



P.S.H.E/R.S.E Federation Overview

	Autumn			Spring			Summer		
	Exercise	Safe Relationships	Self-Care	Give to others	Keeping Safe	Connect with Others	Challenge Yourself	Growing and Changing	Embrace The moment
EYFS	Knowing what exercise is, explore new types of exercise, and begin to notice how their body feels during and after exercise.	Recognising privacy, staying safe.	Exploring ways to keep bodies and minds healthy. To learn ways to relax, and look after their mental wellbeing.	Giving to others like family, friends, and looking after the planet. Lessons explore sharing, being kind, and looking after the environment	How to keep safe at home. How to keep safe out and about.	Knowing ways to connect with others, such as how to be a good friend. Learn and practise noticing how others feel.	Challenge oneself in a variety of ways and learn ways to cope with feelings such as scared or nervous, Explore what it means to have courage, and how to make brave and safe choices.	Exploring what others like in class Exploring similarities differences between each other in class.	Learning about the importance of noticing and being present in the current moment. Practise being fully aware of thoughts, feelings, and of what is happening around them.
Year 1	Exploring different types of exercise, and plan when they can do more exercise in their lives. Notice how different exercises make us feel, both in our bodies and emotionally.	Recognising privacy; staying safe; seeking permission	Learning ways to sleep better, to try new healthy foods, and tracking self-care behaviour at home.	Know ways to give and be kind to others, and tricky thoughts that can get in the way. Children explore in more depth how to be kind to the environment.	How rules and age restrictions help us; keeping safe online Things that go into the body.	Explore how to be a kind friend and appreciate similarities and differences, Know the people that help us. Children's Advisor thoughts can help keep our bodies safe, and keep us safe from strangers.	Practise challenging Oneself. Learn how to cope with tricky thoughts and feelings when trying something new. Learn that thoughts can be both helpful and unhelpful.	Recognising what makes one unique and special; feelings; managing when things go wrong.	Learning new ways of embracing the moment Explore how we can notice when we have thoughts, and bring our attention back.
Year 2	Benefits of exercise, and notice changes. Practise a mindfulness exercise to 'cue in' to our bodies, and how our Advisor thoughts can affect our exercise behaviours.	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Enjoying sugary snacks in moderation, emotional self-regulation skills, and noticing risks and staying safe at home, in the community, and online.	Charitable causes that are important to them. Explore ways to help the planet in line with their Values.	Safety in different environments; risk and safety at home; medicines and household products, emergencies	Know ways to support others. Explore values that are important in how we want others think of us. Online safety, safe secrets, and coping with big changes.	Develop confidence to challenge oneself. Explore understanding emotions, and techniques for relating flexibly to, and defusing from, tricky thoughts.	Growing older; naming body parts; moving class or year.	Practise noticing and being mindful of what's going on inside and around them. Explore spotting helpful and unhelpful Advisor thoughts.



Year 3	Use Discoverer, Noticer, Advisor and Values skills to understand own physical activity, including the consequences of exercise behaviour, and using Values to guide what we do.	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Eating a balanced diet, using the Noticer and Advisor to spot and manage risks and dangers, and how to seek help and support from others.	Explore ways to give back to the people in their lives that they appreciate, to their community, to charitable causes, and to the planet. Explore climate change and sustainable living practises	Risks and hazards; safety in the local environment and unfamiliar places.	Explore different types of relationships, including co-habiting and same-sex couples. Use Values and Advisor skills to navigate friendships, such as when friends disagree and fall out.	Learn how to skilfully use Discoverer, Values, & Flexible Self-View skills to stretch oneself in hobbies and schoolwork. Knowing what is a 'habit' and breaking bad habits, as well as understanding school rules and society's laws.	Personal strengths and achievements; managing and reframing setbacks.	Practise mindful awareness in a range of contexts. Learn to spot helpful and unhelpful Advisor thoughts.
Year 4	Know benefits of doing exercise in groups, and design own group-based activity. Explore how Advisors can be helpful and unhelpful in relation to exercise.	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Learning how to be more independent at home. Identify the important people in their lives. Know the importance of seeking out emotional support when needed.	Explore kindness as a way of giving to others. Discuss experience of kind acts. Identify what Values are important and select a local charity to which they could donate some items they no longer need.	Medicines and household products; drugs common to everyday life	Managing relationships in relation to resolving conflict with empathy, dealing with secrets and dares. Learning about different types of partnership relationships.	Explore how we can grow and learn by stepping out of our comfort zone. Explore school rules, and how rules can be helpful and unhelpful in different contexts.	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.	Explore staying safe both physically during outdoor activities, and how to stay safe online. Explore the reasons we worry and how to 'worry well'.



<p>Year 5</p>	<p>Explore Discoverers to design a yoga pose, and practise mindful noticing during different exercises. How to distance from tricky Advisor thoughts which get in the way of being active, and the importance of a growth mindset for developing in these activities.</p>	<p>Physical contact and feeling safe</p>	<p>keeping safe on the internet, and how to skilfully respond to messages in advertising. practise self-care during times of significant change, and the people around us who can help look after us during these times.</p>	<p>Explore and practise giving to others in a variety of ways. Research and design a presentation about a chosen charitable cause.</p>	<p>Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>	<p>Explore the Restorative Approaches method of conflict resolution, and the importance of empathy. Children discuss protected characteristics and learn more about a religion or race.</p>	<p>Learn about dealing with challenges when working in groups, coping with exam stress, and with recycling. Explore using our Values to push us to step out of our comfort zone, and how to think flexibly about things we are good at, and things we could get better at in future.</p>	<p>Personal identity; recognising individuality and different qualities; mental wellbeing.</p>	<p>Learn how to Embrace The Moment by being appreciative and showing Values in our actions. Learn worries are not all bad, and can be helpful depending on how we respond to them. Explore understanding different perspectives.</p>
<p>Year 6</p>	<p>Use Discover skills in exercising in a new way by creating own 'circuit', and explore personal Values related to exercise. Explore values, and set themselves a goal to move closer to this Value and be the fittest, healthiest person they can be.</p>	<p>Recognising and managing pressure; consent in different situations</p>	<p>Meeting own self-care needs, taking risks in a safe way, developing more self-care independence in daily routines, and reaching out for support when needed.</p>	<p>Appreciate the importance of giving to, sharing, and co-operating with others. Explore using Values to guide conflict resolution.</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media, managing risks: influences and pressures.</p>	<p>Discuss cultural diversity, Know the importance of social inclusion and feeling valued, and practise responding skilfully to Advisors - that they can choose which thoughts they should listen to.</p>	<p>Reflect on proudest achievement and 'tracking' what works for them to cope with challenges. Learn how even unpleasant Advisor thoughts can be helpful sometimes (and pleasant thoughts can be unhelpful!), and how to use their Values to guide them after a setback.</p>	<p>Human reproduction and birth; increasing independence; managing transition.</p>	<p>Learn about being enterprising. Explore more ways to distance from tricky Advisor thoughts, and that we can choose which thoughts we listen to. Discuss how to embrace the moment in uncomfortable situations.</p>