PSHE Overview 2022-23

	AUTUMN 1	AUTUMN 2	SPRING 1 and 2	SUMMER 1	SUMMER 2
YEAR 3	**Myself and others** ● showing respect ● emotions ● friendships ● Class rules/ ice break activities for coming to junior school	**My community** ● being friendly ● voting in school ● being assertive **Staying safe** ● road/rail safety ● fire alarms + response ● water (pool/home) **Anti-bullying week** ● stereotypes ● permission-seeking	**Staying safe** ● personal hygiene ● getting lost ● medicines/vaccines ● (Science & PE) ● benefits of exercise/diet **MADC** Hedgehogs **Online safety - Computing recap - E-safety Day** ● integral part of life ● not sharing personal info ● who to report to	**Myself and others** ● diversity in school ● cultural diversity - stories ● personal boundaries ● setting/achieving goals ● taking responsibility ● how I learn best	**SRE** ● families ● ageing ● gender stereotypes and jobs ● personal space ● 'private' parts
YEAR 4	**Myself and others** ● seeking support (mental wellbeing) ● impact of bullying ● privacy ● friendships – falling out **Online safety - Computing** ● own actions online ● respect online	**My community** ● other's point of view ● taking on roles ● voting – making decisions ● volunteering **Anti-bullying week** ● types of bullying ● impact of bullying	**Staying safe** ● common injuries (first-aid) ● fire hazards ● water (sea, river, etc.) ● sun safety ● sleep ● unhealthy eating ● smoking/alcohol	**Myself and others** ● diversity in Reading ● cultural diversity - food ● disability diversity ● respect ● overcoming barriers ● persevering with learning ● how the brain learns	**SRE** ● healthy family life ● keeping clean ● spreading germs
YEAR 5	**Myself and others** ● judging emotions ● healthy friendships ● peer pressure **SRE** ● periods (girls only) **Online safety - Computing** ● balancing online/offline time ● recognising risks	**My community** ● leadership ● disagreeing politely ● local democracy ● anti-social behaviour ● local government **Anti-bullying week** ● how to get help	**Staying safe** ● cycling (Bikeability) ● taking risks ● inactive lifestyle ● legal/illegal drugs ● addiction	**Myself and others** ● diversity in the UK ● cultural diversity - celebrations ● gender diversity ● authority ● setting appropriate goals ● making decisions ● brain science	**SRE** ● family uniqueness ● 'modern' families ● male/female sexual body parts ● puberty ● periods (girls only)

YEAR 6	**Myself and others** ● loneliness ● self-care ● mental health ● boundaries in friendships **Online safety - Computing** ● age restrictions ● cyberbullying ● being critical ● data sharing online	**My community** ● elections ● parliament ● local MPs ● NGOs **Anti-bullying week** ● friendships + mental health	**Staying safe** ● burns + head injuries ● behaving responsibly ● positive/negative influences + pressure ● physical illness ● media influence ● consequence of drugs	**Myself and others** ● diversity in the world ● cultural diversity - music & arts ● racial equality ● respecting everyone ● self-respect ● challenging goals ● successful people	**SRE** ● marriage/civil partnerships ● unhappy or unsafe family relationships ● sexual reproduction ● baby development ● multiple births ● how babies are born ● periods (boys + girls)