

Lower School PSHE overview 8/23

Class	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Kindergarten/1	<ul style="list-style-type: none"> Roles of different people Families Feeling cared for 	<ul style="list-style-type: none"> Recognising privacy Staying safe Seeking permission 	<ul style="list-style-type: none"> How behaviour affects others Being polite and respectful 	<ul style="list-style-type: none"> What rules are Caring for others' needs Looking after the environment 	<ul style="list-style-type: none"> Using the internet and digital devices Communicating online 	<ul style="list-style-type: none"> Strengths and interests Jobs in the community 	<ul style="list-style-type: none"> Keeping healthy Food and exercise Hygiene routines Sun safety 	<ul style="list-style-type: none"> Recognising what makes them unique and special Feelings Managing when things go wrong 	<ul style="list-style-type: none"> How rules and age restrictions help us Keeping safe online
Class 1/2 APPE	<ul style="list-style-type: none"> Making friends Feeling lonely and getting help 	<ul style="list-style-type: none"> Managing secrets Resisting pressure and getting help Recognising hurtful behaviour 	<ul style="list-style-type: none"> Recognising things in common and differences Playing and working cooperatively Sharing opinions 	<ul style="list-style-type: none"> Belonging to a group Roles and responsibilities Being the same and different in the community 	<ul style="list-style-type: none"> The internet in everyday life Online content and information 	<ul style="list-style-type: none"> What money is Needs and wants Looking after money 	<ul style="list-style-type: none"> Why sleep is important Medicines Keeping healthy Keeping teeth healthy Managing feelings and asking for help 	<ul style="list-style-type: none"> Growing older Naming body parts Moving class or year 	<ul style="list-style-type: none"> Safety in different environments Risk and safety at home Emergencies
Class 2/3	<ul style="list-style-type: none"> What makes a family Features of family life 	<ul style="list-style-type: none"> Personal boundaries Safely responding to others The impact of hurtful behaviour 	<ul style="list-style-type: none"> Recognising respectful behaviour The importance of self-respect Courtesy and being polite 	<ul style="list-style-type: none"> The value of rules and laws Rights, freedoms, and responsibilities 	<ul style="list-style-type: none"> How the internet is used Assessing information online 	<ul style="list-style-type: none"> Different jobs and skills Job stereotypes Setting personal goals 	<ul style="list-style-type: none"> Health choices and habits What affects feelings Expressing feelings 	<ul style="list-style-type: none"> Personal strengths and achievements Managing and reframing setbacks 	<ul style="list-style-type: none"> Risks and hazards Safety in the local environment and unfamiliar places

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Class 3/4 LINDEN	<ul style="list-style-type: none"> Positive friendships, including online 	<ul style="list-style-type: none"> Responding to hurtful behaviour Managing confidentiality Recognising risks online 	<ul style="list-style-type: none"> Respecting differences and similarities Discussing differences sensitively 	<ul style="list-style-type: none"> What makes a community Shared responsibilities 	<ul style="list-style-type: none"> How data is shared and used 	<ul style="list-style-type: none"> Making decisions about money Using and keeping money safe 	<ul style="list-style-type: none"> Maintaining a balanced lifestyle Oral hygiene and dental care 	<ul style="list-style-type: none"> Physical and emotional changes in puberty External genitalia Personal hygiene routines Support with puberty 	<ul style="list-style-type: none"> Medicines and household products Drugs common to everyday life
Class 4/5	<ul style="list-style-type: none"> Managing friendships and peer influence 	<ul style="list-style-type: none"> Physical contact and feeling safe 	<ul style="list-style-type: none"> Responding respectfully to a wide range of people Recognising prejudice and discrimination 	<ul style="list-style-type: none"> Protecting the environment Compassion towards others 	<ul style="list-style-type: none"> How information online is targeted Different media types, their role and impact 	<ul style="list-style-type: none"> Identifying job interests and aspirations What influences career choices Workplace stereotypes 	<ul style="list-style-type: none"> Healthy sleep habits Sun safety Medicines Vaccinations, immunisations and allergies 	<ul style="list-style-type: none"> Personal identity Recognising individuality and different qualities Mental wellbeing 	<ul style="list-style-type: none"> Keeping safe in different situations, including responding in emergencies, first aid and FGM
Class 5/6 ASH	<ul style="list-style-type: none"> Attraction to others Romantic relationships Civil partnership and marriage 	<ul style="list-style-type: none"> Recognising and managing pressure Consent in different situations 	<ul style="list-style-type: none"> Expressing opinions and respecting other points of view, including discussing topical issues 	<ul style="list-style-type: none"> Valuing diversity Challenging discrimination and stereotypes 	<ul style="list-style-type: none"> Evaluating media sources Sharing things online 	<ul style="list-style-type: none"> Influences and attitudes to money Money and financial risks 	<ul style="list-style-type: none"> What affects mental health and ways to take care of it Managing change, loss and bereavement Managing time online 	<ul style="list-style-type: none"> Human reproduction and birth Increasing independence Managing transitions 	<ul style="list-style-type: none"> Keeping personal information safe Regulations and choices Drug use and the law Drug use and the media

