

PSHE Overview – Years 1, 3, 5

		Year 1	Year 3	Year 5
<b>Autumn 1</b> <b>We are all stars</b>	Community Rights and responsibilities Getting to know each other Working together	What am I good at? How do we look after each other? Happy playtimes Making good choices How do we work together? Setting a simple personal goal	What do I do well? What am I proud of? Do people see the positive side of me? Hidden talents. Can I work well with others?	What gifts and talents do we have? How do I feel? How can I work cooperatively? What are communication skills? Am I a role model?
<b>Autumn 2</b> <b>Making friends</b>	Making and sustaining friendships Conflict resolution Anti-bullying Keeping safe at home and outdoors	What do I do when I fall out with a friend? Anti-bullying Dealing with worries Supporting each other	Managing anger Do I manage to sort out arguments successfully? Am I a good friend?	What are the different types of friends? How can I resolve conflict? How can I manage my anger? Anti-bullying E-safety and cyber-bullying
<b>Spring 1</b> <b>Keeping clean</b>	Healthy eating and exercise Goal-setting and motivation	How do we look after our teeth? What does dirty mean? Staying healthy Am I active?	What does keeping clean mean? Why do we need to keep clean? Why is cleanliness important?	The concept of well-being How do I keep myself clean as I grow older? What are the infections associated with bad hygiene? First Aid
<b>Spring 2</b> <b>Daring to be different</b>	Identity and self esteem Difference and diversity Peer influence and assertiveness	What are my likes and dislikes? Feeling proud Being special Recognising worries Staying calm and relaxed Standing up for myself	How am I similar/different to others? Why is it good to be different? What does being brave mean?	Differences of opinion Agreeing and disagreeing Risky choices Standing out from the crowd Anti-bullying

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<p><b>Summer 1</b> <b>Dear Diary</b></p>	<p>Comfortable and uncomfortable feelings Problems in relationships Anti-bullying Help and support</p>	<p>Asking for help? Feeling loved and cared for. Managing uncomfortable feelings – proud and jealous What are hazards in the home and fire safety?</p>	<p>Thoughts, feelings and behaviour - similarities and differences. What am I having trouble with? Breaking friends</p>	<p>Do I know where to go for help? Managing uncomfortable feelings - embarrassment Put-downs and boost ups Can I forgive? Supporting each other Agony aunts</p>
<p><b>Summer 2</b> <b>Joining in and joining up</b></p>	<p>Needs and responsibilities Participation Local democracy Voluntary groups</p>	<p>Do I listen effectively? Knowing right and wrong Needs of living things Developing responsibility - looking after animals Who else looks after animals?</p>	<p>How do I express opinions? Having a say in the school community What would I like to be when I am older? Do I join in at school?</p>	<p>What is anti-social behaviour and the consequences of crime? Rules and laws The local courts Voting and debating</p>