



Bradwell Village School

P S H E Annual Overview



Autumn							
Year Three		Year Four		Year Five		Year Six	
Autumn 1	Autumn 2	Autumn 1	Autumn 2	Autumn 1	Autumn 2	Autumn 1	Autumn 2
Being me in my word	Celebrating difference	Being me in my word	Celebrating difference	Being me in my word	Celebrating difference	Being me in my word	Celebrating difference
<p>Recognise self-worth and talk positively about themselves, their feelings, the feelings of others and challenges they may face.</p> <p>Know the need for rules, discuss rights and responsibilities, choices and consequences and be able to see things from other people's points of view.</p>	<p>Learn about the differences in families and that sometimes they fall out with each other.</p> <p>Discuss bullying, how people are involved in bullying and problem-solving techniques in bullying situations.</p>	<p>Discuss being part of a team and learn about the school community, including the School Council.</p> <p>Discuss the different roles people have when working in groups, including how to make positive contributions and how to deal with conflict.</p>	<p>Discuss first impressions of people and making assumptions and how people are unique.</p> <p>Discuss bullying, including online bullying and what to do, including being a witness.</p>	<p>Discuss the year ahead, including goals and challenges and consider their own behaviour within a group.</p> <p>Learn about their rights and responsibilities as a member of their class, school, wider community and the country they live in.</p>	<p>Explore culture and cultural differences, respecting other people's cultures and discuss racism and how to be aware of their own feelings towards people from different cultures.</p> <p>Revisit bullying, both direct and indirect, and discuss rumour spreading and name-calling.</p>	<p>Discuss the year ahead and their fears and worries about the future, their own behaviour and choices.</p> <p>Learn about the United Nations Convention on the Rights of the Child and discuss their choices and actions.</p>	<p>Discuss differences and similarities in people, including people with disabilities and their lives and achievements.</p> <p>Discuss bullying and how people can have power over others in a group and learn strategies for dealing with this as well as wider bullying issues.</p>

Spring

Year Three		Year Four		Year Five		Year Six	
Spring 1	Spring 2	Spring 1	Spring 2	Spring 1	Spring 2	Spring 1	Spring 2
Dreams and Goals	Healthy Me	Dreams and Goals	Healthy Me	Dreams and Goals	Healthy Me	Dreams and Goals	Healthy Me
<p>Look at people who have overcome challenges to achieve success and identify their own dreams and ambitions.</p> <p>Discuss facing learning challenges and identify their own strategies for overcoming these.</p>	<p>Discuss the importance of exercise, how it helps your body to stay healthy (including the heart and lungs) and how calories, fat and sugar can affect health.</p> <p>Discuss different types of drugs, think about things, places and people that are dangerous and know strategies for keeping themselves safe.</p>	<p>Discuss hopes and dreams and how to cope with / overcome feelings of disappointment.</p> <p>Discuss making new plans and setting new goals, group work and overcoming challenges together.</p>	<p>Be aware of and reflect on friendship groups, how they are formed, how they have leaders and followers and how they fit into them.</p> <p>Look at smoking and alcohol, its effects on health, why people might drink or smoke and peer pressure and how to deal with it.</p>	<p>Discuss dreams, goals and jobs that people they know do and reflect on what types of jobs they might like to do when they are older.</p> <p>Identify the similarities and differences between themselves (and their dreams and goals) and someone from a different culture.</p>	<p>Look at the risks linked to smoking and alcohol misuse and how body types are portrayed (including eating disorders).</p> <p>Learn a range of basic emergency procedures and how to contact the emergency services.</p>	<p>Discuss their strengths (including what their classmates like and admire about them), set goals and know the steps they need and staying motivated.</p> <p>Explore global issues and places where people may be suffering or living in difficult situations.</p>	<p>Discuss how to manage their own physical and emotional health, including the triggers and coping strategies of feelings of stress, and be aware of mental health/illness and people's attitudes towards this.</p> <p>Discuss different types of drugs and their effects on the body and know about gang culture and the associated risks.</p>

Summer							
Year Three		Year Four		Year Five		Year Six	
Summer 1	Summer 2	Summer 1	Summer 2	Summer 1	Summer 2	Summer 1	Summer 2
Relationships	Changing Me	Relationships	Changing Me	Relationships	Changing Me	Relationships	Changing Me
<p>Revisit family relationships and how to deal with conflict, discuss online relationships through gaming and identify stereotypes at home and in careers.</p> <p>Learn that they are part of a global community and investigate the wants and needs of other children who are less fortunate and compare these with their own.</p>	<p>Explore babies and what they need to grow and develop including parenting, learn that it is usually the female that carries the baby in nature.</p> <p>Learn about puberty and their feelings associated with it and inside and outside body changes in males and females, (including that females have eggs which are released monthly and if unfertilised by a male's sperm passes out of the body as a period)</p>	<p>Explore jealousy, loss/bereavement and identify the emotions associated with these relationship changes, and coping strategies</p> <p>Learn that change is natural in relationships, that sometimes it is better if relationships end and that some relationship endings can be amicable.</p>	<p>Revisit bodily changes at puberty, including menstruation and learn about sanitary health, introducing pupils to different sanitary and personal hygiene products.</p> <p>Introduce conception and sexual intercourse in simple terms (a baby is formed by the joining of an ovum and sperm) and learn that the ovum and sperm carry genetic information that carry personal characteristics.</p>	<p>Learn about the importance of self-esteem (both online and offline) and reflect upon positive and negative online/ social media contexts.</p> <p>Learn about internet safety rules, including age-limits/ age-appropriateness, about online grooming and how to find ways to reduce their own screen time.</p>	<p>Revisit self-esteem, self/body-image and perceptions of ourselves and identify what becoming a teenager means and the perceptions that surround teenagers.</p> <p>Revisit puberty, explain sexual intercourse in more detail and introduce pregnancy (including some facts about the development of the foetus and some simple explanation about alternative ways of conception e.g. IVF) and how having a baby is a personal choice.</p>	<p>Look at mental health and how to take care of their own mental well-being and discuss the grief cycle and its various stages.</p> <p>Discuss people who can try to control them or have power over them and look at online safety.</p>	<p>Discuss how they feel about puberty in boys and girls and the changes that will happen, learn about childbirth and the stages of development of a baby.</p> <p>Discuss relationships, being physically attracted to someone and the effect this can have upon a relationship and why self-esteem is important and ways to develop it.</p> <p>Discuss transition to secondary school and how they can prepare themselves mentally.</p>