



# Benthal PSHE Overview 2022-2023 (also includes the RSHE elements)

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	Relationships	Relationships & Health and wellbeing	Health and well being	Relationships and Health and well being	Living in the Wider World	Living in the Wider World
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	<p><b>Team</b></p> <ul style="list-style-type: none"> <li>Recognise the feelings of being in a team</li> <li>Know how being in a team is helpful</li> <li>How to be a good member of a team</li> <li>Identify kind behaviour</li> </ul>	<p><b>It's my body</b></p> <ul style="list-style-type: none"> <li>Explain how much sleep they need</li> <li>discuss why Exercise is good for them</li> <li>Understand they can choose what happens to their bodies</li> <li>List healthy snacks</li> <li>Know to ask a trusted adult if uncertain about whether something is safe to eat or drink</li> <li>Demonstrate hygienic ways to look after their bodies</li> </ul>	<p><b>Aiming High</b></p> <ul style="list-style-type: none"> <li>Discuss their star qualities</li> <li>Identify what a positive learning attitude is</li> <li>Talk about jobs they can do when they grow up</li> <li>Discuss what skills and interests are needed for different jobs</li> <li>Talk about hopes they have for the future</li> <li>Discuss what they are looking forward to about next year</li> </ul>	<p><b>Be Yourself</b></p> <ul style="list-style-type: none"> <li>Identify their own special traits and qualities</li> <li>Identify and name common feelings</li> <li>Select times and situations that make them feel happy</li> <li>Talk about what makes them feel unhappy or cross</li> <li>Explain how change and loss make them feel</li> <li>Understand the importance of sharing their thoughts and feelings.</li> </ul>	<p><b>Britain</b></p> <ul style="list-style-type: none"> <li>Identify different groups and communities they belong to</li> <li>Explain how to be a good neighbour</li> <li>Describe what it is like to live in Britain</li> <li>Identify similarities and differences between British people</li> </ul>	<p><b>Money Matters</b></p> <ul style="list-style-type: none"> <li>Where money comes from</li> <li>Wants and needs</li> <li>How to save money</li> <li>Keeping money safe</li> </ul>
<b>Year 2</b>	<p><b>VIPS</b></p> <ul style="list-style-type: none"> <li>The importance of family</li> </ul>	<p><b>Growing Up</b></p> <ul style="list-style-type: none"> <li>Identify some differences between males and females</li> </ul>	<p><b>Think Positive</b></p> <ul style="list-style-type: none"> <li>Identify feelings and emotions using simple terms</li> </ul>	<p><b>Safety First</b></p> <ul style="list-style-type: none"> <li>Identify dangers</li> <li>Understand basic rules to keep safe.</li> </ul>	<p><b>Respecting Rights</b></p> <ul style="list-style-type: none"> <li>Know that all people have rights</li> </ul>	<p><b>One World</b></p> <ul style="list-style-type: none"> <li>Describe how family life in different countries can be the</li> </ul>



