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| **St Thomas of Canterbury Catholic Primary**  **PSHE Overview** | | | | | | | |
|  | | **Aut 1** | **Aut 2** | **Spr 1** | **Spr 2** | **Sum 1** | **Sum 2** |
| **EYFS** | Nursery | **N – What makes me special?** | **N- How am I feeling?** | N – How do I celebrate special times with my family? | N – Can I make healthy choices? | How can I maintain an active body? | How have I grown over the year? |
| Reception | **What makes me unique?** | **What can affect the way I feel?** | **How can celebrations differ from one family to another?** | **What changes can I make to keep my body, mind and teeth healthy?** | **What can I do to keep an active mind and body?** | **Can I identify how I have grown and changed over the last year?** |
| Reception |  |  |  |  |  |  |
| **1** | Topic | **What is the same and**  **different about us?** | **Who is special to us?** | **What helps us stay**  **healthy?** | **What can we do with**  **money?** | **Who helps to keep us**  **safe?** | **How can we look after**  **each other and the world?** |
| *National Curriculum Coverage* | Ourselves and others; similarities and  differences; individuality; our bodies | Ourselves and others; people who care  for us; groups we belong to; families | Being healthy; hygiene; medicines;  people who help us with health | Money; making choices; needs and wants | Keeping safe; people who help us | Ourselves and others; the world around  us; caring for others; growing and  changing |
| **2** | Topic | **What makes a good**  **friend?** | **What is bullying?** | **What jobs do people do?** | **What helps us to stay**  **safe?** | **What helps us grow and**  **stay healthy?** | **How do we recognise our**  **feelings?** |
| *National Curriculum Coverage* | Friendship; feeling lonely; managing  arguments | Behaviour; bullying; words and actions;  respect for others | People and jobs; money; role of the  internet | Keeping safe; recognising risk; rules | Being healthy: eating, drinking, playing  and sleeping | Feelings; mood; times of change; loss and  bereavement; growing up |
| **3** | Topic | **How can we be a good**  **friend?** | **What keeps us safe?** | **What are families like?** | **What makes a**  **community?** | **Why should we eat well**  **and look after our teeth?** | **Why should we keep**  **active and sleep well?** |
| *National Curriculum Coverage* | Friendship; making positive friendships,  managing loneliness, dealing with  arguments | Keeping safe; at home and school;  our bodies; hygiene; medicines and  household products | Families; family life; caring for each other | Community; belonging to groups;  similarities and differences; respect for  others | Being healthy: eating well, dental care | Being healthy: keeping active, taking rest |
| **4** | Topic | **What strengths, skills and**  **interests do we have?** | **How do we treat each other with respect?** | **How can we manage our feelings?** | **How will we grow and change?** | **How can our choices**  **make a difference**  **to others and the**  **environment?** | **How can we manage risk**  **in different places?** |
| *National Curriculum Coverage* | Self-esteem: self-worth; personal  qualities; goal setting; managing set  backs | Respect for self and others; courteous  behaviour; safety; human rights | Feelings and emotions; expression of  feelings; behaviour | Growing and changing;  puberty | Caring for others; the environment;  people and animals; shared  responsibilities, making choices and  decisions | Keeping safe; out and about; recognising  and managing risk |
| **5** | Topic | **What makes up a**  **person’s identity?** | **What decisions can**  **people make with**  **money?** | **How can we help in an**  **accident or emergency?** | **How can friends**  **communicate safely?** | **How can drugs common**  **to everyday life affect**  **health?** | **What jobs would we like?** |
| *National Curriculum Coverage* | Identity; personal attributes and qualities;  similarities and differences; individuality;  stereotypes | Money; making decisions; spending and  saving | Basic first aid, accidents, dealing with  emergencies | Friendships; relationships; becoming  independent; online safety | Drugs, alcohol and tobacco; healthy  habits | Careers; aspirations; role models; the  future |
| **6** | Topic | **How can we keep healthy as we grow?** | | **How can the media influence people?** | | **What will change as we become more independent?**  **How do friendships change as we grow?** | |
| *National Curriculum Coverage* | Looking after ourselves; growing up;  becoming independent; taking more  responsibility | | Media literacy and digital resilience;  influences and decision-making; online  safety | | Different relationships, changing and  growing, adulthood, independence,  moving to secondary school | |