



Swannington's PSHCE Overview

Year A	Autumn Term		Spring Term		Summer Term	
EYFS	Me and my relationships - All about me - What makes me special - Me and my special people - Who can help me? - My feelings 1 - My feelings 2	Keeping Safe - What is safe to go onto my body? - Keeping myself safe (medicines) - Safe indoors and outdoors - Listening to my feelings - Keeping safe online - People who help me keep safe	Rights and Respect - Looking after my special people - Looking after my friends - Being helpful at home and caring for our classroom - Caring for our world - Looking after money (1): recognising, spending, using - Looking after money (2): saving money and keeping it safe	Being my Best - Bouncing back when things go wrong - Yes, I can! - Healthy Eating - My healthy mind - Move your body - A good night's sleep	Valuing difference - I'm special, you're special - Same and different families - Same and different homes - Kind and caring 1 - Kind and caring 2	Growing and Changing - Seasons - Life stages-plants, animals and humans - Life stages: Human life stage – who will I be? - Where do babies come from? - Getting bigger - Me and my body – girls and boys
Year 1/2	Me and my Relationships (Y2) -Our ideal classroom (1) - Our ideal classroom (2) - How are you feeling today? - Let's all be happy - Being a good friend -Types of bullying - Don't do that - Bullying or teasing?	Keeping safe (Y1) - Super sleep - Who can help? (1) - Good or bad touches (PANTS NSPCC lessons) - Sharing pictures - What could Harold do? - Harold loses Geoffrey	Rights and Respect (Y2) - Getting on with others -When I feel like erupting - Feeling safe - Playing Games - Harold saves for something special - Harold goes camping - How can we look after our environment?	Being my best (Y1) - I can eat a rainbow - Eat well - Harold's wash and brush up - Catch it! Bin it! Kill it! - Basic first aid (Y2- <i>Being my best</i>) - Harold learns to ride his bike - Pass on the praise! - Inside my wonderful body (optional)	Valuing difference (Y2) - What makes us who we are? - My special people - How do we make others feel? - When someone is feeling left out - An act of kindness - Solve the problem	Growing and changing (Y2) - A helping hand - Sam moves away - Haven't you grown - My body, your body - Respecting privacy - Some secrets should never be kept

Year 3/4	Me and my Relationships (Y3) - As a rule - Looking after our special people - How can we solve this problem - Tangram team challenge - Friends are special - Thunks - Dan's dare - My special pet	Keeping safe (Y4) - Danger, risk or hazard? - How dare you - Keeping ourselves safe - Raisin challenge (2) - Picture wise - Medicines: check the label - Know the norms - Traffic lights (optional)	Rights and respect (Y3) - Helping each other stay safe - Recount task - Our helpful volunteers - Can Harold afford it? - Earning money - Harold's enrichment project	Being my best (Y4) - What makes me ME! - Making choices - SCARF hotel - Harold's seven R's - My school community (1) - Basic First aid	Valuing difference (Y3) - Respect and challenges - Family and friends - My community - Our friends and neighbours - Let's celebrate our differences - Zeb	Growing and changing (Y4) - Moving house - My feelings are all over the place! - All change! - Preparing for changes at puberty - Secret or surprise? - Together
Year 5/6	Me and my relationships (Y5) - Collaboration Challenge! - Give and take - How good a friend are you? - Relationship cake recipe - Our emotional needs - Being assertive - Communication	Keeping safe (Y6) - Think before you click! - To share or not to share? - Rat Park - What sort of drug is ...? - Drugs: It's the law! - Alcohol: what is normal? - It's a puzzle - Joe's story (part 1) - Joe's story (part 2)	Rights and Respect (Y5) - What's the story? - Fact or opinion? - Mo makes a difference - Rights, respect and duties - Spending wisely - Lend us a fiver! - Local councils	Being my best (Y6) - This will be your life! - Our recommendations - What's the risk (1) - What's the risk (2) - Basic First Aid, including Sepsis Awareness - Five Ways to Wellbeing project	Valuing difference (Y5) - Qualities of friendship - Kind conversations - Happy being me - The land of the Red People - Is it true? - Stop, start, stereotypes - It could happen to anyone	Growing and changing (Y6) - I look great! - Media manipulation - Pressure online - Helpful or unhelpful? - Managing change - Is this normal? - Making babies - What is HIV?