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	<ul style="list-style-type: none"> <li>• How to be a good friend</li> <li>• How to resolve an argument in a positive way</li> <li>• Identify ways to show others that they care know the importance of doing this.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the scientific names for body parts</li> <li>• Identify body parts we keep private</li> <li>• Understand that people’s bodies and feelings can be hurt</li> <li>• Understand the importance of ‘no’ and ‘stop’</li> <li>• Understand that different people like different things</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that they have a choice about how to react in different situations</li> <li>• Talk about personal achievements and goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Know people that help them to stay safe</li> </ul>	<ul style="list-style-type: none"> <li>• Know that there are people who will help protect their rights</li> <li>• Talk about what respect means and how to show it</li> <li>• Know what to do if they don’t feel safe</li> <li>• How to behave if someone is different to them</li> <li>• Understand why it is important to be fair</li> </ul>	<p>same and different from their own</p> <ul style="list-style-type: none"> <li>• Describe their school life</li> <li>• Know what environment is and how to look after it</li> </ul>
<b>Year 3</b>	<p><b><u>Team</u></b></p> <ul style="list-style-type: none"> <li>• Use pictures to express their thoughts, feelings and worries</li> <li>• Plan and create a role play about a team scenario</li> <li>• With support, read clues and work as a team to solve a crime</li> <li>• With support, identify a feeling and</li> </ul>	<p><b><u>It’s my body</u></b></p> <ul style="list-style-type: none"> <li>• Explain what happens if they don’t sleep enough</li> <li>• Discuss what happens to muscles when we exercise them</li> <li>• Understand they can choose what happens to their body and know when a ‘secret’ should be shared</li> </ul>	<p><b><u>Aiming High</u></b></p> <ul style="list-style-type: none"> <li>• Use pictures to express their thoughts, feelings and worries</li> <li>• Plan and create a role play about a team scenario</li> <li>• With support, read clues and work as a team to solve a crime</li> <li>• With support, identify a feeling and</li> </ul>	<p><b><u>Be Yourself</u></b></p> <ul style="list-style-type: none"> <li>• List some of their achievements and say why they are proud of them</li> <li>• Identify facial expressions associated with different feelings</li> <li>• Describe some strategies that they could use to help them cope with uncomfortable feelings</li> </ul>	<p><b><u>Britain</u></b></p> <ul style="list-style-type: none"> <li>• Describe what it is like to live in Britain</li> <li>• Discuss democracy, rules and laws</li> <li>• Describe what ‘diverse society’ means</li> <li>• Talk about what being British means to them</li> </ul>	<p><b><u>Money Matters</u></b></p> <ul style="list-style-type: none"> <li>• Discuss where money comes from</li> <li>• Talk about reasons people go to work Discuss payment resources we can use to spend money;</li> <li>• Consider why and how people might get into debt</li> <li>• Identify things they want and need</li> </ul>



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	<p>how it is being expressed</p> <ul style="list-style-type: none"> <li>Show the resolution to a dispute through pictures and with the key words given</li> </ul>	<ul style="list-style-type: none"> <li>Explain that too much sugar is bad for health</li> <li>Know the difference between medicine and harmful drugs and chemicals</li> <li>Explain how germs travel and spread disease</li> </ul>	<p>how it is being expressed</p> <ul style="list-style-type: none"> <li>Show the resolution to a dispute through pictures and with the key words given</li> <li>Use a word mat to create a list of 'Pass It On' ideas</li> </ul>	<ul style="list-style-type: none"> <li>Suggest assertive solutions to scenarios</li> <li>Explain that the messages they receive from the media about how they should look, think and behave are not always realistic</li> <li>Suggest ways to make things right after a mistake has been made</li> <li>Explain that mistakes help them to learn and grow</li> </ul>		<ul style="list-style-type: none"> <li>Explain ways we can keep track of what we spend</li> </ul>
<b>Year 4</b>	<p><b><u>VIPS</u></b></p> <ul style="list-style-type: none"> <li>Discuss how our attitudes impact new friendships being made</li> <li>Create a plan for being an anonymous friend over the course of a week</li> <li>Reflect on the different characters</li> </ul>	<p><b><u>It's my body</u></b></p> <ul style="list-style-type: none"> <li>Understand that they can choose what happens to their own bodies</li> <li>Know that FGM is illegal in British Law and what to do if they or someone they know is at risk</li> </ul>	<p><b><u>Think Positive</u></b></p> <ul style="list-style-type: none"> <li>Understand that having a positive attitude is good for our mental health</li> <li>Understand the causes of negative thoughts Identify ways to cope with negative thoughts</li> </ul>	<p><b><u>Safety First</u></b></p> <ul style="list-style-type: none"> <li>Appreciate what being responsible means and name some of their responsibilities</li> <li>Give examples of a range of risky or dangerous situations</li> <li>Appreciate that doing something</li> </ul>	<p><b><u>Respecting Rights</u></b></p> <ul style="list-style-type: none"> <li>Know what human rights are</li> <li>Understand that all people share the same rights</li> <li>Know about The Universal Declaration of Human Rights and the Declaration of</li> </ul>	<p><b><u>One World</u></b></p> <ul style="list-style-type: none"> <li>Describe similarities and differences between people's lives</li> <li>Identify opinions that are different from their own</li> <li>Express their own opinions</li> </ul>



