



Preston Grange Primary School

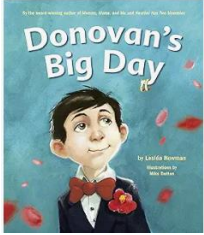
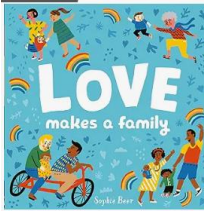
PSHE Curriculum Overview


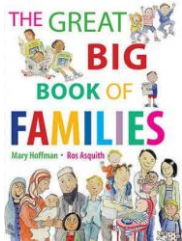
PSHE
Association

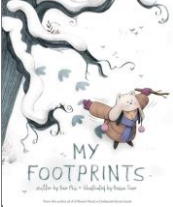
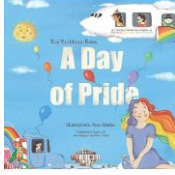
PSHE LONG-TERM OVERVIEW

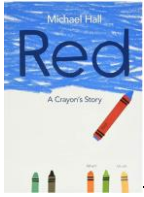
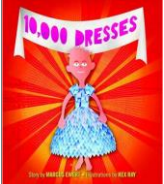
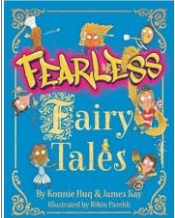
Early Years

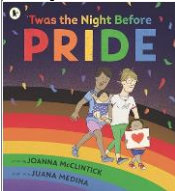

Autumn	Spring	Summer
<p style="text-align: center;">Nursery PSED Focus</p> <p>Transition into Nursery Begin to make friendships Form a secure bond with key adults and play in parallel. Observing others and copying ideas. Select from a small range of resources on offer within a single activity. Begin to follow the rules and routines of Nursery Become more outgoing with other adults in the setting Begin to link up with others by seeking out the same play experience Locate and bring additional resources to activities to achieve a particular goal.</p>	<p style="text-align: center;">Nursery PSED Focus</p> <p>Follow rules with simple verbal prompts or visual reminders. Take turns with verbal prompts from adults to pass over equipment. Choose and locate resources they need to achieve a goal. Follow very simple rules to stay safe when visiting the wider locality with familiar adults. Spontaneously take turns, join in with simple discussions with an adult on how to make things fair. Choose the tools and materials they need to achieve their goal. Develop ways to calm themselves and use these with adult support.</p>	<p style="text-align: center;">Nursery PSED Focus</p> <p>Follow rules without reminders. Listen and talk to special visitors to the setting Contribute to decisions about room layout and resources. Use play with another child to extend and elaborate ideas. Accept simple resolutions suggested by adults and move on with play. Use self-calming spontaneously Carry out simple tasks requested to help someone else. Use a small range of adjectives to describe the emotions of story Articulate simple rules to other children. Develop appropriate ways of being assertive. Use a wider range of adjectives to describe feelings of friends and characters in books and films. Help other children to solve simple practical tasks. Initiate simple plans to resolve conflict such as offering to go second or passing over a resource. Spontaneously carry out a job for others in the group. Take a role in domestic play and speak from another point of view</p> <p>Transition into Reception</p>
<p style="text-align: center;">Reception PSED Focus</p> <p>Transition into Reception Follow classroom routines including self-help with clothing. Follow classroom expectations. Define what makes me special. Build vocabulary around feelings. Follow wider school regimes. Articulate and demonstrate hand washing and food preparation. Identify healthy ingredients in healthy snacks. Distinguish between healthy food choices and special treats. Articulate and demonstrate teeth cleaning. Perform confidently to an audience in a simple adult structured presentation.</p>	<p style="text-align: center;">Reception PSED Focus</p> <p>Articulate the rationale for wider school regimes and expectations. Work in a small group on tasks like turn-taking games with adult support. Articulate simple problem solving approaches. Understand and name own feelings and those in others. Work in a small group on tasks like turn taking games without adult support. Work in pairs to succeed in a challenge. Articulate how to solve simple problems. Choose ingredients suited to a healthy snack or recipe.</p>	<p style="text-align: center;">Reception PSED Focus</p> <p>Engage in more complex and extended turn-taking games. Read facial expressions and body language and extend the vocabulary of emotions. Articulate the reasons for success or failure in a challenge. Build strategies to make new friends. Engage in games where different participants have different roles. Build strategies to challenge undesirable behaviour towards others. Set simple goals and articulate how they will set out to achieve them.</p> <p>PSED ELGs</p> <ul style="list-style-type: none"> • Self-regulation • Managing self • Building relationships <p>Transition into KS1</p>

	Relationships			Living in the wider world			Health and Wellbeing		
Year 2	<p>Making friends; feeling lonely and getting help. How to know if family relationships are making them feel sad or unsafe.</p>	<p>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour, including bullying</p>	<p>Recognising things in common and differences; playing and working cooperatively; sharing opinions and respecting the choices of others (OEfNS)</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the community</p>	<p>The internet in everyday life; online content and information</p>	<p>What money is; needs and wants; looking after money</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; germs, cleanliness and basic hygiene; managing feelings and asking for help</p>	<p>Growing older; naming body parts; moving class or year</p>	<p>Safety in different environments; risk and safety at home; emergencies</p>
LGBTQ+ / Diversity	<p>Focus</p> <p>Different families, Same love</p>			<p>Key Texts</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Donovan's Big Day – Leslea Newman</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Love makes a Family – Sophie Beer</p> </div> </div> </div>				<p>Key Vocab (integrated introduction through key texts)</p> <p>Lesbian Gay</p>	

