



St Patrick's Catholic Primary School
PSHE Overview 2017-2018



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Internet safety PANTS Dealing with our emotions and feelings. How we respond to different situations. Learning to co-operate with others. Valuing others and ours opinions.	Internet safety Learning how to be happy and find happiness in others. Discussion about what is fair and unfair in our lives. Comparisons - looking at stereotyping and discrimination Knowing and understanding what is right and wrong.	Internet safety PANTS Definitions Unkindness Bullying Behaviour Teasing	Internet safety Healthy Eating Dental Hygiene Self Care Extremism	Internet safety PANTS Kindness Family Special People	Internet Safety Changing needs Growing up Sun safety Personal safety Emotional safety
RSE	<i>RSE: We meet God's love in our family</i> Identify how families can be different. Discuss differences and how babies grow and change. Look at happy and sad moments in our family and how we show love. Identify that we are all members of God's family and he has chosen us.					
Year 2	Internet safety PANTS Examine a healthy diet and how this can be made up with lots of different parts. Physical well-being and how this supports a healthy body and mind. Looking at rules and expectations.	Examining different friendships. How we can be good friends. What makes a good friend and the qualities of good friends., sharing, listening & turn taking	Internet safety PANTS Looking at how to deal with emotions such as anger and sadness. Understanding consequences and knowing what is good and bad. Understanding aspirations and setting goals.	Looking at common goals and how these can help our school. Looking at belonging to different clubs. Learn about the importance of love and recognise, name and deal with their feelings in a positive way. Examining our community and how our community is important to us.	Internet safety PANTS Looking at the similarities and differences. Understanding road safety and drug safety. Examining responsibility and how we need to be responsible.	Examining money where it comes from and how we keep our money safe, how we plan to use our money. Look at choices that we make and how we can make good choices. Look at how we can be entrepreneurial.
RSE	<i>RSE: We meet God's love in the community</i> Look at the different communities that we belong to and how it is important to be part of a community and how a community can help shape our feelings and emotions. Look at what it feels like to be alone and how being on your own at times can be positive. Discuss how we are children of God and that he wants us to behave in a specific way.					
Year 3	Internet safety PANTS Understand why rules are needed and in different situations. Recognise that may need to change. Understand the importance of planning, actions & consequences resulting from not planning. Understand why its important to behave responsibility	Recognise how their behaviour can affect people both positively and negatively. Understand how to be considerate of other people's views. Look at how to keep safe and where to go to for help. Looking at financial management. Look at their own spending habits.	Internet safety PANTS Understand a healthy and balanced diet. Looking at hygiene and food prep. Look at different skills needed for different jobs. Examine relationship between healthy eating and physical health.	Know and understand the terms physical, emotional and mental. Recognise and respect similarities and differences. Understand where to go to for support. Look at taking responsibilities for your own actions. Understand responsible choices and actions as a result.	Internet safety PANTS Looking at how we change both physically, mentally and emotionally. Look at personal safety and the safety of others. Manage risk in everyday life. Extend strategies to cope with risky situations. Learn how to behave safely and responsibly in different situations.	Extremist behaviour and how to deal with them. Understand how we are all connected by our similarities. Look at how we are all different and our families can be made up differently. Examine how our school is made up of lots of different religions and different beliefs. Understand about diversity and appreciate the diversity within our school.
RSE	<i>RSE: How we live in love</i> Look at who looks after you and how you can look after yourself. Think in depth about ways in which you can keep yourself and others safe. Examine different friendships and how it feels to lose a friend and ways in which you can be a supportive friend. Look at the difference between being alone and lonely.					
Year 4	Internet safety PANTS Know how to recognise the difference between isolated hostile incidents and bullying. Understand what self-esteem is and why it is important.	Develop strategies for managing strong feelings and emotions. Identify strategies to respond to negative behaviour. Looking at how families can all be different. Know and understand features of good friendships.	Internet safety PANTS Recognise the many ways to communicate effectively. Understand why it is important to listen to others.	Examine persistence and resilience. Understand why it is important to be part of a community. Understand how we need to work together to support our school community.	Internet safety PANTS Identifying own strengths and goals. Understand that everyone has strengths and weaknesses Know how to set realistic targets.	Understand why it is important to listen to others. Learn how to reflect on mistakes and how to rectify them. Understand why it is important to work collaboratively and develop skills to assist this.

