



St Jude's Catholic Primary School

PSHE Subject Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Making relationships with others.</p> <p>Discuss family and friends Road safety</p>	<p>Discuss feelings/ behaviours</p> <p>Discuss what is right/ wrong</p>	<p>Discuss feelings of others</p> <p>Follow rules and routines</p>	<p>Follow more complex instructions</p> <p>Resolve conflicts</p>	<p>Work cooperatively</p> <p>Taking turns and sharing with others</p>	<p>Discuss feelings</p> <p>Transition into Year1</p>
<p>By the end of the Reception Year the children will be able to:</p> <p>Self-Regulation ELG: Children at the expected level of development will: - 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> <p>Managing Self ELG: Children at the expected level of development will: - 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> <p>Building Relationships ELG: Children at the expected level of development will: - 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.</p>						
Year 1	<p>Relationships</p> <p>Family and friendships Safe relationships Respecting ourselves and others</p>		<p>Living in the Wider World</p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>		<p>Health and wellbeing</p> <p>Physical health and mental wellbeing Growing and changing Keeping safe</p>	



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Year 2	<p>Relationships</p> <p>Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>Living in the wider world</p> <p>The internet in everyday life; online content and information Belonging to a group; roles and responsibilities; being the same and different in the community What money is; needs and wants; looking after money</p>	<p>Health and well-being</p> <p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing older; naming body parts; moving class or year Safety in different environments; risk and safety at home; emergencies</p>
Year 3	<p>Relationships</p> <p>What makes a family; features of family life Personal boundaries; safely responding to others; the impact of hurtful behaviour Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>Living in the wider world</p> <p>The value of rules and laws; rights, freedoms and responsibilities How the internet is used; assessing information online Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Health & Wellbeing</p> <p>Health choices and habits; what affects feelings; expressing feelings Personal strengths and achievements; managing and reframing setbacks Risks and hazards; safety in the local environment and unfamiliar places</p>
Year 4	<p>Relationships</p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p>Living in the wider world</p> <p>Belonging to a community Money and work</p>	<p>Health and wellbeing</p> <p>Physical health and mental wellbeing Keeping Safe</p>
Year 5	<p>Relationships</p> <p>Managing friendships and peer influence Physical contact and feeling safe Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Living in the Wider World</p> <p>Protecting the environment; compassion towards others How information online is targeted; different media types, their role and impact Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Health and Wellbeing</p> <p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Personal identity; recognising individuality and different qualities; mental wellbeing Keeping safe in different situations, including responding in emergencies, first aid</p>



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Year 6	Relationships Attraction to others; romantic relationships; civil partnership and marriage Recognising and managing pressure; consent in different situations Expressing opinions and respecting other points of view, including discussing topical issues	Living in the Wider World Valuing diversity; challenging discrimination and stereotypes Evaluating media sources; sharing things online Influences and attitudes to money; money and financial risks	Health and Wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online increasing independence; managing transitions Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
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