



# The Meadow Community Primary School

## PHSE Overview 2021/2022

<u>Year</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1	<p><b>New Beginnings</b> We will be learning to recognise the people who look after us and why rules are important.</p> <p><b>Getting on and falling out</b> We will be learning to understand that everyone has feelings and that everyone's opinion matters.</p>	<p><b>Living in the wider world</b> We are going to be learning how to look after the environment.</p> <p><b>Living in the wider world</b> We are going to learn about what improves and what harms the local environment.</p>	<p><b>Health and well being</b> We are learning how we can contribute to the life of the school and classroom We are also learning to understand that we are all 'unique'.</p> <p><b>Health and well being</b> We are learning how to identify and respect similarities and differences</p>
2	<p><b>Relationships</b> <b>Families and friendships</b> – making friends and resolving arguments. <b>Safe relationships</b> – managing secrets, resisting pressure and getting help, recognising hurtful behaviour. <b>Respecting ourselves and others</b> – recognising things in common and differences, playing and working cooperatively. Sharing opinions.</p>	<p>Living in the wider world <b>Belonging to a community</b> - Belonging to a group. Roles and responsibilities. Being the same and different in the community. <b>Media literacy and digital resilience</b> – the internet in everyday life. Online content and information.</p>	<p><b>Health and wellbeing</b> <b>Physical health and mental wellbeing</b> – why sleep is important. Medicines and keeping healthy. Keeping teeth healthy. Managing feelings and asking for help. <b>Growing and changing</b> – Growing older. Naming body parts. Moving class or year. <b>Keeping safe</b> – safety in different environments. Risk and safety at home. Emergencies.</p>
3	<p><b>Living in the wider world – Belonging to a community.</b> To learn about different kinds of rights and responsibilities, what being part of a community means. <b>Health and wellbeing – Growing and changing</b> Pupils reflect and celebrate their achievements, setting goals. Develop an understanding of good and not good feelings and emotions. <b>Health and wellbeing –Physical health and mental wellbeing</b> About making our own choices about food, balanced diets, learning about habits. <b>Relationships – Respecting ourselves and others</b> To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain these. To recognise different types of relationships.</p>	<p><b>Relationships - Safe relationships</b> To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours. How to recognise bullying and abuse in all its forms? <b>Living in the wider world – Media literacy and digital resilience</b> Learning all about social media and how to stay safe on line. The importance of speaking to adults if anything makes them feel uncomfortable. <b>Health and wellbeing – Keeping safe</b> Children learn about rules and health and safety, basic first aid procedures, where and how to get help. To recognise people who are responsible for helping them stay healthy and safe.</p>	<p><b>Living in the wider world – Money and work</b> To learn that money comes from different sources and can be used for different purposes including spending and saving. To learn about the role money plays in their lives. <b>Relationships – Family and friendships + SRE</b> To learn that their actions affects themselves and others. To learn about different families including single sex marriages.</p>
4	<p><b>Relationships &amp; Keeping Safe</b> Positive friendships, including online. Responding to hurtful</p>	<p><b>Living in the wider world</b> What makes a community; shared responsibilities. How data is shared and used. Making decisions about money; using</p>	<p><b>Health and Wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care Physical and</p>

	behaviour; managing confidentiality; recognising risks online. Respecting differences and similarities; discussing difference sensitively	and keeping money safe	emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Medicines and household products; drugs common to everyday life
5	<p><b>Relationships</b> Children will be exploring the themes of managing friendships and peer influence; physical contact and feeling safe; responding respectfully to a wide range of people and recognising prejudice and discrimination.</p>	<p><b>Living in the Wider Community</b> Children will learn about protecting the environment and compassion towards others; how information online is targeted, different media types and their role and impact; identify job interests and aspirations and what influences career choices and workplace stereotypes.</p>	<p><b>Health and Wellbeing</b> Children will explore healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies; learn about personal identity; recognising individuality and different qualities; mental wellbeing; keeping safe in different situations, including responding in emergencies, first aid and FGM.</p>
6	<p><b>Health and Wellbeing - Think positive</b> Make informed decisions about health and lifestyle and what might influence these.</p> <p><b>Living in the wider world - One world</b> Children learn about the importance of a community following a shared set of rules and the impact on society when rules are not followed.</p>	<p><b>Relationships: Respecting rights</b> Children learn about the importance of self-respect and the need to respect the rights of people who are different in their belief and culture.</p> <p><b>Relationships: VIPs</b> Children learn about the important people in their life and how it can be ok to disagree or not think the same as someone they value.</p>	<p><b>Health and Wellbeing Safety first</b> Children learn about drugs and alcohol and the effect it has on growing bodies.</p> <p><b>Growing up</b> Pupils learn about the changes that their bodies go through as they get older. They learn about sexual intercourse and the importance of consent. They also are taught about the different types of relationships that exist between people.</p>