

WHOLE SCHOOL OVERVIEW

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	REC	Building Relationship Making Friends	Self-Regulation Feelings	Self-Regulation Following Rules	Building Relationships Being a good friend	Building Relationships Resolving conflict	Managing Self Being Healthy
	Y1/2	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
	Y3/4	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
	Y5/6	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
Cycle B	EY	Building Relationship Making Friends	Self-Regulation Feelings	Self-Regulation Following Rules	Building Relationships Being a good friend	Building Relationships Resolving conflict	Managing Self Being Healthy
	Y1/2	KS1 Relationships	Safety First Health and Wellbeing	One World Living in the Wider World	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Growing Up Health and Wellbeing
	Y3/4	VIPs Relationships	Safety First Health and Wellbeing	One World Living in the Wider World	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Growing Up Health and Wellbeing
	Y5/6	Building Relationship Making Friends	Self-Regulation Feelings	Self-Regulation Following Rules	Building Relationships Being a good friend	Building Relationships Resolving conflict	Managing Self Being Healthy

Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY	Building Relationship Making friends	Self-Regulation Feelings	Self-Regulation Following Rules	Building Relationships Being a good friend	Building Relationships Resolving Conflict	Managing Self Being Healthy
	<ol style="list-style-type: none"> Who is my friend? Who can I ask for help? 	<ol style="list-style-type: none"> What makes you happy? What makes you sad? What makes you angry? 	<ol style="list-style-type: none"> What are our classroom rules? Why are rules important ? 	<ol style="list-style-type: none"> How do my actions make my friend feel? How can I be a good friend? 	<ol style="list-style-type: none"> What should I do if I fall out with a friend? How can I compromise with my friend? 	<ol style="list-style-type: none"> How can I keep my body healthy? What healthy foods have I eaten this week?
	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
Year 1/2	<ol style="list-style-type: none"> Where do I feel I belong? Why does good listening matter? Why is being kind important? What can you do to help out? How can we turn negative thoughts into positive thoughts? What are the consequences of your choices? 	<ol style="list-style-type: none"> What are positive and negative thoughts? What are good choices? Which challenges are the most difficult and why? What are uncomfortable feelings? What are you thankful for? How can we be mindful? 	<ol style="list-style-type: none"> How can I help my school community? How can I be a good neighbour? What things help and harm my neighbourhood? What is it like to live in the British Isles? What are the similarities and differences between people who live in the British Isles? What makes me proud of Britain? 	<ol style="list-style-type: none"> What makes you special? What different feelings do you have? What things make you feel happy? What things make you feel unhappy or cross? How does change and loss make you feel? Can you share your opinion with others? 	<ol style="list-style-type: none"> What do I do if I feel unsafe? Why is it important to make healthy choices about food and drink? Can you make healthy choices about food and drink? How do you keep your body clean? What is safe to eat and drink? How can you choose to keep your mind and body healthy and safe? 	<ol style="list-style-type: none"> What star qualities do I already have and what would I like to develop? How can a positive learning attitude help me? What do I want to be when I grow up? How do a person's interests and skills make them suited to doing a job? What would you like to achieve in the future? What changes might happen to you in the future?
	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
Year 3/4	<ol style="list-style-type: none"> Why do times of change create mixed feelings? What attributes do I have that are good for team work? How can one person's actions affect the whole team? How would you respond? How can you have a positive impact on the outcome of a falling out? What are your classroom responsibilities? 	<ol style="list-style-type: none"> What is a happy mind? When do you tend to experience unhelpful thoughts? How can we cope with big changes in our lives? Why is it important to relax and be calm? What can we do to manage uncomfortable feelings? How do I face a challenge? 	<ol style="list-style-type: none"> What is it like to live in the British Isles? What is democracy and why is it important? What are rules and laws and how can they help us? What does liberty mean and what are the rights of British people? What is a diverse society and why is it important? What does It mean to be British? 	<ol style="list-style-type: none"> What are the things about yourself that you are proud of? How do different emotions feel? How do you cope with uncomfortable feelings? How can you be assertive? Can you decide if media messages are helpful or harmful? What strategies can you use if you make a mistake? 	<ol style="list-style-type: none"> Can you explain how you can choose what happens to your body? How do you keep your body healthy? Why is it important to get enough sleep? Why is good hygiene important? How do you take medicine safely? What are healthy habits? 	<ol style="list-style-type: none"> How can your actions help you achieve? What are your personal goals? How can a positive learning attitude help you learn new things? What skills and attributes are needed to do certain jobs? What might influence your decisions about a future career? What job might you like to do when you grow up?