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	<p>in the dares story and discuss the different outcomes for each character</p> <ul style="list-style-type: none"> <li>• Work together to create a role play about positive resolution techniques</li> <li>• Create a poster with ideas to help someone who is being bullied</li> </ul>	<ul style="list-style-type: none"> <li>• Know where and how to get help if they are worried</li> <li>• Understand the importance of sleep; Identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies</li> <li>• Identify positive aspects about themselves</li> <li>• Discuss the choices related to health that they make each day</li> <li>• Identify choices that will benefit their health and provide a 'balanced lifestyle'</li> <li>• Define consent and autonomy</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the impact certain changes can have on people and how it can affect them emotionally</li> <li>• Identify some mindfulness techniques and discuss which they like to us</li> <li>• Identify strategies to cope with uncomfortable emotions</li> </ul>	<p>risky may lead to danger</p> <ul style="list-style-type: none"> <li>• Describe where pressure to do things can come from</li> <li>• Identify people who can help us in an emergency</li> <li>• Identify safety precautions that can be taken when using roads, water or railways</li> <li>• Explain some of the ways in which drugs, cigarettes and alcohol affect the human body</li> <li>• Explain some of the ways to treat common injuries</li> <li>• Explain how to keep themselves and others safe in an emergency situation</li> <li>• Identify what information will need to be shared</li> </ul>	<p>the Rights of the Child</p> <ul style="list-style-type: none"> <li>• Know why we have rules and how they help us</li> <li>• Understand that no one should take away our human rights</li> <li>• Explain what respect means and understand how they can respect the rights of others</li> </ul> <p>Describe what a stereotype is and understand how stereotypes can be harmful</p>	<ul style="list-style-type: none"> <li>• Recognise that their actions impact on people in different countries</li> <li>• Know what climate change is</li> <li>• Know there are organisations working to help people in challenging situations in other communities</li> </ul>
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				with an emergency services operator		
<b>Year 5</b>	<p><b><u>Team</u></b></p> <ul style="list-style-type: none"> <li>Understand what successful teamwork skills are</li> <li>Express opinions respectfully</li> <li>Explain what collaborative working is</li> <li>Discuss what compromise is and why it's important</li> <li>Identify ways of showing care to others in their team</li> </ul>	<p><b><u>Growing Up</u></b></p> <ul style="list-style-type: none"> <li>Using the scientific names for male and female body parts</li> <li>Describe some of the changes boys go through during puberty</li> <li>Describe some of the changes girls go through during puberty</li> <li>Describe some feelings young people might experience as they grow up</li> <li>Know that FGM is illegal in British Law and what to do if they or someone they know is at risk</li> <li>Talk about their own family and the relationships within it</li> </ul>	<p><b><u>Aiming High</u></b></p> <ul style="list-style-type: none"> <li>Discuss their personal achievements and skills</li> <li>Discuss different learning styles</li> <li>Identify what a positive learning attitude is</li> <li>Talk about the range of jobs that people do</li> <li>Understand what a gender stereotype is</li> <li>Talk about skills employers look for in employees</li> <li>Work with others in a team</li> <li>Discuss the skills everyone needs to succeed</li> </ul>	<p><b><u>Be Yourself</u></b></p> <ul style="list-style-type: none"> <li>Discuss scenarios where children are torn between 'fitting in' and being true to themselves</li> <li>Explain how to communicate their feelings in different situations</li> <li>Create a role play to show different ways to manage uncomfortable feelings</li> <li>Discuss which situations would make people fight or flee and why</li> <li>Create resolutions to different tricky situations</li> <li>Identify the feelings involved in making a mistake and</li> </ul>	<p><b><u>Britain</u></b></p> <ul style="list-style-type: none"> <li>Talk about faiths and ethnicities and how to show respect</li> <li>Talk about how and why laws are made</li> <li>Discuss the roles of national and local government</li> </ul>	<p><b><u>Money Matters</u></b></p> <ul style="list-style-type: none"> <li>Talk about what financial risk is</li> <li>Discuss ways advertisers try to influence us</li> <li>Identify and talk what it means to be a 'critical consumer'</li> <li>Describe what 'value for money' means</li> <li>Explain what 'interest' is</li> <li>Talk about what 'tax' is and the ways we pay it.</li> <li>Discuss why advertisers try to influence us</li> <li>Identify how we can compare the value for money of different products</li> <li>Discuss how we can make a budget</li> </ul>

