

Mid-Trent Multi Academy Trust – PSHE Topic Overview

Foundation Stage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and Other People	Me and My relationships	Me in the World
Reception	Getting to know my school <ul style="list-style-type: none"> Who is in my class Adults in school My classroom The school building 	<ul style="list-style-type: none"> Hand washing Healthy eating Teeth Medicines Being happy 	<ul style="list-style-type: none"> Safety in the classroom Safety in school Safety in the playground People who help us keep safe 	<ul style="list-style-type: none"> Celebrating special events Same and different 	<ul style="list-style-type: none"> Being a good friend Who is in my family Different types of family 	Transition <ul style="list-style-type: none"> School Council New experiences in year 1 Summer holidays including safety in the wider world

Key Stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and Other People	Me and My relationships	Me in the World
Year 1	<p>Class rules</p> <p>School Council</p> <ul style="list-style-type: none"> • Making choices • Compromise • Skills of a representative • Own skills in relation to School Council • Class meetings <p>Plus Mental Health lessons</p>	<p>My body</p> <ul style="list-style-type: none"> • Parts of the body • Changing needs • Influences on health and wellbeing • Likes and dislikes • Consequences of choices • Emotional health <p>Including Medway Y1/2 Lesson 2</p>	<ul style="list-style-type: none"> • Medicines • Identifying risks and ways to stop accidents happening • People who help us • Road safety – keeping safe near the road and in the car 	<ul style="list-style-type: none"> • My identity • Groups belong to • Bullying 	<ul style="list-style-type: none"> • Valuing themselves • Family – different types • Friendship skills • Good and bad friendships • Making choices <p>Including Medway Y1/2 Lesson 1</p>	<p>Pets and animals</p> <ul style="list-style-type: none"> • Likes and dislikes • Right and wrong • Needs of animals • Fair and unfair • Human needs
Year 2	<p>Class rules</p> <ul style="list-style-type: none"> • why have rules <p>School Council</p> <ul style="list-style-type: none"> • How it works • Role of a representative • Class council meeting <p>Feelings</p> <ul style="list-style-type: none"> • Name feelings • Dealing with feelings including negative ones <p>Plus Mental Health lessons</p>	<ul style="list-style-type: none"> • Body parts • Personal hygiene • Spread of germs and diseases • Balanced diet • Healthy lunchbox <p>Including Medway Y1/2 Lesson 3</p>	<p>Safe and unsafe</p> <ul style="list-style-type: none"> • Things e.g. medicines and household substances • Places e.g. roads • People i.e. safe and unsafe touches, feeling comfortable/uncomfortable, secrets and surprises 	<ul style="list-style-type: none"> • Similarities and differences between boys and girls • Different types of families • Race and religion 	<ul style="list-style-type: none"> • Working together • Behaviour and impact on others • Resolving conflict • Teasing and bullying • Changing relationships 	<p>Local area</p> <ul style="list-style-type: none"> • Positive and negatives of the local area • Discussion • Role in improving area <p>Money</p> <ul style="list-style-type: none"> • Sources of money • Uses of money • Keeping money safe • Making choices

Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and Other People	Me and My relationships	Me in the World
Year 3	<ul style="list-style-type: none"> Class rules New challenges Valuing themselves School Council Plus Mental Health lessons	<ul style="list-style-type: none"> Balanced diet Impact of healthy diet Making choices 	<ul style="list-style-type: none"> What is risk Road Safety Pressure Safe and unsafe touches 	<ul style="list-style-type: none"> My identity My community – school and local Similarities and differences in community 	<ul style="list-style-type: none"> What makes a good friend Including Medway Y3 Lesson 1 <ul style="list-style-type: none"> Falling out Including Medway Y3 Lesson 2	<ul style="list-style-type: none"> Managing money Good value Resource allocation
Year 4	<ul style="list-style-type: none"> Class rules Role of School Council rep Jobs on the School Council Class council My strengths and weaknesses Plus Mental Health lessons	<ul style="list-style-type: none"> What keeps me healthy? What can make me ill – bacteria and viruses Drugs – medicines and Tobacco Good and bad habits Including Medway Y4/5 Lesson 1	<ul style="list-style-type: none"> Safety in school Responsibilities for my safety and the safety of others E safety 	<ul style="list-style-type: none"> Similarities and differences Communities including Britain Respect and tolerance 	<ul style="list-style-type: none"> Feelings of other people Developing relationships Different types of relationships Puberty Including Medway Y4/5 Lesson 4	<ul style="list-style-type: none"> Rights and responsibilities Rights of the Child Jobs and duties
Year 5	<ul style="list-style-type: none"> My achievements My goals School Council rep Class rules Plus Mental Health lessons	<ul style="list-style-type: none"> Physical health Emotional health What can affect our health including the media How will my body change as I grow up Including Medway Y4/5 Lesson 2 and 3	<ul style="list-style-type: none"> When do I feel unsafe How can I deal with this Pressure including peer pressure Getting help 	<ul style="list-style-type: none"> Identities in the UK Celebration of diversity Racism 	<ul style="list-style-type: none"> Puberty emotions Anti social behaviour Nature and consequence of bullying 	<ul style="list-style-type: none"> How are laws made in the UK Parliament Public money Personal money – loans, debt and interest
Year 6	<ul style="list-style-type: none"> Class rules Opportunities and challenges of Y6 School Council My contribution to my school Plus Mental Health lessons	<ul style="list-style-type: none"> Body changes Periods Feeling during puberty Media Including Medway Y6 Lesson 1 and 4	<ul style="list-style-type: none"> Drugs – solvents and alcohol Pressure related to drug use Strategies for making decisions and saying no 	<ul style="list-style-type: none"> Diverse nature of UK Life in other countries Stereotypes Challenging stereotypes 	<ul style="list-style-type: none"> Changing friendships and relationships Including Medway Y6 Lesson 2 and 3	<ul style="list-style-type: none"> Environment and Sustainability Pressure groups and charities