

Akroydon Primary Academy PSHE Overview 2020

PoS – PSHE Association Core Themes: R – Relationships, L – Living in the wider world, H – Health and Wellbeing

Links to Relationships Education: RE1 – Families and people who care for me, RE2 – Caring friendships, RE3 – Respectful relationships, RE4 – Online relationships, RE5 – Being safe

Links to Health Education: HE1 – Mental wellbeing, HE2 – Internet safety and harms, HE3 – Physical health and fitness, HE4 – Healthy eating, HE5 – Drugs, alcohol and tobacco, HE6 – Health and prevention, HE7 – Basic first aid, HE8 – Changing adolescent body

Links to Science curriculum – All links are to the statutory requirements in the topic *animals, including humans (AiH)*.

Links to British Values (BV): Democracy, Rule of Law, Individual Liberty, Mutual Respect and tolerance of different faiths and beliefs.

***for the Autumn Term 2020, there will be an increased focus and prioritisation on mental health and wellbeing. This will be supported through PSHE lessons as well as assemblies.**

Term and Core Theme	Autumn: Relationships (R)			Spring: Living in the Wider World (L)			Summer: Health and Wellbeing (H)		
Year 1	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	Roles of different people; families; feeling cared for PoS Refs: R1, R2, R3, R4, R5 RE1 BV – Mutual respect	Recognising privacy; staying safe; seeking permission PoS Refs: R10, R13, R15, R16, R17 RE3, RE4, RE5, HE1 BV – Individual Liberty	How behaviour affects others; being polite and respectful PoS Refs: R21, R22 RE3 BV – Mutual respect	What rules are; caring for others' needs; looking after the environment PoS Refs: L1, L2, L3 BV – Democracy, Rule of Law, Individual Liberty	Using the internet and digital devices; communicating online PoS Refs: L7, L8 HE2 BV – Individual Liberty	Strengths and interests; jobs in the community PoS Refs: L14, L16, L17 BV – Individual Liberty	Keeping healthy; food and exercise; hygiene routines; sun safety PoS Refs: H1, H2, H3, H5, H8, H9, H10 HE1, HE3, HE4, HE6 BV – Individual Liberty	Recognising what makes them unique and special; feelings; managing when things go wrong PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24 RE1, RE3, HE1 BV – Mutual respect, Individual Liberty	How rules and age restrictions help us; keeping safe online PoS Refs: H28, H34 RE4, HE2 BV – Democracy, Rule of Law, Individual Liberty

Year 2	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	<p>Making friends; feeling lonely and getting help</p> <p>PoS Refs: R6, R7, R8, R9, R24 RE2, RE3 BV – Mutual respect</p>	<p>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>PoS Refs: R11, R12, R14, R18, R19, R20 RE3, RE4, RE5 BV – Individual Liberty, Mutual respect</p>	<p>Recognising things in common and difference; playing and working cooperatively; sharing opinions</p> <p>PoS Refs: R23, R24, R25 RE3 BV – Mutual respect</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>PoS Refs: L2, L4, L5, L6 RE3 BV – Individual Liberty, Mutual Respect</p>	<p>The internet in everyday life; online content and information</p> <p>PoS Refs: L8, L9 HE2 BV – Individual Liberty</p>	<p>What money is; needs and wants; looking after money</p> <p>PoS Refs: L10, L11, L12, L13, L15 BV – Individual Liberty</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>PoS Refs: H4, H6, H7, H16, H17, H18, H19, H20 HE1, HE6 Science – AiH</p>	<p>Growing; naming body parts; moving class or year</p> <p>PoS Refs: H20, H25, H26, H27 HE1, HE8 Science – AiH</p>	<p>Safety in different environments; risk and safety at home; emergencies</p> <p>PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27 HE1, HE7 BV – Individual Liberty</p>
Year 3	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	<p>What makes a family; features of family life</p> <p>PoS Refs: R1, R6, R7, R8, R9 RE1 BV – Mutual respect</p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>PoS Refs: R19, R22, R24, R30 RE3, RE4, RE5 BV – Individual Liberty, Mutual respect</p>	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>PoS Refs: R30, R31 RE3, RE4 BV – Mutual Respect</p>	<p>The value of rules and laws; rights, freedoms and responsibilities</p> <p>PoS Refs: L1, L2, L3 BV – Rule of Law, Democracy, Individual Liberty</p>	<p>How the internet is used; assessing information online</p> <p>PoS Refs: L11, L12 HE2 BV – Individual Liberty</p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p> <p>PoS Refs: L25, L26, L27, L30 BV – Individual Liberty, Mutual Respect</p>	<p>Health choices and habits; what affects feelings; expressing feelings</p> <p>PoS Refs: H1, H2, H3, H4, H6, H7, H17, H18, H19 HE1, HE3, HE4 BV – Individual Liberty Science – AiH</p>	<p>Personal strengths and achievements; managing and reframing setbacks</p> <p>PoS Refs: H27, H28, H29 BV – Individual Liberty, Mutual Respect</p>	<p>Risks and hazards; safety in the local environment and unfamiliar places</p> <p>PoS Refs: H38, H39, H41</p>

