as a source of conflict and a cause for celebration</p> <p>Awareness and respect for different cultures</p> <p>Immigration</p> <p>Working with people who are different to me</p> <p>Challenging Racism</p>	<p>Sources of help, support and advice</p> <p>Cyberbullying –</p> <p>Developing a positive online reputation - appropriate ways to behave online.</p> <p>Online identity – challenging inappropriate representations</p> <p>Emergency situations</p> <p>Use of technology to gain power and control</p>	<p>Food as fuel</p> <p>Drugs and Alcohol</p> <p>Handling stress and pressure</p> <p>Puberty</p> <p>Reproduction</p>	<p>Achieving personal learning goals</p> <p>Understanding the difference between right and wrong</p>