	TEAM Relationships	Think Positive Health and Wellbeing	Diverse Britain Living in the Wider World	Be Yourself Relationships	It's My Body Health and Wellbeing	Aiming High Living in the Wider World
Year 5/6	<ol style="list-style-type: none"> Which of your attributes might you want to develop more? How can you respectfully disagree? How can you collaborate on a shared goal? How does it feel to be valued and cared for? How can you help others if you witness unkind behaviour? How do shared responsibilities help a team to function? 	<ol style="list-style-type: none"> How do thoughts, feelings and behaviours influence each other? How can you develop a positive mental outlook? What strategies do you use to manage your feelings? What does it mean to make an 'informed decision'? How is mindfulness linked to happiness? What strategies do you use to overcome a difficult situation? 	<ol style="list-style-type: none"> How can we show respect to all people? What is a community and what does it mean to belong to one? Why and how are laws made and what might happen if laws are broken? What is local government? What is national government? What do charities and voluntary groups do to support communities? 	<ol style="list-style-type: none"> Why should uniqueness be celebrated and respected? Why is it helpful to share your thoughts and feelings? What are uncomfortable feelings and how do you manage them? How can we manage feelings of shyness and nervousness? Why is it important to do the right thing, even when others aren't? How does it feel to make a mistake and how could you make amends? 	<ol style="list-style-type: none"> How do I control what happens to my body? Why is getting enough exercise and sleep important? How do you take care of your body? What are the harmful effects of using drugs, including alcohol and tobacco? What is a positive body image? What informed choices do you make to look after your physical and mental health? 	<ol style="list-style-type: none"> How do you learn new things and achieve goals? How can a helpful attitude towards learning help us succeed in life? What opportunities may become available to you in the future? What job/s might you be interested in? What jobs might match your skills and interests?

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY	Building Relationship Making friends	Self-Regulation Feelings	Self-Regulation Following Rules	Building Relationships Being a good friend	Building Relationships Resolving Conflict	Managing Self Being Healthy
	<ol style="list-style-type: none"> Who is my friend? Who can I ask for help? 	<ol style="list-style-type: none"> What makes you happy? What makes you sad? What makes you angry? 	<ol style="list-style-type: none"> What are our classroom rules? Why are rules important? 	<ol style="list-style-type: none"> How do my actions make my friend feel? How can I be a good friend? 	<ol style="list-style-type: none"> What should I do if I fall out with a friend? How can I compromise with my friend? 	<ol style="list-style-type: none"> How can I keep my body healthy? What healthy foods have I eaten this week?
Year 1/2	KS1 Relationships	Safety First Health and Wellbeing	One World Living in the Wider World	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Growing Up Health and Wellbeing
	<ol style="list-style-type: none"> Who are your VIPs? Why are families important? What makes someone a good friend? How can you resolve arguments without being unkind? How do you co-operate with others to achieve a task? How do you show others that you care? 	<ol style="list-style-type: none"> Who can help you if you feel unsafe? How do you stay safe at home? How do you stay safe when you are outside? How do you stay safe around strangers? What should you do if you feel worried about the safety of others? Who do you go to if you need help? 	<ol style="list-style-type: none"> What are the similarities and differences between family life in different countries? What are the similarities and differences between home life in different countries? What are the similarities and differences between schools in different countries? What different environments do people live in? What can we do to look after our environment? Why is it important to be a planet protector? 	<ol style="list-style-type: none"> Why is the internet useful? Why do you need to balance screen time with other activities? How do you stay safe online? Why do we need to keep personal information private? How can I communicate respectfully online? Is everything on the internet true? 	<ol style="list-style-type: none"> What different forms does money come in? Where does money come from? Why is it important to keep your money safe? Why is it important to keep track of what you spend? What is the difference between things you want and things you need? What happens when we go shopping? 	<ol style="list-style-type: none"> What are the main parts of our bodies called? How do you respect your own and other people's bodies? How are we all different? How have you changed since you were a baby? How will you change as you get older? What changes in your life might affect how you feel?
