

## Elm Wood PSHCE Overview 2023-24

	Autumn			Spring			Summer		
EYFS	Feelings and emotions		Friendship Who am I?	Friendship Right and Wrong choices		Positive mindset Something I am proud of	Healthy choices and personal hygiene		Feelings and transition
Year 1	Recognising what makes them unique and special; feelings; managing when things go wrong	What rules are; caring for others' needs; looking after the environment	How behaviour affects others; being polite and respectful	Recognising privacy; staying safe; seeking permission	Strengths and interests; jobs in the community	How rules and age restrictions help us; keeping safe online	Roles of different people; families; feeling cared for	Using the internet and digital devices; communicating online	Keeping healthy; food and exercise, hygiene routines; sun safety
Year 2	Recognising things in common and differences: playing and working cooperatively, sharing opinions	Belonging to a group: roles and responsibilities: belonging in the same and different community	Why sleep is important: medicines and keeping healthy; keeping teeth healthy: managing feelings and asking for help	Making friends; feeling lonely and getting help	Safety in different environments; risk and safety at home and in emergencies	What money is; needs and wants; looking after money	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour and consent	The internet in everyday life; online content and information	Growing older; naming body parts; moving class or year
Year 3	Recognising respectful behaviour; the importance of	The value of rules and laws; rights, freedoms and responsibilities	Health choices and habits; what affects feelings;	Personal boundaries; safety responding to others; the	Different jobs and skills; job stereotypes; setting personal goals	Risks and hazards; safety in the local environment	What makes a family; features of family life	How the internet is used; assessing information online	Personal strengths and achievements; managing and

	self-respect; courtesy and being polite		expressing feelings	impact of hurtful behaviour		and unfamiliar places			reframing setbacks
<b>Year 4</b>	Respecting differences and similarities; discussing difference sensitively	Medicines and household products; drugs common to everyday life	How data is shared and used	Maintaining a balanced lifestyle; oral hygiene and dental care	Positive friendships, including online	What makes a community; shared responsibilities	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Responding to hurtful behaviour; managing confidentiality; recognising risk online	Making decisions about money; using and keeping money safe
<b>Year 5</b>	Personal identity; recognising individual and different qualities; mental wellbeing	How information online is targeted; different media types; their role and impact	Managing friendships and peer influence	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Protecting the environment; compassion towards others	Responding respectfully to a wide range of people; recognising prejudice and discrimination; anti-racism workshops	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Physical contact and feeling safe
<b>Year 6</b>	What affects mental health and ways to take care of it; managing change. Loss and bereavement; managing time online	Valuing diversity; challenging discrimination and stereotypes	Recognising and managing pressure; consent in different situations	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Expressing opinions and respecting other points of view, including discussing topical issues	Evaluating media sources; sharing things online	Attraction to others; romantic relationships; civil partnership and marriage	Influences and attitudes to money and financial risks	Human reproduction and birth; increasing independence; managing transition