

PSHE Whole School Overview 2021-2022

Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Power-How can we use our power in positive and negative ways	Healthy Choices- Helping Boris make good healthy choices.	The Smartest Giant in the Town- How can we help others? How have others helped us?	Chalk Faces- Different ways we can handle negative emotion effectively.	Smile! - Looking at the importance of good oral hygiene and dental health.	CW
Feelings Bingo- Understanding our emotions	Truth or Lies- Differentiating between the truth and lies about us.	Who looks after me? -Who looks after us? How can we show them appreciation?	Disappointed Robots- Exploring different ways to handle disappointment.	Mission Possible - Learning from our experiences and try again.	CW
What goes in, must come out-Worms! - What we put in our hearts is what comes out.	Builders and wreckers- How the words we use can build people up or knock them down.	Teamwork-Monsters University- Working as a team to reach an end goal.	The Best Me- Being yourself is the best you, you can be.	Tummy Talk- Trusting our instincts good secrets vs ad secrets	CW
Guess who? -Who are we grateful for in our class and why.	Would you rather- Game of preference.	Helping Boris- Discussing simple rules to help keep safe online.	Don't Hide What's Inside! - Don't hide your true thoughts and feelings	Seeds of potential- There is potential in all	What is charity?

Black History	Marshmallow Test- Learning that there is a choice in spending and saving.	Goldilocks and Baby Bear- Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends.	Mask Making- Thinking about who we can trust to talk to when we are mad or sad.	Hearts that Dream- Creating Dreamboards to capture our hopes and dreams.	Homes of Promise
Black History	Taking Care of Me- Ways to take care of ourselves every day.	Forgiveness Fizz- Discussion around how forgiveness can help hard situations disappear.	Telephone Whispers- How small lies can have a big impact.	Love a Lot, Miss a Lot- Focus on people, animals and things we have lost.	Homes of Promise
Black History	Who's missing? - Developing an awareness of our surroundings and people around us.				Transition

Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Power Plus- Identify sources of power (including us!)	I am Cubes- Recognise and celebrate our strengths and ways in which we are all unique.	Secret Kindness Agents- Look for opportunities to do something kind for others.	Let the Ouch Out- Reflect on helpful ways to deal with hurt	Sun Safe! - Keep ourselves safe in the fun.	CW
Heart Decisions- The decisions that we make can affect our reputation	Trash or Truth- Differentiate between the truths and lies we hear or speak ourselves.	Everyday Heroes- About the people who work in our community	Traffic Lights- Different ways to handle hurt and disappointment	Road Signs- Find alternative solutions to a problem	CW
Bright Hearts- Make the link between our hearts and our actions. words and behaviours.	Crumpled Hearts- The consequences of teasing and bullying	We all fit together- There are ways we are all unique.	Grains of Sand- There never has and never will be another me.	Way to Say-Looking at seemingly impossible situations in a different way.	CW
Boris Face Plate- Make healthy choices to contribute to a healthy diet	Meaning of my name- Positive adjectives to describe themselves (You need to set a homework task for the children to find	HeartSmart on the playground, HeartSmart online- The rules we follow online to keep us safe are similar to the	The Truth About Me- Not all the thoughts we have about ourselves are true.	Rainbows from Rain- Find a way to overcome challenges and difficulties.	Energy Detectives Project

	out the meaning of their name before this lesson)	rules we follow in real life.			
Black History	Boundin- Developing a gratitude attitude	That's what friends are for-About saying sorry and offering forgiveness between friends.	Real is a Big Deal- Describe how different emotions can feel.	Imagine a Bright Future- Manage worry by imagining good things that could happen.	Energy Detectives Project
Black History	Heartbeat- Noticing the difference in our heart rate following physical activity	Balloon Spoons-How holding on to unforgiveness can make us feel	Nice to Meet You-We can choose to be polite.	Energy Detectives- Care for our school environment by conserving energy.	Energy Detectives Project
Black History	Spot the Difference- Be more aware of our surroundings and the people around us.				Transition

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Batteries- Ways we can be kind to one another.	Wear it with Pride- Accept the encouragement given to us by others.	What's Your Emergency? - How to respond in an emergency.	Balloon Blast-We need to let go of hurt.	Build on Truth- Build friendships based on truth.	CW
Inside Out- Recall memories an associate feeling with them.	Love is- What love is and what it isn't	Elizabeth Everest- Recognise and celebrate the impact kindness can have on another person.	Marble Jar- How to build Trust Between Friends.	Allergy Allies- Keep ourselves and our friends with allergies safe.	CW
My Squad-There are people in our lives who encourage us and cheer us on.	Guard you Heart- That our hearts need protecting	No Man is an Island- Teamwork	Who am I?- Recognise and challenge stereotypes.	Allergy Allies packed lunch Task.	CW
Full or Empty?- Identify the benefits of a healthy lifestyle and the risks of an unhealthy lifestyle.	Moana 'I Know Who You Are'-The difference 'letting love in' can make to a person.	Padlocked Privacy- There is some information that can identify us and it is important to keep this information private.	Spot the Difference- The real me is the best me.	Allergy Allies newsletter promotion posters/ written segments.	I Can Help!-Simple ways we can help others when they are injured.