	Understanding the importance of resilience. Know how to recognise bullying behaviour and what to do.	Know how to communicate feelings and opinions to a group.	Look at ways that you can be fair in your friendships. Examine ways of expressing opinions fairly. Looking at extreme reactions.	Examine local organisations and how they support our community.	Understand how to set a goal and break it down into realistic steps. Examining aspirations and future dreams.	Know and understand the term discrimination and stereotype. Challenge stereotypes relating to gender and work.
RSE	RSE: <i>God loves us in our differences.</i> Revisit how we grow and change as we get older. Children will name both male and female parts and their functions, including the development of the baby in the womb. Children will be encouraged to celebrate difference and manage conflict. We will call upon them to appreciate their own gifts that make them unique. Feelings will be discussed in depth and children will be encouraged to discuss how to deal with natural and negative emotions that can present.					
Year 5	Internet safety PANTS Examining rights and responsibilities and the structure in our lives. Examining law and order (democracy) Discussing the benefit of the UN and children's rights.	Road safety training Thumbs up programme Understanding death and grief, relating it to 'Remembrance day'	Internet safety PANTS Looking at how to manage conflict and focusing on divorce and separation. Examining positive food choices. Discussions around alcohol, tobacco and substance misuse.	Examining physical and emotional wellbeing. Understanding confidentiality and what information needs to be secret. Looking at how to be a good listener and who to go to if you need to share information. How too respond positively to scenarios and where to find help if you struggle.	Internet safety PANTS Healthy food and physical wellbeing. Units of work looking at cooking, being healthy (links to DT) Examining minority groups. And extremist behaviours.	Understanding collaboration and developing good learning behaviours. Identifying your own qualities and how they can compliment others qualities. Discuss the community and look at developing a community charter. Look at the different roles in a community and how we can support our community as we all have a role.
RSE	RSE: <i>Gods loves me in my changing and development</i> Through open discussion children will revisit the idea of our changing bodies and through this they will address puberty, menstruation and ovulation. Pupils will recognise and reflect on social and emotional changes and how we should be sensitive to others as we grow. Through this topic, children will celebrate and understand the wonder of change.					
Year 6	E-Safety PANTS Identifying our own strengths and dreams. Identifying our own achievements. Looking towards our future and how we can be the best that we can be. Believing in yourself and knowing you can achieve anything.	Road safety training E-Safety Discussion around race, ethnicity and diversity. Looking at gender stereotypes. Examining culture and different cultural beliefs. Choosing healthy lifestyles and preparing for transition Examining physical contact and when contact is appropriate.	Thumbs up programme - • CBT • Positive thinking • Self belief E-Safety PANTS	E-Safety Careers carousel. Looking at budgeting and how to spend wisely. Looking at the differing ways t pay and the positives and negatives that surround these.	E-Safety PANTS Looking at ways to make money and raise money, to be entrepreneurial (project) and support our community. Examine vulnerability and terrorism, identifying factors and where to go to for support.	E-Safety Transition projects with secondary schools. Visits from Arriva, Merseytravel, Fire service and Police.
RSE	RSE: <i>The wonder of God's love in creating new life</i> Children will look at conception of human life and how this is important to continue the life cycle and is celebrated through the sacrament of marriage. Discussion will happen around the different signs of love and the different degrees of friendship which exist					
Whole School Themes including assembly themes	E-Safety Whole school book: DOT	Anti- Bullying Week: All Different, All Equal Other Faiths Week: Islam	NSPCC 'Speak out stay safe'	International week	School of Sanctuary	Health and wellbeing
SEAL (Circle time)	New beginnings	Getting on and falling out	Going for goals	Good to be me	Feelings and relationships	Changes

RSE: 'A Journey in Love', is a developmental programme for children in the primary years, drawing on resources from the LEA 'Teaching Relationships and Sex Education', See RSE policy on website for more information.