PSHE overview Autumn Term 2017

**Topic Areas: Health and Wellbeing: feelings emotions, healthy relationships, valuing difference**

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| Year 1 Seedlings  | Year 2Buds | Year 3Young Oaks  | Year 4 Year 5 Oaks | Year 6Mighty Oaks |
| KS1  | Lower Key Stage 2 | Upper Key Stage 2  |
| **Growing and changing****Keeping Safe**To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental care.   | **Healthy Lifestyles****Growing and changing****Keeping Safe** To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental care.  | **Healthy Lifestyles**Understand what positively and negatively affects their physical, mental and emotional health.* Balanced diet
* Images within the media do not always reflect reality

**Growing and changing*** Personal goals and targets
* Feelings
* Change, loss, separation, divorce, bereavement
* Changes that happen at puberty

**Keeping Safe**Online safetyRoad safety Risk, danger, hazards* Negative pressures media
* Healthy and safety
* Basic emergency first aid
* What is meant about habit
* -Substances and drugs

**Keeping Healthy**Viruses and bacteria | **Healthy Lifestyles*** Balanced lifestyle
* Influences about their choices of food
* Images in the media that do not reflect reality
* Achievements and achievable goals

**Growing and changing*** Feelings
* Kinds of change that happen in a lifetime
* Managing risk
* Simple hygiene routines, bacteria and viruses
* Change that happens at puberty

**Keeping Safe** * Negative pressure
* Rules for healthy and safety
* Habit and change
* Drugs that are common in everyday life
* Road safety, bike safety
* Keeping safe online
* People who help us
 | **Healthy Lifestyles*** Balanced lifestyle
* Media can distort reality
* Personal goals
* Complex or conflicting emotions
* How the spread of infection can be prevented.
* Habits
* Risks and effect of illegal and legal substances

**Keeping Safe*** Managing risk
* Unhelpful pressures
* Basic emergency aid
* FGM and right to protect their bodies
* Strategies for managing personal safety- local environment
* Personal safety online
* Personal health and wellbeing
* Use of mobile phones safety

**Growing and changing*** Bereavement and loss
* Puberty
* Human lifecycle/ reproduction
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 | **Healthy Lifestyles*** Balanced diets
* Media can distort reality
* How spread of infection can be prevented
* Habits
* Risks and effect of illegal and legal substances

**Growing and changing*** Achieving and making personal goals
* Complex or conflicting emotions
* Coping with change and transition
* Puberty
* Human lifestyle
* reproduction

**Keeping Safe*** Managing risk
* Peer pressure and media influence
* Basic emergency first aid
* FGM and right to protect their bodies
* Strategies for managing personal safety- local environment
* Personal safety online
* Personal health and wellbeing
* Use of mobile phones safety

Health and wellbeing |