Year B	Autumn Term		Spring Term		Summer Term	
EYFS	Me and my relationships - All about me - What makes me special - Me and my special people - Who can help me? - My feelings 1 - My feelings 2	Keeping Safe - What is safe to go onto my body? - Keeping myself safe (medicines) - Safe indoors and outdoors - Listening to my feelings - Keeping safe online - People who help me keep safe	Rights and Respect - Looking after my special people - Looking after my friends - Being helpful at home and caring for our classroom - Caring for our world - Looking after money (1): recognising, spending, using - Looking after money (2): saving money and keeping it safe	Being my Best - Bouncing back when things go wrong - Yes, I can! - Healthy Eating - My healthy mind - Move your body - A good night's sleep	Valuing difference - I'm special, you're special - Same and different - Same and different families - Same and different homes - Kind and caring 1 - Kind and caring 2	Growing and Changing - Seasons - Life stages-plants, animals and humans - Life stages: Human life stage – who will I be? - Where do babies come from? - Getting bigger - Me and my body – girls and boys
Year 1/2	Me and my Relationships (Y1) - Why we have class rules - How are you listening? - Thinking about feelings - Our feelings - Feelings and bodies - Good friends	Keeping safe (Y2) - Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Fun or not? - Should I tell?	Rights and respect (Y1) - Harold has a bad day - Around and about the school - Taking care of something - Harold's money - How should we look after our money? - Basic first aid	Being my best (Y2) - You can do it! - My day - Harold's postcard helping us to keep clean and healthy - Harold's bathroom - What does my body do? -My body needs... (OPTIONAL)	Valuing difference (Y1) -Same or different? - Unkind, tease or bully? - Harold's school rules - It's not fair! - Who are our special people? - Our special people balloons	Growing and Changing (Y1) - Healthy me - Then and now - Taking care of a baby - Who can help? (2) - Surprises and secrets - Keeping privates private

Year 3/4	Me and my relationships (Y4) - Human machines - Ok or not ok? (1) - Ok or not ok? (2) - An email from Harold - Different feelings - Under pressure - When feelings change	Keeping safe (Y3) - Safe or unsafe? - Danger or risk? - The risk robot - Super searcher - Help or harm? - Alcohol and cigarettes; the facts - Raisin Challenge (1)	Rights and Respect (Y4) - Who helps us stay healthy and safe? - It's your right - How do we make a difference? - In the news! - Safety in numbers - Harold's expenses - Why pay taxes? - Logo quiz	Being my best (Y3) - Derek cooks dinner! (healthy eating) - Poorly Harold - Body team work - For or against? - I am fantastic! - Top talents - Getting on with your nerves!	Valuing difference (Y4) - Can you sort it? - What would I do? - The people we share our world with - That is such a stereotype! - Friends or acquaintance? - Islands	Growing and changing (Y3) - Relationship tree - Body space - None of your business! - Secret or surprise? - My changing body - Basic first aid
Year 5/6	Me and my relationships (Y6) - Working together - Let's negotiate - Solve the friendship problem - Dan's Day - Behave yourself - Assertiveness skills - Don't force me - Acting appropriately	Keeping safe (Y5) - Spot bullying - Play, like, share - Decision dilemma - Ella's diary dilemma - Vaping: healthy or unhealthy? - Would you risk it? - 'Thinking' about habits - Drugs; true or false? - Smoking: what is normal?	Rights and Respect (Y6) - Two sides to every story - Fakebook friends - What's it worth? - Jobs and taxes - Happy Shoppers – caring for the environment - Action stations! - Project Pitch (part 1 and 2) - Democracy in Britain 1 – Elections - Democracy in Britain 2 – How (most) laws are made	Being my best (Y5) - It all adds up! - Different skills - My school community (2) - Independence and responsibility - Star qualities? - Basic First Aid , including Sepsis Awareness	Valuing difference (Y6) - Okay to be different - We have more in common than not - Respecting difference - Tolerance and respect for others - Advertising friendships - Boys will be boys? – challenging gender stereotypes	Growing and changing (Y5) - How are they feeling? - Taking notice of our feelings - Dear Ash - Growing up and changing bodies - Changing bodies and feelings - Help! I'm a teenager - get me out of here! - Dear Hetty (optional)