	Autumn 1 Independence and aspirations	Notes	Autumn 2 Autonomy and advocacy	Notes	Spring 1 Choices and influences	Notes
Class 6/7	<p>Developing goal-setting, organisation skills and self-awareness:</p> <ul style="list-style-type: none"> • Personal identity and values • Learning skills and teamwork • Respect in school 		<p>Developing empathy, compassion, and communication</p> <ul style="list-style-type: none"> • Making and maintaining friendships • Identifying and challenging bullying • Communicating online 		<p>Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> • Regulating emotions • Diet and exercise • Hygiene and dental health • Sleep 	
Class 7/8 ROWAN	<p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> • Managing online presence • Digital and media literacy 		<p>Developing respect for beliefs, values, and opinions and advocacy skills:</p> <ul style="list-style-type: none"> • Stereotypes, prejudice and discrimination • Promoting diversity and equality 		<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> • Drugs and alcohol • Introduction to contraception • Resisting peer influence • Online choices and influences 	

	Spring 2 Independence and aspirations	Notes	Summer 1 Autonomy and advocacy	Notes	Summer 2 Choices and influences	Notes
Class 6/7	Developing self-confidence and self-worth: <ul style="list-style-type: none"> • Puberty and managing change • Body satisfaction and self-concept 		Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none"> • Rights in the community • Relationship boundaries • Unwanted contact • FGM and forced marriage 		Developing agency and decision making skills: <ul style="list-style-type: none"> • Drugs, alcohol and tobacco • Safety and first aid 	
Class 7/8 ROWAN	Developing goal setting, motivation, and self-awareness: <ul style="list-style-type: none"> • Aspirations for the future • Career choices • Identity and the world of work 		Developing communication and negotiation skills, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> • Healthy relationships • Boundaries and consent • LGBT+ inclusivity • Sharing of nude and semi-nude/indecent images/‘sexting’ • Managing conflict 		Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> • Maintaining positive mental health • Importance of physical activity 	

Class	Autumn: Relationships		
	Belonging to a community	Media literacy and Digital resilience	Respecting ourselves and others
Class 5/6 ASH	<ul style="list-style-type: none"> • Attraction to others • Romantic relationships • Civil partnership and marriage 	<ul style="list-style-type: none"> • Recognising and managing pressure • Consent in different situations 	<ul style="list-style-type: none"> • Expressing opinions and respecting other points of view, including discussing topical issues
NOTES			

Class	Spring: Living in the wider world		
	Families and friendships	Safe relationships	Money and work
Class 5/6 ASH	<ul style="list-style-type: none"> Valuing diversity Challenging discrimination and stereotypes 	<ul style="list-style-type: none"> Evaluating media sources Sharing things online 	<ul style="list-style-type: none"> Influences and attitudes to money Money and financial risks
NOTES			

Class	Summer: Health and wellbeing		
	Physical health and mental wellbeing	Growing and changing	Keeping safe
Class 5/6 ASH	<ul style="list-style-type: none"> What affects mental health and ways to take care of it Managing change, loss and bereavement Managing time online 	<ul style="list-style-type: none"> Human reproduction and birth Increasing independence Managing transitions 	<ul style="list-style-type: none"> Keeping personal information safe Regulations and choices Drug use and the law Drug use and the media
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