



Mid-Trent
Multi Academy Trust

St Andrew's Church of England Primary School PSHE 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	Class rules School Council <ul style="list-style-type: none"> Making choices Compromise Skills of a representative Own skills in relation to School Council Class meetings Plus Mental Health lessons	My body <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 Including Medway Y1/2 Lesson 2	<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 Including Medway Y1/2 Lesson 1	Pets and animals <ul style="list-style-type: none"> Likes and dislikes Right and wrong Needs of animals Fair and unfair Human needs
	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 2	Class rules <ul style="list-style-type: none"> why have rules School Council <ul style="list-style-type: none"> How it works Role of a representative Class council meeting Feelings <ul style="list-style-type: none"> Name feelings Dealing with feelings including negative ones Plus Mental Health lessons	<ul style="list-style-type: none"> Body parts Personal hygiene Spread of germs and diseases Balanced diet Healthy lunchbox Including Medway Y1/2 Lesson 3	Safe and unsafe <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 	Local area <ul style="list-style-type: none"> Positive and negatives of the local area Discussion Role in improving area Money <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
	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 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
	Me and My School	Me in the World	Me and My Safety	Me and Other People	Me and My relationships	Happy and Healthy Me
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"> How are laws made in the UK Parliament Public money Personal money – loans, debt and interest	<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"> 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

	Me and My School	Me and My Safety	Me in the World	Me and Other People	Me and My relationships	Happy and Healthy Me
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"> • Drugs – solvents and alcohol • Pressure related to drug use Strategies for making decisions and saying no	<ul style="list-style-type: none"> • Environment and Sustainability • Pressure groups and charities 	<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"> • Body changes • Periods • Feeling during puberty • Media Including Medway Y6 Lesson 1 and 4



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