	Relationships			Living in the wider world			Health and Wellbeing		
Year 3	<p>What makes a family; features of family life</p> <p>Healthy friendships and that friendships have ups and downs (OE+NS)</p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour including bullying.</p>	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>The value of rules and laws; rights, freedoms and responsibilities</p>	<p>How the internet is used; assessing information online</p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Health choices and habits; what affects feelings; expressing feelings</p>	<p>Personal strengths and achievements; managing and re-framing setbacks</p>	<p>Risks and hazards; safety in the local environment, unfamiliar places and unfamiliar people.</p>
LGBTQ+ / Diversity	<p>Focus</p> <p>Celebrating diversity</p> <p>Challenging homophobic language</p>			<p>Key Texts</p>  <p>King and King -Stern Nijland and Linda de Haan</p>  <p>The Great Big Book of Families – Mary Hoffman</p>			<p>Key Vocab</p> <p>(integrated introduction through key texts and conversations about relationships)</p> <p>Lesbian</p> <p>Gay</p>		

	Relationships			Living in the wider world			Health and Wellbeing		
Year 4	<p>Positive friendships, including online</p> <p>Emotions and Empathy- Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. (OEfNS)</p>	<p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>Being assertive and self-confident in a range of situations. Being able to say no.</p>	<p>Respecting differences and similarities; discussing difference sensitively.</p>	<p>What makes a community; shared responsibilities</p>	<p>How data is shared and used</p>	<p>Making decisions about money; using and keeping money safe</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p>	<p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Process of growing from young to old; how people's needs change and the responsibility that increasing independence brings.</p>	<p>Medicines and household products; drugs common to everyday life</p>
LGBTQ+ / Diversity	<p>Focus</p> <p>Celebrating diversity</p> <p>Challenging homophobic language</p>			<p>Key Texts</p>  <p>My Footprints -Bao Phi</p>  <p>-A Day of Pride - Roy Youldous-Raiss</p>			<p>Key Vocab</p> <p>(integrated introduction through key texts and conversations about relationships)</p> <p>Lesbian</p> <p>Gay</p>		

	Relationships			Living in the wider world			Health and Wellbeing		
Year 5	<p>Managing friendships and peer influence</p> <p>Rules and Expectations Knowing secrets can lead to good and bad feelings. Recognise ways in which a relationship can be unhealthy. (OEINS)</p>	<p>Physical contact and feeling safe</p>	<p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Protecting the environment; compassion towards others</p>	<p>How information online is targeted; different media types, their role and impact</p>	<p>Identifying job interests and aspirations; what influences career choices; Workplace stereotypes</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	<p>Personal identity; Recognising individuality and different qualities; mental wellbeing</p> <p>Know that their body and emotions may change as they approach and move through puberty.</p> <p>Understand menstrual well-being including the key facts about menstrual cycle</p> <p>Understand that boys may have wet dreams.</p> <p>Understand that good personal hygiene becomes even more important through puberty.</p>	<p>Keeping safe in different situations, including responding in emergencies and first aid</p>
LGBTQ+ / Diversity	<p>Focus</p> <p>Celebrating diversity</p> <p>Challenging homophobic language</p>			<p>Key Texts</p>  <p>Red, A Crayon's Story – Michael Hall</p>  <p>10,000 Dresses – Marcus Ewert</p>  <p>Fearless Fairy Tales – Konnie Huq</p>			<p>Key Vocab</p> <p>(integrated introduction through key texts and conversations about relationships)</p> <p>Lesbian Gay Bisexual Transgender</p>		

	Relationships			Living in the wider world			Health and Wellbeing		
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and Managing pressure; consent in different situations Rules and boundaries Knowing how to ask for help and advice for themselves or others. (OEtNS) Building good relationships	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes. Including reference to protected characteristics. Links to Mermaids.	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; how and why the body changes during puberty (emotional and physical); increasing independence; managing transition Identify skills and qualities needed to be a parent / carer and recognise both men and women can take on these roles and responsibilities	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
LGBTQ+ / Diversity	Focus Celebrating diversity Challenging homophobic language			Key Texts  'Twas the Night Before Pride – Joanna McClintick  I am Leo – CBBC 'My Life' https://www.youtube.com/watch?v=Nysd3h4Ztl&t=1466s			Key Vocab (integrated introduction through key texts and conversations about relationships) Lesbian Gay Bisexual Transgender		

- **Bold text indicates statutory PSHE content**

Additional Theme/ Charity days or events
Specific Dates to be checked each year and added to the school calendar

Could be picked up in W/S assembly(ies), Key Stage assembly(ies), enrichment day(s/ week), class PHSE lesson, mixed age 'Clastle' session or one off events (e.g. cake sale)

<p align="center">Aut 1</p> <p align="center">Jeans for Genes Wear Pink – Cancer awareness - assemblies Show Racism the Red Card Black History Month - October - assemblies</p> <p align="center">Aut 2</p> <p align="center">Children in Need Antibullying Week Christmas Jumper Day - assemblies</p>	<p align="center">Spr 1</p> <p align="center">Children's Mental Health Week LGBTQ+ History Month – February</p> <p align="center">Spring 2</p> <p align="center">Comic Relief / Sport Relief Empathy Day - assemblies Physical Health – NT Active Mile</p>	<p align="center">Summer 1</p> <p align="center">Mental Health Awareness Week - assemblies Active mile - focus on physical health</p> <p align="center">Summer 2</p> <p align="center">School Diversity Week NSPCC underwear rule</p>
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