Year 4	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	Positive friendships, including online PoS Refs: R10, R11, R12, R13, R18 RE2 BV – Mutual Respect	Responding to hurtful behaviour; managing confidentiality; recognising risks online PoS Refs: R20, R23, R27, R28 RE3, RE4, RE5 BV – Mutual Respect, Individual Liberty	Respecting differences and similarities; discussing difference sensitively PoS Refs: R32, R33 RE3 BV – Mutual Respect	What makes a community; shared responsibilities PoS Refs: L4, L6, L7 RE3 BV – Mutual respect	How data is shared and used PoS Refs: L13, L14 RE4, HE2 BV – Individual Liberty	Making decisions about money; using and keeping money safe PoS Refs: L17, L19, L20, L21 BV – Individual Liberty	Maintaining a balanced lifestyle; oral hygiene and dental care PoS Refs: H2, H5, H11 HE4, HE6 Science – AiH	Physical and emotional changes in puberty; personal hygiene routines; support with puberty PoS Refs: H30, H31, H32, H34 HE8	Medicines and household products; drugs common to everyday life PoS Refs: H10, H38, H40, H46 HE5, HE6
Year 5	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	Managing friendships and peer influence PoS Refs: R14, R15, R16, R17, R18, R26 RE2, RE3 BV – Mutual Respect, Individual Liberty	Physical contact and feeling safe PoS Refs: R9, R25, R26, R27, R29 RE1, RE3, RE4, RE5 BV – Individual Liberty	Responding respectfully to a wide range of people, recognising prejudice and discrimination PoS Refs: R20, R21, R31, R33 RE3, RE4 BV – Individual Liberty, Mutual Respect, Rule of Law	Protecting the environment; compassion towards others PoS Refs: L4, L5, L19 BV – Individual Liberty, Mutual Respect	How information online is targeted; different media types, their role and impact PoS Refs: L12, L14 RE4 BV – Individual Liberty	Identifying job interests and aspirations; what influences career choices; workplace stereotypes PoS Refs: L27, L28, L29, L31, L32 BV – Individual Liberty	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Revise oral hygiene and dental care (eHNA) PoS Refs: H8, H9, H10, H12 HE6 Science – AiH	Personal identity; recognising individuality and different qualities; mental wellbeing Links to work on developing a positive body image (eHNA) PoS Refs: H16, H25, H26, H27 HE1, HE8 BV – Mutual respect,	Keeping safe in different situation, including responding in emergencies, first aid and FGM Begin work on transition to secondary school (eHNA) PoS Refs: H38, H43, H44, H45 RE5, HE7 BV – Individual Liberty, Mutual

								Individual Liberty	Respect, Rule of Law
Year 6	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
	Attraction to others; romantic relationships; civil partnership and marriage PoS Refs: R1, R2, R3, R4, R5, R7 RE1 BV – Individual Liberty, Mutual Respect, Rule of Law	Recognising and managing pressure; consent in different situations PoS Refs: R26, R28, R29 RE3, RE4, RE5 BV – Individual Liberty, Mutual Respect	Expressing opinions and respecting other points of view, including discussing topical issues PoS Refs: R30, R34 RE3, RE4 BV – Individual Liberty, Mutual Respect	Valuing diversity; challenging discrimination and stereotypes PoS Refs: L8, L9, L10, R21 RE3 BV – Individual Liberty, Mutual Respect, Rule of Law	Evaluating media sources; sharing things online PoS Refs: H37, L11, L13, L15, L16 RE4, HE2 BV – Individual Liberty	Influences and attitudes to money; money and financial risks PoS Refs: L18, L22, L23, L24 HE2 BV – Individual Liberty	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online PoS Refs: H13, H14, H15, H20, H21, H22, H23, H24 HE1, HE2, HE3 BV – Individual Liberty Science – AiH	Human reproduction and birth; increasing independence; managing transitions PoS Refs: H24, H33, H35, H36 HE1 BV – Individual Liberty	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media PoS Refs: H37, H42, H46, H47, H48, H49, H50 HE2, HE5 BV – Individual Liberty, Rule of Law