

## PSHE Overview 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw	Being me in my world	Celebrating difference	Dreams and goals	Healthy Me	Relationships	Changing Me
Special days / events	World mental Health day & Hello Yellow 10 <sup>th</sup> October	Human Rights Day 10 <sup>th</sup> December 10 <sup>th</sup> November. Nurse visits- Height & Weight for Reception & Year 6. PANTS – year 2, 10 <sup>th</sup> November World Events (PREVENT) Year 5, November		6-12 <sup>th</sup> February. Children’s Mental health week 15 <sup>th</sup> February Nurse visits- Healthy eating years 3&4, 28 <sup>th</sup> February- Puberty Year 5 & Hands and teeth session	World day for Cultural Diversity 21 <sup>st</sup> May	World day for international justice 17 <sup>th</sup> July

				for Reception. 24 <sup>th</sup> & 31 <sup>st</sup> March. SPARKS- fire safety workshop, Year 4. 15 <sup>th</sup> February, Emotional Health, year 6. March. Golden Rules Workshop (PREVENT), Year 5.		
British Values	Democracy		Rule of law	Individual liberty	Mutual respect, tolerance & diversity	
Internet safety	Developing online safety guidelines	Social and emotional wellbeing and developing resilience	Responsible internet use	Keeping information safe	Digital citizenship	Playing games and having fun

PANTS sessions Rec to year 4 delivered in class using NSPCC website /guidance SUMMER 1 or SUMMER 2

<p>Dog ,Duck and cat stories Suitable for Year 2, 3 &amp; 4</p>	<p>BEING ME IN MY WORLD          I'm a bit more grown up now (Personal skills and developing trust          CELEBRATING DIFFERENCE          You are great as you are (racism and prejudice) Weasels friends (bullying and exploitation)          Weasels friends –bullying /being exploited How do I see you? (equality, responsibility &amp; friendship)          HEALTHY ME LINKS:          Sweets,treats... medication safety. What makes a real friend? alcohol That doesn't make you grown up.-          smoking Keeping people safe –cleaning products          Caretakers cupboard- dangerous household objects Keeping people safe (knife and sharp objects safety)          Little Paws – dog awareness /safety Staying safe on holiday –water and sun safety          RELATIONSHIPS          Caring for cat (family) Caring for Cat- looked after children          ONLINE SAFETY          What happened to me (online safety)          MENTAL HEALTH          Ducks fish – bereavement/losing a pet Whats up duck. – emotional wellbeing focus</p>
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