Black History	Growing Gratitude- Think about the things we are grateful for and explain why we are grateful for them.	Magic Water-About the effects of saying sorry.	Shame Detectives- Spot examples of shame	Snakes and Ladders- In life there are times of making progress and times of setbacks.	Dream Attitudes- Grow our attitudes to achieve our dreams.
Black History	Love Yourself- Some choices we make will affect our physical health.	Play it Out-Think about and describe the difference between forgiving and not.	Circle of Trust- We can talk to adults we trust if we are worried or unsafe.	Get Back Up- The importance of getting back up when we fail and try again.	Embracing Change- Managing change
Black History	Flip Your Phone- Ways we can help others.				Transition

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reap What You Sow- Ways to grow a desired characteristic.	Heart to Heart- Identify ways we feel loved.	Guess my Feelings- Suggest how someone if feeling based on their facial expression and body language.	Pass Through the Pain Barrier-What forgiveness is and the value of forgiving others.	Speak Truth- Have the courage to tell the truth.	CW
Willy Wolf- Be careful who you trust.	Brilliant me Ball- Celebrate our strengths and achievements.	Unseen Heroes - Appreciate the unseen heroes of our community.	Good Stress, Bad Stress- There are different types of stress and the ways to handle negative stress.	Dare to be Different About dares- why they are not fun, the consequences and ways to say no.	CW
Family Recipe- There are many different characteristics of a healthy family life.	Words Have Power- Consider the consequences of the words we use.	Teamwork Makes the Dream Work- Recognise that we sometimes need help from others.	Boundaries! - Recognise healthy boundaries and deal with online abuse.	Risky Business- Find out the facts and the associated risks of smoking.	CW
Healthy Minds- Recognise what affects our mental wellbeing.	One in a million- Uniqueness	True Smart Phone- Ways to use mobile phones and tablets responsibly.	Be Kind Online- Recognise and deal with online abuse.	Endurance Expedition- The skills and attitudes needed to meet the challenges of the Endurance Expedition.	Dreamers- Identify dreams of our hearts

Black History	Don't agree with 'I don't like me'-Be grateful for the amazing things our bodies can do.	Guess my Feelings- Suggest how someone if feeling based on their facial expression and body language.	Human Beings not Human Doings-We are not what we do.	Habits-Help or Hinder? -Our habits can help or hinder us in achieving our dreams.	Dreams Project
Black History	Hands Up- We can love ourselves and others by stopping the spread of bacteria.	Saying Sorry- About ways to fix a broken friendship.	Voice of Love- The words we choose to listen to affect how we see ourselves.	Just Keep Swimming- We all need people to encourage us to keep going.	Dreams Project
Black History	What's missing? - Be more aware of our surrounding and the people around us by noticing differences.				Transition

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Boss V Leader- How powerful people lead others.	Sleep Well- Good quality sleep is important for our health.	When I'm Feeling Lonely-There are things we can do and people we can go to if we are lonely.	Nelson Mandela- What Nelson Mandela's life can teach us about forgiveness.	Hearts That Welcome Feedback-How to receive feedback.	CW
Lionheart- Describe the heart reputation we would like to have.	Gunner- Value and purpose	Read My Lips- The skills needed to listen to others well.	Emotions Don't Drive- Think about how different emotions feel.	Decisions, Decisions! -The risks associated with alcohol.	CW
Watch What You Watch-Ways to know what we should and should not watch.	Bully Busting- Recognise bullying in all forms.	Honour- About people who should be honoured and ways we can honour them.	I Did, Not I Am- Respond well to our own mistakes.	Egg in the Flask- Ways through seemingly impossible situations.	CW
Letter of Thanks- Gratitude attitude.	Make the Right Voice Choice- Consider how the words we listen about ourselves can make us feel.	Great Groups- The purpose and role of different groups.	Time to Get Real- The images we see in magazines and on social media are not always real.	Success is Not Always What You See- Celebrate internal success.	Hope Project

Black History	Under Pressure- Different sources of pressure and ways to respond.	Be Aware What You Share- What we should and shouldn't share	No Need to Hide- What to do when we feel like we need to hide our feelings.	What am I? -Hygiene	Hope Project
Black History	Allocating Resources- Resources can be allocated in different ways and these choices affect others.	Different Perspectives- Develop simple strategies to resolve conflict.	Soft Shells- Chose those we trust to be vulnerable with.	Hope Light- Live lives full of hope.	Hope Project
Black History	Help! - When and how to ask for help and who to go to.				Transition

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Powerful Poses- Our body language can help us feel more powerful.	Healthy Food, Healthy Heart- Healthy eating.	Listen Up! - Be a good listener.	Ways to Say- Body language communication.	Fix it, Find out, Fit in! -Facts about legal and illegal substances and their associated risks.	CW
Stone Trainers- Ways to keep our hearts soft but strong.	What are you Worth? -Self worth	You Go Before Me- How the generations who have gone before us have overcome challenges to benefit us today.	Bit by Bit- What makes a trustworthy friend?	The Bridge to Yet- Growth mindset.	CW
Secret Scenarios- Recognise when its right to keep a secret and when secrets should be shared.	People Say I Am- Encourage one another with kind and positive words.	Growing Together- Ways to be a good friend.	This is me! - We are great just the way we are!	Self-Awareness- Grow in self-awareness to work out how we feel, why we feel that way and what we need.	CW
Tying the Knot- Marriage.	Thumbs Up- Recall significant people and events in their lives so far.	Social Media-Good or Bad? - The benefits and dangers of social media.	HeartSmart-Self Talk- Catch negative self-talk and replace it with positive self-talk.	Hearts Filled with Hope- Have hope in our hearts to keep us going.	Citizenship Project

Black History	Gratitude Jar- What are we thankful for?	Work it Out- Develop strategies to resolve conflict and disputes.	Boundaries for Respect-How to use boundaries to establish respectful friendships.	Where the Magic Happens! - Stepping out of our comfort zone.	Citizenship Project
Black History	Signs to Spot- Spot early signs of physical illness.	Power of Forgiveness- The importance of forgiving for our own benefit.	Vaccines-Facts vs Fake News- Facts about immunisations and vaccines.	Under Construction- The Teenage Brain- Changes to the brain because of puberty.	Transition
Black History	All the Same, All Different- Think of ways we are all different and all the same.				Transition