

Hexham First School PSHE /RSE Overview 2021-2022

	Year 1	Year 2	Year 3	Year 4
Autumn 1 Additional school focus events -Black history month	Growth Mindset	Growth Mindset	Growth Mindset	Growth Mindset
Autumn 2 Remembrance day - Anti bullying week -Children in need	Family and Relationships 1-What is family? -2 What are friendships? -3 Family and friends help and support each other. -4 Making friends -5 Friendship problems -6 Healthy Friendships	Family Relationships -Families offer stability and love Families are all different -Managing friendships]-unhappy friendships -Valuing me -Manners & courtesy -Loss and change	Family Relationships -Healthy Families -friendships-conflict -Effective communication -Learning who to trust -Respecting differences -Stereotypes	Family Relationships -Respect and Manners -Healthy friendships -My behaviour -Bullying -Stereotypes -Families in the Wider world -Loss and change
Spring 1 Internet safety day Mental health week	Safety and the Changing body 1-Getting lost 2-Making a call to emergency services 3- Asking for help 4- Appropriate contact 5- Medication 6- Safety at home 7- People who help to keep us safe	Safety and the Changing body -The internet -Communicating online -Secrets and surprises -Appropriate contact -Road Safety -Drug education	Safety and the Changing body -Basic first Aid -Communicating safely online -Online safety -Fake emails -Drugs, alcohol and tobacco -Keeping safe out and about	Safety and the Changing body -Online restrictions -share aware -Basic First Aid -Privacy and secrecy -Consuming information on line -The changing adolescent body- Puberty
Spring 2 Fairtrade Fortnight World book day Red nose day	Health and Wellbeing 1-Wonderful me 2- what am I like? 3- Ready for bed 4- Relaxation 5- Hand washing and personal hygiene 6- Sun safety 7- Allergies 8- People who help us stay healthy	Health and Wellbeing -Experiencing different emotions -Being active -Relaxation -Steps to success -Healthy diet -Dental health	Health and Wellbeing - My healthy diary - Relaxation - Who am I? - My super powers - -Breaking down barriers - -Dental health	Health and wellbeing -Diet and dental health -Visualisation -Celebrating mistakes -My role -My happiness -Emotions -Mental health

Summer 1 -Queens Platinum Jubilee -Healthy Eating week 14-18 th June	Citizenship Responsibility 1- Rules 2- Caring for others: animals 3- The needs of others Community 4- Similar yet different 5- Belonging Democracy 6- Democratic decisions	Citizenship Responsibility -Rules beyond school -Our school environment -Our local environment Community -Job roles in our local community -similar yet different: My local community Democracy -School council Giving my opinion	Citizenship Responsibility -Rights of the child -Rights and responsibilities -Recycling Community -Local community groups -Charity Democracy -Local democracy -Rules	Citizenship Responsibility -What are human rights? -caring for the environment Community -Community groups -Contributing -Diverse communities Democracy -Local councillors
Summer 2	Economic well being Money 1- Introduction to money 2- Looking after money 3- Banks and building societies 4- Saving and spending Career and aspirations 5- Jobs in school	Economic well being Money -where money comes from -Needs and wants -wants and needs -Looking after money Careers and aspirations -Jobs	Economic well being Money -Ways of paying -Budgeting -How spending affects others -Impact of spending Career Aspirations -Jobs and careers -Gender and careers	Economic well being Money -Spending choices/value for money -Keeping track of money -Looking after money Career and Aspirations -influences on career choices -jobs for me