

# Holway Park Primary School

## PSHE Yearly Overview

2018/2019

YEAR GROUP	AUTUMN TERM	SPRING TERM	SUMMER TERM
F2/Y1/Y2	<p><b>PSHE links with science:</b>  <b>Drugs/substance use and misuse</b>            Feeling ill / feeling better            Substance Use and misuse            Going to the doctor</p> <p>Concepts:            Open/close, pill/medicine/ointment            full/empty</p> <p><b>Sex and Relationships:</b>            Identifying body parts.            Also Protective behaviours week            beginning: 28<sup>th</sup> September.</p> <p><b>Health and personal hygiene:</b>            Self-help skills</p>	<p><b>PSHE links with P.E/Science:</b>  <b>Healthy lifestyles/exercise</b>            Body awareness activities to develop            Physical independence skills e.g. dance,            Outdoor play.</p> <p>Health related exercise            Concepts: run/hop/skip/jump/climb/            Dance together/follow leader (R/Yr1)</p> <p>Trying to do things, even if people say            they are different or they are too            difficult:</p> <p><b>Food and nutrition.</b></p> <p>Identifying, handling &amp; experiencing a            wide            variety of food groups.</p>	<p>Celebrating Difference: Use            appropriate lesson plans            from Challenging            Homophobic Behaviour.            knowing myself:            Understanding that they            have needs and also the            needs of others around            them.            Self Awareness: I can tell you            something special about me.</p> <p>Use <a href="#">resources Challenging            Homophobic Behaviour</a>            Appropriate lesson plans</p>

	<p>Personal Hygiene Concepts: clean/dirty, tidy/untidy, hard/soft/gentle a bit/a lot/all/some/more</p> <hr/> <p><b>Other PSHE/SEAL topics to cover during this term:</b></p> <p><b>Celebrating Difference-</b> Link with Black History Month: <a href="#">Use Challenging Homophobic Behaviour</a> appropriate lesson plans.</p> <p><b>Anti bullying Week: 16<sup>th</sup> November 2015</b></p> <p><b>New Beginnings:</b> I know the people in my class group. I know I belong to my class group. I know people may be different.</p> <p><b>Safety:</b></p> <p>Include protective behaviours, road safety Also inc firework safety,</p> <p><b>Road Safety week: 23<sup>rd</sup> November</b></p>	<p>Food &amp; Nutrition Concepts: fat/thin, heavy/light, peel/chop/piece/slice taste/touch/smell</p> <p>Use <a href="#">Challenging Homophobic Behaviour</a> appropriate lesson plans.</p> <p><b>Environmental Aspects</b> Concepts in/on, under/over inside/near/by, box/cupboard/drawer</p> <p>Turn-taking Things I like/don't like Valuing self and others</p> <p><b>Safety topics for Spring Term: Sun and Fire Safety. Safety wk: March 5<sup>th</sup> March2018</b> <b>Sun safety</b></p> <p><b>SEAL topics:</b></p> <p><b>Going For Goals</b> Conflict: Resolving Conflicts</p>	<p>Others resource activities from this pack: The Paper Bag Princess.</p> <p><b>SEAL Topics:</b> Good to be Me Changes</p> <p><b>Safety</b> Stranger Danger, rail and water safety. Safety Wk: 7<sup>th</sup> July 2016</p>
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**2015**

**Psychological aspects**

Concepts:

good/happy/naughty/sad,  
noisy/quiet

like/don't like, cross/frightened/kind

Self concepts

People in my life. What they do  
for me.

Family Life

Sharing and caring

Education

Concepts:

Mummy/Daddy, brother/sister  
friend/teacher

Use appropriate lesson plans from  
Challenging Homophobic  
Behaviour: Look at different types  
of families,

**Getting on and falling out:**

Friendship: I

know that I can play with other  
children. I know who my friends  
are. I can make up with my friends  
when I have fallen out.

	<p>Conflicts: Getting on and Falling Out: Activity: Understanding what a good friend involves and that we can be friends with anyone and everyone. Understanding their own feelings and feelings of their friends. Look at conflicts and how to resolve fights- Use activity: <i>The Story of Ferdinand</i></p> <p><b>SEAL Topics:</b> New Beginnings Getting on and falling out.</p>		
<p>Lower Key Stage 2</p>	<p><b>PSHE links with science topics for this term:</b></p> <p><b>Drugs/substance use and misuse</b> Substances in the home which may dangerous Substance use and misuse Discuss strategies for protection</p> <p>What are medicines? What do they look like? Who should take them What are the potential dangers/risks?</p>	<p><b>PSHE links with science, P.E., R.E.</b></p> <p><b>Healthy lifestyles/exercise</b> What is exercise? What are the benefits? What can my body do e.g. run,skip,jump etc.</p> <p>Health-related Exercise Machines Fuel and Energy Which foods give energy? Team Games Outdoor activities</p> <p><b>Year 3</b> Healthy/unhealthy lifestyles Health-related</p>	<p><b>Safety wk: 7<sup>th</sup> July 2016</b></p> <p><b>Stranger Danger, rail and water safety.</b></p> <p><b>Seal topics:</b> <b>Good to be me</b> <b>Changes</b></p> <p><b>Pick up any PSHE that has not managed to be covered yet this year.</b></p>