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		<ul style="list-style-type: none"> <li>• Understand that there are many different types of family</li> <li>• Identify similarities and differences in different loving relationships</li> <li>• Identify someone they could talk to about their changing body should they need to</li> <li>• Define consent and respect</li> </ul>		<p>understand how to make amends</p>		<ul style="list-style-type: none"> <li>• Consider why people borrow money and get into debt</li> </ul>
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Year 6	VIPS	One World	Think Positive	Safety First	Respecting Rights	Growing up
	<ul style="list-style-type: none"> <li>• Create a list to show different ways we can care for our VIPs</li> <li>• Show a calming technique on a poster</li> <li>• Discuss how a disagreement could either be avoided or handled</li> <li>• Write and explain what to do when feeling pressured</li> <li>• Identify and discuss which secrets are OK to keep and which need to be shared</li> <li>• Identify healthy and unhealthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Explain what a global citizen is</li> <li>• Say what global warming is</li> <li>• Understand that human energy use can harm the environment</li> <li>• Understand the importance of not wasting water</li> <li>• Understand what biodiversity is</li> <li>• Understand that their choices can have far reaching consequences</li> <li>• Develop their own thoughts and ideas on sustainability</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about their thoughts, feelings and behaviours</li> <li>• Identify unhelpful and helpful thoughts</li> <li>• Suggest outcomes linked to certain thoughts, feelings and actions</li> <li>• Discuss ways in which positive thinking can be beneficial</li> <li>• Identify and discuss uncomfortable emotions</li> <li>• Identify common choices we have to make in life</li> <li>• Use basic mindfulness techniques, when guided</li> <li>• Describe what makes a good learner</li> </ul>	<ul style="list-style-type: none"> <li>• Appreciate what being responsible means</li> <li>• Assess a situation for a level of risk</li> <li>• Understand why certain information should never be shared online</li> <li>• Who can help in an emergency</li> <li>• What to do if they feel unsafe online or offline</li> </ul>	<ul style="list-style-type: none"> <li>• Explain that there are basic human rights that all people share and that children have their own rights</li> <li>• Recognise that there are people across the world whose rights are not being met</li> <li>• Identify that ideas about human rights change</li> <li>• Understand that human rights are universal and cannot be taken away</li> </ul>	<ul style="list-style-type: none"> <li>• Name physical changes young people will experience during puberty</li> <li>• Describe emotional changes children might feel during puberty</li> <li>• Appreciate that there is no such thing as a perfect body</li> <li>• Know that FGM is illegal in British Law and what to do if they or someone they know is at risk</li> <li>• List things that all loving relationships have in common</li> <li>• Explain how human reproduction and how babies are conceived/made</li> <li>• Understand that when an egg and sperm meet this is</li> </ul>

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						<p>conception and it occurs through sexual intercourse</p> <ul style="list-style-type: none"><li>• Define and understand the concept of consent and that 'no' means no and how to accept a no</li></ul>
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