



Summerbank PSHE & RSE Year Group Overview

	Family & Relationships	Citizenship (include school council)	Dreams & Goals	Economic Wellbeing	Safety	Health, Wellbeing & the Changing Body
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	Introduction lesson Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Setting goals; identifying successes and achievements; learning styles; working well and celebrating achievement with a partner; tackling new challenges Identifying and overcoming obstacles; feelings of success	Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe.	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.
Year Two	Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Achieving realistic goals; perseverance; learning strengths; learning with others; group co-operation; contributing to and sharing success	Learning about where money comes from, how to look after money and why we use banks and building societies.	Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.
Year Three	Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others;	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Difficult challenges and achieving success; dreams and ambitions; new challenges; motivation and enthusiasm; recognising and trying to overcome obstacles; evaluating learning	Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming

	appropriate manners and bereavement.		processes; managing feelings		in puberty; the risks associated with tobacco and how to help someone with asthma.	activities and developing independence in dental hygiene.
Year Four	Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Hopes and dreams; overcoming disappointment; creating new, realistic dreams; achieving goals; working in a group; celebrating contributions; resilience; positive attitudes	Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the risks associated with tobacco and how to help someone with asthma.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; the physical and emotional changes in growing up; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.
Year Five	Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Future dreams; the importance of money; jobs and careers; dream job and how to get there; goals in different cultures; supporting others (charity); motivation	Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.	Learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	Exploring the emotional and physical changes of puberty; Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.
Year Six	Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Personal learning goals, in and out of school; success criteria; emotions in success; making a difference in the world; motivation; recognising achievements; compliments	Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available. <u>Identity (additional unit)</u> Three lessons on the theme of personal identity, gender identity and body image.	Learning about: the reliability of online information, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	The changes experienced during puberty, including menstruation; Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation

						and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.
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