	<p><b>Health and personal hygiene:</b>  Reasons for keeping clean  Personal Hygiene  Personal routines e.g. bedtime  Teeth and dental hygiene  What are germs?  When are they harmful?  Importance of washing hands regularly.</p> <p><b>Sex and Relationships:  Growth and change.</b>  Sex Education</p> <p>Growth &amp; change during early years  Why are babies special?</p> <p>Baby animals</p> <p>Concepts:  same/different, male/female  growing up</p> <p>Family and Relationships.</p> <p>Growing up  Self in relation to immediate family  Friendships - who are my friends?</p>	<p>Favorite ways of keeping fit/resting  Exercise Mini-talks about fitness routines e.g.  Dancing judo.  Different types of exercise to promote:  Stamina, strength, suppleness  Recording personal 'bests'.</p> <p><b>Year 4</b>  Consequences of over-eating and lack of  of  Health-related exercise.  Exercise  Effects of exercise on the body.  Mini-talks about favorite playground games, activities, relaxation exercises.  Personal exercise diaries.  Setting own targets.</p> <p><b>Food and nutrition</b>  Identifying healthy and unhealthy foods  Looking at and tasting foods from other cultures e.g. tropical fruits  Special occasion food e.g. Make a birthday cake.  What is a healthy diet?</p> <p><b>Year 3</b>  Identifying foods for e.g. body building  Food &amp; Nutrition  energy repair</p>	
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	<p>Family Life How do I make friends?</p> <p><b>Celebrating Difference</b> <a href="#">Use Challenging Homophobic Behaviour</a> appropriate lesson plans.</p> <p><b>Anti bullying Week: 16<sup>th</sup> November 2015</b></p> <p><b>Safety</b></p> <p><b>Protective behaviours Wk: 28<sup>th</sup> September 2015</b></p> <p><b>Road Safety: Wk: 23<sup>rd</sup> November 2015</b></p> <p>Also include Firework safety.</p> <p><b>Psychological aspects</b></p> <p>What makes me happy/sad etc?</p> <p>Psychological Coping with minor disappointments/conflicts Aspects Co-operation and affiliation skills</p>	<p>immunity Making a balanced meal with use of Eat Well plate. Food as part of religious festivals and Celebrations e.g. Christmas Cake. Multi-cultural influences.</p> <p>Use Challenging Homophobic Behaviour: Appropriate lesson plans healthy and non healthy food and links to eating foods at different times and different types of families.</p> <p><b>Safety wk: 3<sup>rd</sup> March 2016</b> <b>Sun and Fire Safety</b></p> <p><b>SEAL Topics:</b> <b>Going For Goals</b> <b>Conflicts: Resolving Conflicts.</b></p> <p><b>Environmental Aspects</b> Discuss different environments – natural/man made indoor/outdoor Environmental town/country Aspects hot/cold (countries) Caring for the environment e.g. school rules, country code.</p>	
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	<p>Friendships - who are our friends - how we</p> <p><b>Year 3</b> make and lose friends. Psychological Respect for self and others - how do we show this?</p> <p>Aspects Experiences that provoke positive and negative feelings. Recognizing the range of human emotions and ways to deal with these. Diary exercises.</p> <p><b>Year 4</b> Differences and similarities in people - how Do we feel a about these? Psychological Aspects Expressing feelings and how we do this; being assertive, not bullying.</p> <p>Conflict and difficult situations, 'repairing' relationships.</p>	<p>Develop the idea that a dirty environment is not healthy.</p>	
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	<p><b>SEAL Topics:</b> New Beginning Conflict: Getting on and Falling out inc Bullying.</p> <p><b>Anti Bullying wk: 16<sup>th</sup> November 2015</b></p>		
<p>Upper key stage 2</p>	<p><b>PSHE topics linked to science and R.E. topics for this term:</b> <b>Drugs/substance use and misuse</b> <b>Year 5</b> Substance Use and misuse Discuss ways in which substances can enter the body. When are these likely to be harmful?</p> <p>Smoking - what are the risks? Making healthy choices.</p> <p><b>Year 6</b> Effects of smoking and drinking alc. Substance Use and Misuse Recognizing choices &amp; being responsible.</p> <p>Strategies for resisting negative peer pressure (teasing &amp; bullying).</p>	<p><b>Healthy lifestyles/exercise:</b> <b>Years 5 &amp; 6</b></p> <p>Being See suggested targets for promoting responsible self-esteem Make links with how exercise plays a part in this and overall mental well being.</p> <p><b>Food and nutrition</b></p> <p>Food classes – 'You are what you eat'. Food &amp; Nutrition Looking at/discussing 'nutritional information' on food wrappers. Recording/discussing daily intake. Making informed decisions, with use of Eat Well plate to show a balanced diet.</p>	<p>Sex and relationships:</p> <p>WK 4: Tuesday pm 14<sup>th</sup> June 2016 Managing feelings, respecting others feelings, keeping safety; Hugs and touches. Keeping safe; Internet safety.</p> <p>Wk 5: Tuesday pm 21<sup>st</sup> June 2016 Family life: Different family patterns, marriage and partnership</p> <p>Wk 6: Tuesday Pm 28<sup>th</sup> June 2016 Making friends. Different types of friends/friendship ship groups. Growth Identifying stages in growth from infancy to adulthood.</p> <p><b>Year 5</b></p>

