



Staniland Academy PSHE and RSE Overview



	Autumn	Spring	Summer
EYFS	PSED-SCSA, MFB, MR Aut 1 New beginnings Aut 2 Getting on and falling out	PSED-SCSA, MFB, MR Spr 1 Going for Goals Spr 2 Good to be me	PSED-SCSA, MFB, MR Sum 1 Relationships Sum 2 Changes
Year 1	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money
Year 2	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money
Year 3	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money
Year 4	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money
Year 5	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money
Year 6	Aut 1 -Keeping/Staying Safe/Safe Relationships/ Shared Responsibilities Aut 2 -Keeping/Staying Healthy Mental Health Healthy Lifestyles/Substance Abuse	Spr 1 -Relationships/Friendships Ourselves Growing and Changing Spr 2 -Being Responsible Families and Close Personal Relationships	Sum 1 -Feelings & Emotions Managing hurtful behaviour & Bullying Media Literacy & Digital Resilience Respecting Self & Others Sum2 -Money Matters Safe Relationships, Communities Economic Well-being/Money

Year 4 Term	Autumn	Spring	Summer
Theme N.C PoS	Respect Rules Brushing Teeth-1D H43 First Aid Techniques R22-Privacy and personal boundaries R29 Get safety advice L3-Relationship between rights & responsibilities Smoking-1D H7-Benefits of exercise H8-Importance of sleep H16-Strategies to support mental health Safeguarding what might you need to tell someone about/who? (Anti-Bullying Week R19, R20, R21)	Coming Home on Time-1D Jealousy-1D R15-Strategies for managing peer influence H25-Personal Identity BV- Democracy/Rule of Law Online Bullying-1D R7-Different types of families BV-Liberty/Respect and Tolerance	Chores at Home-1D R19-Impact of bullying R20-Strategies respond to bullying L11-Positive and negative internet L12-Reliability of online sources R30-Respectful personal behaviour Breaking Down Barriers-1D Image Sharing-1D L24-Impact of money on feelings L22-Money Risks L28-Influences on career choices H24/36 Transition (Feelings/changes)
Skills to be covered	<ul style="list-style-type: none"> -To deepen their understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience. -About people who are responsible for helping them stay healthy and safe and ways that they can help these people. -To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet. -What is meant by the term 'habit' and why habits can be hard to change. -Which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, that some are legal, some are restricted and some are illegal to own, use and supply to others. -The concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'. 	<ul style="list-style-type: none"> -To be aware of different types of relationship, including those between acquaintances, friends, relatives and families. -To recognise their increasing independence brings increased responsibility to keep themselves and others safe. -That there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment. -To recognise and challenge stereotypes. 	<ul style="list-style-type: none"> -To recognise how images in the media do not always reflect reality and can affect how people feel about themselves. -To judge what kind of physical contact is acceptable or unacceptable and how to respond. -To realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination of individuals and communities. -To explore and critique how the media present information (build on Y5 understanding). -About the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer.