PSHE at Eversley

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less ." **Marie Curie.**

At Eversley Primary School we enable children to become confident, capable and caring individuals with a knowledge and understanding of the value systems found in Britain. We teach them to have respect for other peoples' views, to celebrate the diversity in society and gain an understanding of sex and relationships (SRE) at an age appropriate level. Our aim is for all children to leave Eversley Primary School being able to reflect on their own experiences and to develop a personal response to the fundamental questions of life and understand the importance of physical activity and diet for leading a healthy lifestyle. In addition, we want the pupils to feel empowered to manage their mental health, developing their self–esteem and ability to express their own views and feelings.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Personal, Social and Emotional Development ELG: Self-Regulation - 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. ELG: Managing Self - 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. ELG: Building Relationships - 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.					

Year 1	**Relationships Education** **Caring Friendships** What makes a good friend, loneliness and caring friendships **Respectful relationships** Respecting differences, courtesy and manners	**Relationships Education** **Anti-bullying** **Families** Importance of families **Being safe** Privacy and secrets, how to voice concerns and get advice, internet safety	**Health Education** **Mental wellbeing** Importance of mental wellbeing, mindfulness, recognising emotions, feelings and behaviour	**Health Education** **Physical health and fitness** How to seek support if worried about health **Health and prevention** Dental health Personal hygiene	**Health Education** **Drugs, alcohol and tobacco** Medicines **Basic first aid** How to make an emergency call	**Living in the Wider World** **The Wider World** Cooperation in a group, living together, outdoor safety, environment **Economic Awareness** Needs and wants, looking after my money
Year 2	**Relationships Education** **Caring Friendships** The importance of good friendships, trust, sharing, resolving problems **Respectful relationships** Respecting differences, stereotypes, racism	**Relationships Education** **Anti-bullying** **Families** Characteristics of a healthy family life, living together as a family. **Being safe** Boundaries, stranger dangers, how to voice concerns and get advice, internet safety	**Health Education** **Mental wellbeing** Importance of mental wellbeing, mindfulness, how to recognise and discussing own and others' feelings **Healthy eating** Risks of poor diet and inactive lifestyle	**Health Education** **Heath prevention** Personal hygiene **Drugs, alcohol and tobacco** Hazardous substances **Basic first aid** How to make an emergency call	**Health Education** **Changing adolescent body** Differences: boys and girls, male and female, naming the body parts	**Living in the Wider World** **The Wider World** Community, people who help us, royal family, law and rules **Economic Awareness** Keeping track of money, spend or save? Where money comes from
Year 3	**Relationships Education** **Caring Friendships** What makes a good friend, working together and repairing relationships	**Relationships Education** **Anti-bullying** **Families** The meaning of the word 'family',	**Health Education** **Mental wellbeing** Importance of mental wellbeing, mindfulness, self-care techniques, self-esteem	**Health Education** **Healthy eating** What constitutes a healthy diet, principles of planning and preparing healthy meals, risks of poor	**Health Education** **Changing adolescent body** Differences: male and female	**Living in the Wider World** **The Wider World** Our community in the media, organisations which help our community, rubbish and recycling

	Respectful relationships Courtesy and manners, respecting differences, racism, gender and disabilities	different types of family **Being safe** Permission seeking and giving, personal space, appropriate contact, how to voice concerns and get advice, internet safety		diet and unhealthy eating (this unit covered within Year 3 science) **Health prevention** The importance of sleep, Sun protection		**Economic Awareness** Lending and borrowing, earning money and jobs
Year 4	**<u>Relationships Education</u>** **Caring Friendships** Characteristics of a healthy friendship, different relationships, managing conflict **Respectful relationships** Respecting differences, diversity, racism and religion, discrimination and gender	**<u>Relationships Education</u>** **Anti-bullying** **Families** Stable, caring relationships, different families, feeling safe and loved in a family situation. **Being safe** How to voice concerns and get advice, internet safety	**<u>Health Education</u>** **Mental wellbeing** Importance of mental wellbeing, mindfulness, benefits of physical exercise and community participation **Health prevention** Early signs of illness	**<u>Health Education</u>** **Drugs, alcohol and tobacco** Alcohol Smoking	**<u>Health Education</u>** **Changing adolescent body** Growing and changing, what is puberty? Puberty changes and reproduction **First aid** Emergency calls, head injuries, bites and stings, allergies and asthma	**<u>Living in the Wider World</u>** **The Wider World** Housing needs and wants, political structure in UK, laws and rules **Economic Awareness** Using accounts to keep money safe, what are charities?
Year 5	**<u>Relationships Education</u>** **Caring Friendships** Forming positive relationships, peer pressure and friendship struggles **Respectful relationships** Respecting	**<u>Relationships Education</u>** **Anti-bullying** **Families** Marriage and the law **Being safe** Consent and touch	**<u>Health Education</u>** **Mental wellbeing** Importance of mental wellbeing, mindfulness, mental ill health and early support, media and body image	**<u>Health Education</u>** **Drugs, alcohol and tobacco** Legal and illegal drugs Attitudes to drugs Peer pressure	**<u>Health Education</u>** **Changing adolescent body** Talking about puberty, male and female changes, puberty and hygiene **First aid**	**<u>Living in the Wider World</u>** **The Wider World** Schools abroad, democracy, government and politics, campaigns and media influence **Economic Awareness**

	differences, identity, importance of diversity, self-respect, stereotypes, race, religion, homophobia,				Bleeding, choking, burns and scalds	Foreign currency, what influences spending? Saving money
Year 6	**<u>Relationships Education</u>** **Caring Friendships** Positive relationships, different kinds of healthy relationships, managing conflict. **Respectful relationships** Respecting differences, stereotypes and the media, gender and sexuality, discrimination and equality act, authority and the law.	**<u>Relationships Education</u>** **Anti-bullying** **Families** Different types of caring relationships **Being safe** Sexual harassment, peer pressure, how to voice concerns and get advice, internet safety	**<u>Health Education</u>** **Mental wellbeing** Importance of mental wellbeing, mindfulness, where and how to seek support and how to recognise issues in others, self-esteem	**<u>Health Education</u>** **Drugs, alcohol and tobacco** Cannabis, volatile substances and getting help, advice and support **Health prevention** Importance of sleep, immunisation	**<u>Health Education</u>** **Changing adolescent body** Puberty and reproduction, understanding relationships, conception and pregnancy, communication in relationships **First aid** Basic life support	**<u>Living in the Wider World</u>** **The Wider World** Helping others - at home, at school and in the community, housing, local and global communities, safer journeys **Economic Awareness** Effects of economic choices, debt and risk