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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 anddifferences; individuality; our bodies | Ourselves and others; people who carefor 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 aroundus; caring for others; growing andchanging |
| **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; managingarguments | Behaviour; bullying; words and actions;respect for others | People and jobs; money; role of theinternet | Keeping safe; recognising risk; rules | Being healthy: eating, drinking, playingand sleeping | Feelings; mood; times of change; loss andbereavement; 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 witharguments | Keeping safe; at home and school;our bodies; hygiene; medicines andhousehold products | Families; family life; caring for each other | Community; belonging to groups;similarities and differences; respect forothers | 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; personalqualities; goal setting; managing setbacks | Respect for self and others; courteousbehaviour; safety; human rights | Feelings and emotions; expression offeelings; behaviour | Growing and changing;puberty | Caring for others; the environment;people and animals; sharedresponsibilities, making choices anddecisions | Keeping safe; out and about; recognisingand 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 andsaving | Basic first aid, accidents, dealing withemergencies | Friendships; relationships; becomingindependent; online safety | Drugs, alcohol and tobacco; healthyhabits | Careers; aspirations; role models; thefuture |
| **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 moreresponsibility | Media literacy and digital resilience;influences and decision-making; onlinesafety | Different relationships, changing andgrowing, adulthood, independence,moving to secondary school |