



PSHE at Highfield Overview



Topics

Autumn – Get Up – Stand Up
Spring – Creative Community
Summer – Tomorrow’s World

Key	Colour
RSE Objectives/Discovery Espresso Health & Relationships	
Cross Curricular link with science	
BV (British Values)	
Cross Curricular link with PE	
Cross Curricular link with maths	
Cross Curricular link with geography	
Cross curricular link with ICT	

2024-2025

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Berry Class	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Can keep themselves safe around school • Can understand stranger danger • Can understand safe and unsafe relationships • Can assess risks associated with increased freedom • Can keep themselves safe in the community • Can understand that parts of the body are private <p><u>Self-Awareness</u></p> <ul style="list-style-type: none"> • Can manage their physical health • Can manage their sensory needs • Can use appropriate behaviour in different relationships <p><u>Emotional Regulation</u></p> <ul style="list-style-type: none"> • Can tolerate when situations have not gone as expected • Can accept change & recognise feelings • Can show positive learning behaviours • Can express feelings appropriately & utilise strategies for emotional regulation 			<p><u>Transitions</u></p> <ul style="list-style-type: none"> • Can make successful transitions to different environments • Can manage transitions in life stages/events • Can make successful transitions between activities within the classroom • Can manage transitions between home and school <p><u>Community Inclusion</u></p> <ul style="list-style-type: none"> • Can be safe in the community • Can stay safe online • Can travel independently • Can understand road safety • Can recognise bullying <p><u>Health, Hygiene and Puberty</u></p> <ul style="list-style-type: none"> • Can maintain good hand, dental and bodily hygiene • Can engage in physical exercise as appropriate to their needs • Can understand how their body will change (puberty) • Can manage their menstruation needs (girls only) 		
EYFS	<p><u>Self-Regulation</u></p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p><u>Managing Self</u></p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p><u>Building Relationships</u></p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others’ needs 					

Year 1	<p>E-safety Be Proud of Who You Are Week/BV Who am I? Keeping safe in school Being a good friend CT: Tolerating Differences Anti-racism NSPCC–PANTS</p>	<p>Personal Safety Gifts and talents Understanding jealousy What is bullying? Secrets and surprises Identifying feelings</p>	<p>Review E-safety Our Daily Routine Keeping Clean Dental Health Growing and Changing Families and Care</p>	<p>Staying healthy Medicines Who gives us medicines? Going to hospital</p>	<p>Review E-safety Cooperation in a group Living together Outdoor safety Environment</p>	<p>Celebrating different kinds of families Values of coins and notes Needs and wants Looking after my money Understanding change</p>
Year 2	<p>E-safety Be Proud of Who You Are Week. Circle Time – Celebrating difference - Tolerance and acceptance of the beliefs of others. Anti-racism Resolving arguments and working with others Individual Liberties. Rights and responsibilities. NSPCC – PANTS</p>	<p>Being cared for Loss of things you care about and bereavement Effects of bullying Choices and consequences Habits and obstacles to change Self-awareness Managing feelings</p>	<p>Review E-safety Differences: boys & girls Differences: males & females Naming Body Parts Body image Exercise and fitness</p>	<p>Risk Hazardous substances Safety Rules Emergency services – when and how they can help us</p>	<p>Review E-safety Golden Rules Review The rule of law Community People who help us Gender and work Urban and rural environments World environments</p>	<p>Celebrating different kinds of families Keeping track of money Spend or save? Where money comes from Rights and responsibilities</p>
Year 3	<p>E-safety Be Proud of Who You Are Week/BV Anti-racism Individual Liberties. Rights and responsibilities Responding to different viewpoints Resolving conflict</p>	<p>Being assertive Resisting pressure from others Taking responsibility for behaviour Learning styles Planning to reach a Goal Recognising feelings in others & understanding body language</p>	<p>Review E-safety Differences: male and female Personal Space & Touch Family Differences Gender roles at home and school</p>	<p>Why People Smoke Physical effects of smoking No Smoking Being physically active</p>	<p>Review E-safety Staying safe Our community in the media Organisations which help our community Rubbish and recycling</p>	<p>Celebrating Differences & Tackling Homophobia Ways to pay Lending and borrowing Earning money Jobs Other people’s lives around the world</p>
Year 4	<p>E-safety Be Proud of Who You Are Week/BV Anti-racism Emotional barriers to Learning Developing Resilience</p>	<p>Coping with disappointment Celebrating each other’s strengths Protecting against cyberbullying Different types of relationships Losing someone we care about</p>	<p>Review E-safety Growing Up: Main stages of life What is puberty? Puberty changes and reproduction Changes in relationships at home Being active Friendships</p>	<p>Confidence and self esteem Strengths and weaknesses Habits and self-control Alcohol and rise Limits to drinking alcohol Choosing the right health service</p>	<p>Review E-safety Housing needs and wants Home is... Rights & Responsibilities at home Celebrations in different cultures Accepting differences</p>	<p>Celebrating differences & tackling homophobia Using accounts to keep money safe What are charities? Rules & responsibilities in society</p>
Year 5	<p>E-safety Be Proud of Who You Are Week Anti-racism Individual Liberties. Rights and responsibilities Welcoming & belonging Teamwork Giving praise and positive feedback</p>	<p>Body image and the media Positive physical and emotional health Raising concerns and helping friends in need Schools abroad Different communities Democracy, government and politics</p>	<p>Review E-safety Forgiveness and friendships Understanding embarrassment Consequences of teasing and bullying Importance of anger management</p>	<p>Legal and illegal drugs (including tobacco and alcohol) Attitudes to drugs Peer Pressure Healthy lifestyle choices: judging risk</p>	<p>Review E-safety Campaigns and media influence Talking about puberty Male and female changes Puberty and hygiene</p>	<p>Celebrating Differences & Tackling Homophobia Foreign currency What influences spending? Saving money Changing schools</p>

		Losing someone we care about				
Year 6	<p>E-safety</p> <p>Be Proud of Who You Are Week</p> <p>Anti-racism</p> <p>Individual Liberties. Rights and responsibilities</p> <p>Celebrating achievements</p> <p>Making future plans</p> <p>Resilience and perseverance</p> <p>Different viewpoints</p>	<p>Managing overwhelming feelings</p> <p>Accepting our part in a conflict</p> <p>Assertiveness</p> <p>Communication in relationships (including online safety)</p>	<p>Review E-safety</p> <p>YEP – Gangs & Staying Safe</p> <p>Road Safety & Stranger</p> <p>Celebrating Differences & Tackling Homophobia</p>	<p>Drug education</p> <p>VSA, Getting help and First Aid</p> <p>Help, advice and support</p> <p>Managing stress: my leisure time</p>	<p>Review E-safety</p> <p>Helping others - at home, at school and in the community</p> <p>Local and global communities</p> <p>Inequalities</p> <p>Effects of economic choices</p> <p>Debt and risk</p> <p>Enterprise</p>	<p>Responsibilities at secondary school</p> <p>Safer journeys</p> <p>Changes & Transition to Secondary School</p> <p>Puberty & reproduction</p> <p>Understanding relationships</p> <p>Conception & Pregnancy</p> <p>Health services</p> <p>Healthy families and nutrition</p>