

# BPS PSHE Overview

Units can be swapped around throughout the year to fit in with other subjects and school theme weeks.

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
EYFS	<b>Self-regulation</b>	<b>Building Relationships</b>		<b>Managing Self</b>	
	My feelings: L1 Identifying my feelings, L3 Coping strategies, L4 Emotional adjectives, L5 Facial expressions	Special relationships: L2 Special people, L3 Sharing L4 I am unique, L6 Similarities and differences	My family and friends: L1 Festivals, L2 Sharing L3 What makes a good friend, L4 Being a good friend	Taking on challenges: L1 Why do we have rules? L2 Building towers, L5 Team races.	My wellbeing: L1 What is exercise? L4 Being a safe pedestrian, L5 Eating healthily
	<b>Introductory session for KS1/KS2</b>	<b>Setting ground rules and signposting for RSE and PSHE lessons</b>			
	<b>Family and Relationships</b>	<b>Health and Wellbeing</b>	<b>Safety and the Changing Body</b>	<b>Citizenship</b>	<b>Economic Wellbeing</b>
Year 1	L1 What is family? L2 What are friendships? L5 Friendship problems, L6 Healthy friendships, L7 Gender stereotypes	L1 Understanding my Emotions, L3 Ready for bed, L5 Handwashing & personal hygiene, L6 Sun safety, L7 Allergies	L1 Adults in school, L2 Adults outside school, L4 Making an emergency phone call, L5 Appropriate contact, L6 Safety with substances	L1 Rules, L4 Similar, yet different	L1 What is money? L4 Saving and spending
Year 2	L2 Families are all different, L4 Unhappy friendships, L5 Introduction to manners and courtesy, L6 Change and loss, L7 Gender stereotypes: Careers and jobs	L1 Experiencing different Emotions, L5 Developing a growth mindset, L6 Healthy diet, L7 Looking after our teeth	L2 Communicating online, L3 Secrets and surprises, L4 Appropriate contact: My private parts are private, L8 Staying safe with medicine	L1 Rules beyond school, L5 Similar yet different- my local community, L7 Giving my opinion	L2 Exploring needs, L3 Exploring wants
Year 3	L1 Healthy families, L2 Friendship conflicts, L3, Friendship: conflict vs Bullying, L5 Learning who to trust, L6 Respecting differences in others, L7 Stereotyping gender	L1 My healthy diary, L3 Wonderful me, L5 Resilience: breaking, down barriers, L7 Diet and dental health	L1 First Aid: emergencies and calling for help, L4 Cyberbullying L7 Influences, L8 Keeping safe out and about	L1 Rights of the child, L5 Charity, L6 Local democracy	L2 Budgeting, L5 Career quest
Year 4	L1 Respect and manners, L2 Healthy friendship, L4 Bullying, L6 Stereotypes: Disability, L8 Change and loss	L1 Looking after our teeth, L3 Celebrating mistakes, L5 My happiness, L6 Emotions, L7 Mental health	L1 Internet safety: Age Restrictions, L2 Share aware, L4 Privacy and security, L7 Introducing puberty, L8 Tobacco	L1 What are human rights? L5 Diverse communities	L1 Value for money, L3 Looking after money
Year 5	L2 Friendship skills, L3 Marriage L4 Respecting myself, L5 Family life, L6 Bullying, L8 Stereotypes: Race and religion	L2 The importance of rest, L5 Taking responsibility for my feelings, L6 Healthy meals, L7 Sun safety	L1 Online friendships, L2 Staying safe online, L3 Puberty, L4 Menstruation, L6 First Aid: Bleeding, L7 Alcohol, drugs and tobacco: Making decisions	L1: Breaking the law, L6 Parliament	L4 Risks handling money online
Year 6	L1 Respect, L2 Respectful relationships, L4 Challenging stereotypes, L5 Resolving conflict L6 Change and loss	L3 Taking responsibility for my health, L4 The impact of technology on health, L5 Resilience toolbox, L6: Immunisation, L8 Physical Health concerns	L1 Alcohol, L3 Social media, L4 Physical and emotional changes of puberty, L8 First Aid: Basic life support	L1 Human rights, L4 Prejudice and discrimination, L6 National democracy	L6 Career routes
		L2 Identity and body image			

