

PSHE Overview

Whole school

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Linden Learners	My feelings	Special relationships	Taking on challenges Listening and following instructions	My family and friends	My well-being
Reception	<ul style="list-style-type: none"> •Our Linden rules and values •Classroom rules and discussion guidelines •Talk tactics – <i>instigate</i> •Regulating our emotions •Identifying key adults and spaces in school • Discover 	<ul style="list-style-type: none"> • My feelings • Regulate my emotions •Recognising facial expressions •Calm corners 	<ul style="list-style-type: none"> • My family • My special people • Feeling valued • Sharing •What makes us unique? •My interests •Similarities and differences 	<ul style="list-style-type: none"> •Rules •Problem solving • Communicating with others • Perseverance • Being resilient • Playing games with rules 	<ul style="list-style-type: none"> • Special celebrations • Sharing • Being a good friend • Teamwork • Celebrating friendships 	<ul style="list-style-type: none"> •Exercise and its benefits •Yoga and relaxation •Looking after ourselves • Being a safe pedestrian • Eating healthily
	Linden Learners	Family and Relationships	Health and Well-Being	Economic Well-being	Citizenship	Safety and the Changing Body
Year 1	<ul style="list-style-type: none"> •Our Linden rules and values •Classroom rules 	<ul style="list-style-type: none"> •What is family? • What are friendships? 	<ul style="list-style-type: none"> •Wonderful me • What am I like? • Ready for bed 	<p>Money</p> <ul style="list-style-type: none"> • Introduction to money 	<p>Responsibility</p> <ul style="list-style-type: none"> • Rules • Caring for others: 	<ul style="list-style-type: none"> • Getting lost • Making a call to the emergency

	<ul style="list-style-type: none"> •Classroom discussion guidelines •Talk tactics – <i>building on</i> •Regulating our emotions •Identifying key adults and spaces in school •Making mistakes 	<ul style="list-style-type: none"> • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	<ul style="list-style-type: none"> • Relaxation • Hand washing & personal hygiene • Sun safety • Allergies • People who help us stay healthy 	<ul style="list-style-type: none"> • Looking after money • Banks and building societies • Saving and spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Jobs in school 	<p>Animals</p> <ul style="list-style-type: none"> • The needs of others <p>Community</p> <ul style="list-style-type: none"> • Similar, yet different • Belonging <p>Democracy</p> <ul style="list-style-type: none"> • Democratic decisions 	<p>services</p> <ul style="list-style-type: none"> • Asking for help • Appropriate contact • Medication • Safety at home • People who help to keep us safe
<p>Year 2</p>	<ul style="list-style-type: none"> •Our Linden rules and values •Classroom rules and discussion guidelines •Talk tactics – <i>challenge respectfully</i> •Regulating our emotions •Identifying key adults and spaces in school •Perseverance 	<ul style="list-style-type: none"> • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me 	<p>Experiencing different emotions</p> <ul style="list-style-type: none"> • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet • Dental health 	<p>Money</p> <ul style="list-style-type: none"> • Where money comes from • Needs and wants • Wants and needs • Looking after money <p>Career and aspirations</p> <ul style="list-style-type: none"> • Jobs 	<p>Responsibility</p> <ul style="list-style-type: none"> • Rules beyond school • Our school environment • Our local environment <p>Community</p> <ul style="list-style-type: none"> • Job roles in our local community • Similar yet 	<ul style="list-style-type: none"> • The Internet • Communicating online • Secrets and surprises • Appropriate contact • Road safety • Drug education

