



PSHE Long Term Overview

*In Jesus' footsteps we will grow in grace
and knowledge*



Early Years	Autumn	Spring	Summer
<p>Please also see EYFS Sequence of learning for PSHE document</p> <p>Monday and Friday - Nursery (Circle Time) Reception (Kapow)</p> <p>Tuesday - Pupil Promises and Curriculum Vision</p> <p>Thursday - Our Wellbeing (weekly themed learning)</p>	<ul style="list-style-type: none"> Children are supported to settle in and form friendships with others. They become familiar with daily routines and form positive relationships with staff, in particular their key person. Daily circle times take place which are planned to offer a sense of our school values alongside getting to know the children / each other well. There are opportunities to watch, listen and join in as children's confidence develops over time. Children are encouraged to talk about themselves and begin to be aware of how they are welcome and how they fit into our school family. 	<ul style="list-style-type: none"> Children are supported to settle in and form friendships with others. They become familiar with daily routines and form positive relationships with staff, in particular their key person. <i>(This happens throughout the year for new Nursery children and for any Reception newcomers.)</i> Emphasis on social stories, problem solving with greater independence and managing themselves in social situations occurs. Daily observations and key times allow for practitioners to dynamically assess next steps for teaching and learning on a daily basis. Learning focuses on noticing feeling in ourselves, describing these and why they occur. Continuous Provision enables practitioners to geode and support children's developing skills. Staff model conflict resolution and scaffold opportunities for children to interact successfully. 	<ul style="list-style-type: none"> Children are supported to settle in and form friendships with others. They become familiar with daily routines and form positive relationships with staff, in particular their key person. <i>(This happens throughout the year for new Nursery children and for any Reception newcomers.)</i> Focus on independence and self-confidence. Providing opportunities that allow children to use their skills of negotiation and compromise. Learning focuses on noticing feelings and emotions in others and responding to them appropriately. Key times and groups remain vital in maintaining children's positivity for the future when focusing on transition into Reception class or Year 1.



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Key Stage 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Families and Relationships Understanding different families, friendships and feelings and how issues within these can be overcome.	Health and Wellbeing Understanding the importance of our wellbeing and health through hygiene, sun safety and managing allergies.	Citizenship Understanding a sense of belonging in the community - jobs, our school and local environment.	Economic Wellbeing Exploring monetary matters of banks, cash and where money comes from.	Safety and the Changing Body Exploring safety through substance knowledge, calling emergency services, road safety and understanding appropriate contact.	Wellbeing: My World Developing good mental health habits, learning about ourselves and exploring what different emotions are and how to respond to these feelings.
Cycle B	Families and Relationships Understanding families and friendships, how to get along, stereotypes and loss.	Health and Wellbeing Exploring feelings, growth mindset, being active, relaxation and healthy diet.	Citizenship Exploring the needs of others, democracy, school council and giving our opinions.	Economic Wellbeing Understanding economics through jobs, banks, saving and spending and where money comes from.	Safety and the Changing Body Understanding safety at home, on the road, online, getting lost and with our own body,	Wellbeing: Looking Out Developing awareness of other people's feelings and emotions, investigating strategies for dealing with tough times.



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** For 2 lessons, children will need to be taught separately based on Year group*

Lower Key Stage 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A Wellbeing Theme: Getting to Know Me	ALL: Wellbeing: Who am I? Families and Relationships Learning about how to deal with friendship issues, stereotyping based on age and disability and how to deal with bereavement.	ALL: Wellbeing: Communication Health and Wellbeing Learning about how to stay healthy, especially through diet, and how to develop a growth mindset. Owls: Cookery	Owls and Herons: Wellbeing: My Superpowers Citizenship Caring for our planet through reusing and recycling, considering the role of the local council and why we have rules and consequences. Kingfishers: Cookery	: Wellbeing: Breaking Down Barriers Economic Wellbeing Considering spending decisions, budgeting, our feelings about money and gender stereotyping. Herons: Cookery Kingfishers: Wellbeing: My Superpowers Citizenship	Herons and Kingfishers: Wellbeing: Breaking Down Barriers Economic Wellbeing Owls: Wellbeing: Communication Health and Wellbeing Learning about how to stay healthy, especially through diet, and how to develop a growth mindset.	Wellbeing: Healthy Body, Healthy Brain Safety & the Changing Body * Learning about being kind and safe online, considering who influences our choices and gaining knowledge of puberty and road safety.
Cycle B Wellbeing Theme: My Place in the World	Wellbeing: My Happiness Families and Relationships Learning to deal with friendship issues, gender stereotypes, effective communication and respect.	ALL: Wellbeing: Communication Health and Wellbeing Learning about how to stay healthy, especially through diet, and how to develop a growth mindset. Owls: Cookery	Owls and Herons: Wellbeing: My Superpowers Citizenship Caring for our planet through reusing and recycling, considering the role of the local council and why we have rules and consequences. Kingfishers: Cookery	: Wellbeing: Breaking Down Barriers Economic Wellbeing Considering spending decisions, budgeting, our feelings about money and gender stereotyping. Herons: Cookery Kingfishers: Wellbeing: My Superpowers Citizenship	Herons and Kingfishers: Wellbeing: Breaking Down Barriers Economic Wellbeing Owls: Wellbeing: Communication Health and Wellbeing Learning about how to stay healthy, especially through diet, and how to develop a growth mindset.	Wellbeing: Diet and Dental Health Safety and the Changing Body * Understanding online safety through age restrictions and consuming information, gaining knowledge of puberty, tobacco, road safety and calling for help.



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Upper Key Stage 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 Wellbeing Theme: Being Responsible	Cooking with Mrs Skilling	Wellbeing: Taking Responsibility for my Feelings Families and Relationships Learning about the effects of positive and negative relationships with friends and family.	Wellbeing: Going for Goals Health and Wellbeing Learning to take greater responsibility for our own health and wellbeing, understanding the importance of rest.	Wellbeing: Embracing Failure Citizenship An introduction to the justice system, understanding parliament and our rights and responsibilities as citizens of the world.	Wellbeing: Importance of Rest Economic Wellbeing Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace	Wellbeing: Relaxation - Yoga Safety & the Changing Body Exploring the emotional and physical changes of puberty and developing knowledge of how to keep ourselves safe online.
Year 6 Wellbeing Theme: Looking Forward	Wellbeing: Resolving Conflict and Compromising Families and Relationships Learning to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief	Wellbeing: What Can I Be? Health and Wellbeing Learning about diet, hygiene, physical activity and the facts around immunisation, developing strategies to maintain our wellbeing.	Wellbeing: Resilience Toolbox Citizenship Learning about human rights, our choices affecting the environment and recognising discrimination, diversity and democracy.	Wellbeing: Taking Responsibility for my Health Economic Wellbeing Exploring attitudes to money, how to keep money safe, career paths and the variety of different jobs available	Wellbeing: Our Social Media Selves Safety & the Changing Body Learning about the reliability of online information and the risks associated with alcohol. Identity Personal identity and body image.	Cooking with Mrs Skilling