	<p><b>Environmental Aspects:</b>  <b>Year 5</b>  Different types of pollution e.g. noise, litter, smog.  Environmental Aspects:    The effects of pollution on health.</p> <p>Reducing environmental hazards e.g. passive smoking</p> <p><b>Health and personal hygiene:</b>  Personal Hygiene  Tooth decay  Going to the dentist  Look at/discuss a range products designed to improve personal cleanliness.  Bacteria and its effect. Conditions for growth and transmission.</p> <p><b>Year 6</b>  Importance of personal hygiene during puberty.</p> <p>Personal Hygiene  Personal hygiene questionnaire - what could be improved?  Washing as a symbolic act of purification - (Christian, Hindu and Muslim rites).</p>	<p><b>Other PSHE topics to be covered this term:</b></p> <p><b>SEAL Topic:</b> Going For Goals  Resolving Conflicts</p> <p><b>Environmental Aspects:</b>  Global issues regarding health and environment.</p> <p>Environmental  Looking at organizations involved with caring for the environment; what motivates them?</p> <p>Aspects  What things can/can't be changed by individuals?</p> <p><b>Safety:</b>  <b>Safety wk 3<sup>rd</sup> March</b>  <b>Sun and Fire safety</b>  Celebrating Difference: Use appropriate lesson plans from Challenging Homophobic Behaviour.</p>	<p>Sex Education  Pregnancy and motherhood. Looking at babies in relation to self.  Changing roles and responsibilities.  How mum and dad help me care for myself.  Growth &amp; change during puberty.</p> <p><b>Year 6</b>  Male &amp; female anatomy.  Sex Education  Coping with menstruation.  How babies begin and are born (if appropriate).</p> <p><b>Safety:</b>  <b>Safety wk: 7<sup>th</sup> July</b>  <b>Stranger Danger, rail and water safety.</b></p> <p><b>Environmental Aspects:</b>  Local environmental topic e.g. 'The Playground'.  What could be improved?</p> <p><b>SEAL Topics:</b>  Good to be me  Changes</p> <p>Use lesson plans from Challenging Homophobic Behaviour whr approria.</p>
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	<p>Taking responsibility for own personal hygiene.</p> <p><b>Other PSHE topics to be covered this term:</b> <b>Sex and Relationships: Growth and change during puberty.</b></p> <p><b>Wk 1: Tuesday pm 29<sup>th</sup> September 2016: Physical changes to the body from birth to the present day. Changes during puberty for both boys and girls.</b></p> <p><b>Wk 2: Tuesday pm 6<sup>th</sup> October 2016: Boys and girls separate. Periods and wet dreams. Hygiene and keeping cleaning. Emotional changes.</b></p> <p><b>Wk 3: Tuesday pm 13<sup>th</sup> October 2016: Cycle of life. Sex and reproduction.</b></p> <p>Family and Relationships. Look at different types of families and how these difference can lead to bullying.</p> <p>Use <a href="#">Challenging Homophobic Behaviour</a> : Focus on words that we use, inc Homo phobic bullying. Look at gender differences and prejudices.</p> <p><b>Anti bullying week: 16<sup>th</sup> November 2015</b> elat <b>Safety:</b></p>		
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	<p><b>Include, protective behaviours: Wk beg: 28<sup>th</sup> September 2015</b></p> <p>Firework safety.</p> <p><b>road safety wk 23<sup>rd</sup> November 2015.</b> Road Safety week: 23<sup>rd</sup> November</p> <p>Psychological aspects</p> <p><b>SEAL Topics:</b> New Beginnings Conflict: Getting on and Falling out/Bullying.</p>		