Year 3/4	VIPs Relationships	Safety First Health and Wellbeing	One World Living in the Wider World	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Growing Up Health and Wellbeing
	<ol style="list-style-type: none"> Why is it important to respect your family and friends? How do you make and keep friends? Can you identify your own support network? Can you use strategies to resolve conflicts? What is bullying? What would you do if someone was being bullied? 	<ol style="list-style-type: none"> Can you make good choices to keep yourself safe and healthy? Can you identify a risky situation and act responsibly? How do you cope when your friends ask you to do things you don't want to? How do you stay safe when you are out and about? How do dangerous substances affect the human body? How would you respond to an emergency situation? 	<ol style="list-style-type: none"> What are the benefits of living in a diverse society? Why do we have human rights? Can you give reasons for your opinions? How might our actions impact on people living in different countries? What is climate change and how does it affect people's lives? How do charities help in challenging situations? 	<ol style="list-style-type: none"> What are the positives and negatives of being online? How can you help make the internet a safer place? How do you stay safe online? How do you share online information responsibly? What should you never share online? How can technology affect your wellbeing? 	<ol style="list-style-type: none"> Where does money come from? How can people pay for things? What are the risks of borrowing money? What decisions might people have to make about spending? How do adverts influence our spending? How do you keep track of what you spend? 	<ol style="list-style-type: none"> What are male and female body parts called and what are they for? How will boys' bodies change as they go through puberty? How will girls' bodies change as they go through puberty? What feelings might you experience as you grow up? What types of relationships and families are there? How are babies made and how are they born?
Year 5/6	VIPs Relationships	Safety First Health and Wellbeing	One World Living in the Wider World	Digital Wellbeing Relationships	Money Matters Living in the Wider World	Growing Up Health and Wellbeing
	<ol style="list-style-type: none"> How should family and friends treat each other? How do you calm yourself when you are feeling angry or upset? Can you listen respectfully to other people's opinions?? Can you identify negative influences on your behaviour? What is bullying? Can you recognise healthy and unhealthy relationships? 	<ol style="list-style-type: none"> How do you take responsibility for your own safety? What are the risks in different situations? How do you manage peer pressure? How would you act sensibly and responsibly in an emergency? How do you identify risks and stay safe at home? How do you stay safe outdoors? 	<ol style="list-style-type: none"> How can we be responsible global citizens? What is global warming and how can we prevent it getting any worse? How can our energy use harm the environment? How can we use water responsibly? What is biodiversity? How can you make choices that make the world a better place? 	<ol style="list-style-type: none"> What are the benefits of the internet? How do you stay safe, healthy and happy online? What are the signs of inappropriate and harmful online relationships? How do you use social media responsibly? What do you do if you see or experience online bullying? How do you assess the reliability of text and images online? 	<ol style="list-style-type: none"> What are financial risks and how would you avoid them? How do retailers try to influence our spending? What spending decisions do people have to make? Why can budgeting be helpful? What impact can money have on people's emotional wellbeing? What impact does spending have on our environment? 	<ol style="list-style-type: none"> What changes happen to your body during puberty? How might you deal with your changing emotions? What factors might affect how you feel about yourself? What is a loving relationship? What is a sexual relationship? What is the process of human reproduction?