		<ul style="list-style-type: none"> • Manners & courtesy • Loss and change 			<p>different: My local community</p> <p>Democracy</p> <ul style="list-style-type: none"> • School Council • Giving my opinion 	
Year 3	<ul style="list-style-type: none"> • Our Linden rules and values • Classroom rules and discussion guidelines • Talk tactics – <i>probe</i> • Regulating our emotions • Identifying key adults and spaces in school • Practice makes perfect 	<ul style="list-style-type: none"> • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	<ul style="list-style-type: none"> • My healthy diary • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health 	<p>Money</p> <ul style="list-style-type: none"> • Ways of paying • Budgeting • How spending affects others • Impact of spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Jobs and careers • Gender and careers 	<p>Responsibility</p> <ul style="list-style-type: none"> • Rights of the child • Rights and responsibilities • Recycling <p>Community</p> <ul style="list-style-type: none"> • Local community groups • Charity <p>Democracy</p> <ul style="list-style-type: none"> • Local democracy • Rules 	<ul style="list-style-type: none"> • Basic first aid • Communicating safely online • Online safety • Fake emails • Drugs, alcohol & tobacco • Keeping safe out and about
	<ul style="list-style-type: none"> • Our Linden rules and values 	<ul style="list-style-type: none"> • Respect & manners 	<ul style="list-style-type: none"> • Diet and dental 	<p>Money</p>	<p>Responsibility</p>	<ul style="list-style-type: none"> • Online restrictions

<p>Year 4</p>	<ul style="list-style-type: none"> • Classroom rules and discussion guidelines • Talk tactics – <i>clarify</i> • Regulating our emotions • Identifying key adults and spaces in school • Resilience 	<ul style="list-style-type: none"> • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	<p>health</p> <ul style="list-style-type: none"> • Visualisation • Celebrating mistakes • My role • My happiness • Emotions • Mental health 	<ul style="list-style-type: none"> • Spending choices/ value for money • Keeping track of money • Looking after money <p>Career and aspirations</p> <ul style="list-style-type: none"> • Influences on career choices • Jobs for me 	<ul style="list-style-type: none"> • What are human rights? • Caring for the environment <p>Community</p> <ul style="list-style-type: none"> • Community groups • Contributing • Diverse communities <p>Democracy</p> <ul style="list-style-type: none"> • Local councillors 	<ul style="list-style-type: none"> • Share aware • Basic first aid • Privacy and secrecy • Consuming information online • The changing adolescent body (puberty)
<p>Year 5</p>	<ul style="list-style-type: none"> • Our Linden rules and values • Classroom rules and discussion guidelines • Talk tactics – <i>summarise</i> • Regulating our emotions • Identifying key adults and spaces in school • Growth mindset 	<ul style="list-style-type: none"> • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<ul style="list-style-type: none"> • Relaxation • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings 	<p>Money</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Risks with money • Prioritising spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Stereotypes in the workplace 	<p>Responsibility</p> <ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet <p>Community</p> <ul style="list-style-type: none"> • Contributing to the community 	<ul style="list-style-type: none"> • Online friendships • Identifying online dangers • The changing adolescent body (puberty, including menstruation) • First aid

			<ul style="list-style-type: none"> • Healthy meals • Sun safety 		<ul style="list-style-type: none"> • Pressure groups <p>Democracy</p> <ul style="list-style-type: none"> • Parliament 	<ul style="list-style-type: none"> • Drug education
Year 6	<ul style="list-style-type: none"> • Our Linden rules and values • Classroom rules and discussion guidelines • Talk tactics • Regulating our emotions • Identifying key adults and spaces in school • Goal setting 	<ul style="list-style-type: none"> • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change 	<ul style="list-style-type: none"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Health concerns • Creating habits • The effects of technology on health 	<p>Money</p> <ul style="list-style-type: none"> • Attitudes to money • Keeping money safe • Gambling <p>Career and aspirations</p> <ul style="list-style-type: none"> • What jobs are available • Career routes 	<p>Responsibility</p> <ul style="list-style-type: none"> • Human rights • Food choices and the environment • Caring for others <p>Community</p> <ul style="list-style-type: none"> • Prejudice and discrimination • Valuing diversity <p>Democracy</p> <ul style="list-style-type: none"> • National democracy 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth)