

Cop Lane C of E Primary School – PSHE Overview 2024 - 2025

	Autumn Term 1 Service	Autumn Term 2 Peace	Spring Term 1 Trust	Spring Term 2 Forgiveness	Summer Term 1 Hope	Summer Term 2 Thankfulness
	Dogs Trust worship and workshops Anti-Bullying Week 11 th – 15 th November 2024		Safer Internet Day 11 th February 2025 Children’s mental health awareness week 3 rd – 9 th February 2025		Sing Up Day TBC Music celebration – end July 2025	
R	COVERED THROUGHOUT THE YEAR IN PERSONAL, SOCIAL AND EMOTIONAL / KEY WORKER TIME AND THROUGH THE 1 DECISION EARLY YEARS PORTAL AND RESOURCES/GO NOODLE MINDFULNESS Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life. 1 DECISION EARLY YEARS PORTAL					
	1 Decision The Colour Monster Clean and healthy bodies – germs, keeping our bodies clean, oral health. Pink Goes to School Red’s Hearing Aid Red Needs the Toilet Red Visits the Dentist Red Brushes His Teeth Orange Brushes Her Teeth Pink Misses Mummy Orange Feels Worried Red’s Nut Allergy Why Does Purple Play Differently? *all stories/input may move across the year depending on need and being reactive to events/repeat/class	1 Decision Yellow Play Fights Green’s Greens Rainbow’s Food Journey Blue Learns to Share Blue’s Best Friend Blue’s Indoor Voice Green Gets Glasses	1 Decision Green Gets Glasses Yellow’s Bedtime Rainbow Helps at Home Pink’s Screen Time Purple Watches the News Orange Helps Out	1 Decision Blue Gets Lost Orange Sleeps Over Fairytale Gone Wrong Get Some Rest, Sleeping Beauty Keep Running Gingerbread Man Rapunzel, Rapunzel, Wash Your Hair Stinky Jack and the Beanstalk Eat Your Greens, Goldilocks Don’t Pick Your Nose, Pinocchio Blow Your Nose, Big Bad Wolf Give Us a Smile Cinderella	1 Decision Orange Moves House Green Stays in Hospital Purple’s Pet Bird Red Goes Swimming Pink Feels Sad Rainbow Feels Angry	1 Decision Blue Explores Road Safety Purple the Passenger Rainbow Visits the Seaside Rainbow’s Day Out Green Moves up a Year Yellow Goes on Holiday Making relationships with Year 1 staff

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Y1	<p>Living in the wider world</p> <p>How can we look after each other and the world?</p> <ul style="list-style-type: none"> • <i>Ourselves and others</i> • <i>the world around us</i> • <i>caring for others</i> • <i>growing and changing</i> 	<p>Relationships</p> <p>What is the same and different about us?</p> <ul style="list-style-type: none"> • <i>Ourselves and others</i> • <i>similarities and differences</i> • <i>individuality</i> • <i>our bodies</i> 	<p>Health and wellbeing</p> <p>Who helps us to stay safe?</p> <ul style="list-style-type: none"> • <i>Keeping safe</i> • <i>people who help us</i> 	<p>Health and wellbeing</p> <p>What helps us stay healthy?</p> <ul style="list-style-type: none"> • <i>Being healthy</i> • <i>Hygiene</i> • <i>Medicines</i> • <i>people who help us with health</i> 	<p>Relationships</p> <p>Who is special to us?</p> <ul style="list-style-type: none"> • <i>Ourselves and others</i> • <i>people who care for us</i> • <i>groups we belong to</i> • <i>families</i> 	<p>Living in the wider world</p> <p>What can we do with money?</p> <ul style="list-style-type: none"> • <i>Money</i> • <i>making choices</i> • <i>needs and wants</i>
Y2	<p>Relationships</p> <p>What makes a good friend?</p> <ul style="list-style-type: none"> • <i>Friendship</i> • <i>feeling lonely</i> • <i>managing arguments</i> 	<p>Relationships</p> <p>What is bullying?</p> <ul style="list-style-type: none"> • <i>Behaviour</i> • <i>bullying</i> • <i>words and actions</i> • <i>respect for others</i> <p>Christian value - friendship</p>	<p>Health and wellbeing</p> <p>What helps us to stay safe?</p> <ul style="list-style-type: none"> • <i>Keeping safe</i> • <i>recognising risk</i> • <i>rules</i> <p>(Think PREVENT) Christian value - trust</p>	<p>Health and wellbeing</p> <p>How do we recognise our feelings?</p> <ul style="list-style-type: none"> • <i>Feelings</i> • <i>Mood</i> • <i>times of change</i> • <i>loss and bereavement</i> • <i>growing up</i> <p>Christian value - compassion</p>	<p>Health and wellbeing</p> <p>What can help us grow and stay healthy?</p> <ul style="list-style-type: none"> • <i>Being healthy</i> • <i>eating, drinking, playing and sleeping</i> <p>Christian value - wisdom</p>	<p>Living in the wider world</p> <p>What jobs do people do?</p> <ul style="list-style-type: none"> • <i>People and jobs</i> • <i>Money</i> • <i>role of the internet</i>
Y3	<p>Relationships</p> <p>How can we be a good friend?</p> <ul style="list-style-type: none"> • <i>Friendship</i> • <i>Making positive friendships</i> • <i>Managing loneliness</i> <p>Dealing with arguments</p>	<p>Relationships</p> <p>What are families like?</p> <ul style="list-style-type: none"> • <i>Families</i> • <i>Family life</i> • <i>Caring for each other</i> 	<p>Health and wellbeing</p> <p>What keeps us safe?</p> <ul style="list-style-type: none"> • <i>Keeping safe</i> • <i>recognising risk</i> • <i>rules</i> <p>(Think PREVENT)</p>	<p>Health and wellbeing</p> <p>Why should we eat well and look after our teeth?</p> <ul style="list-style-type: none"> • <i>Being healthy</i> • <i>Eating well</i> • <i>Dental care</i> 	<p>Health and wellbeing</p> <p>Why should we keep active and sleep well?</p> <ul style="list-style-type: none"> • <i>Being healthy</i> • <i>Keeping active</i> • <i>Taking rest</i> 	<p>Living in the wider world</p> <p>What makes a community?</p> <ul style="list-style-type: none"> • <i>Community</i> • <i>Belonging to groups</i> • <i>Similarities and differences</i> <p>Respect for others</p>

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Y4	<p>Living in the wider world</p> <p>How can our choices make a difference to others and the environment?</p> <ul style="list-style-type: none"> Caring for others The environment; people and animals Shared responsibilities, making choices and decisions 	<p>Relationships</p> <p>How do we treat each other with respect?</p> <ul style="list-style-type: none"> Respect for self and others Courteous behaviour Safety; Human rights 	<p>Health and wellbeing</p> <p>How can we manage risk in different places?</p> <ul style="list-style-type: none"> Keeping safe; out and about; Recognising and managing risk 	<p>Health and wellbeing</p> <p>How can we manage our feelings?</p> <ul style="list-style-type: none"> Feelings and emotions Expression of feelings Behaviour 	<p>Health and wellbeing</p> <p>What makes up our identity?</p> <ul style="list-style-type: none"> Identity Personal attributes and qualities Similarities and differences Individuality Stereotypes 	<p>Health and wellbeing</p> <p>What strengths, skills and interests do we have?</p> <ul style="list-style-type: none"> Self-esteem Self-worth Personal qualities Managing set back
Y5	<p>Living in the wider world</p> <p>What decisions can people make with money?</p> <ul style="list-style-type: none"> Money Making decision Spending and saving <p>Termly debt aware visits ongoing throughout the year</p>	<p>Health and wellbeing</p> <p>How can we help in an accident or emergency?</p> <ul style="list-style-type: none"> Respect for self and others Courteous behaviour Safety; Human rights 	<p>Relationships</p> <p>How can friends communicate safely?</p> <ul style="list-style-type: none"> Friendship Relationships Becoming independent Online safety 	<p>Health and wellbeing</p> <p>How can drugs common to everyday life affect health?</p> <ul style="list-style-type: none"> Drugs, alcohol and tobacco Healthy habits 	<p>Health and wellbeing</p> <p>How we will grow and change?</p> <ul style="list-style-type: none"> Growing and changing Puberty 	<p>Living in the wider world</p> <p>What jobs would we like?</p> <ul style="list-style-type: none"> Careers Aspirations Role models The future
Y6	<p>Health and wellbeing</p> <p>How can we keep healthy as we grow?</p> <ul style="list-style-type: none"> Looking after ourselves Growing up Becoming independent Taking more responsibility 		<p>Living in the wider world</p> <p>How can media influence people?</p> <ul style="list-style-type: none"> Media literacy and digital resilience Influences and decision making Online safety 		<p>Relationships</p> <p>How do friendships change as we grow?</p> <ul style="list-style-type: none"> Different relationships Changing and growing Adulthood Independence Moving to secondary school 	