PSHE overview Autumn Term 2017

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

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| Year 1 Seedlings | Year 2  Buds | Year 3  Young Oaks | Year 4 Year 5  Oaks | | Year 6  Mighty 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 safety  Road 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 | **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 |