

# Porthleven School

## Yearly PSHE Overview

Yearly PSHE Overview						
World Citizens		Resilient Individuals		Respectful Communicators		Health & Wellbeing
Relationships			Living in the Wider World		Health and Wellbeing	
Stage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYF S	<u>Planting Our Food</u>  <u>Cities, Towns, Land and Sea</u>  <u>Gentle Hands and Hearts</u>  PANTS Rule	<u>Taking Good Care of Myself</u>  <u>Being Curious</u>  <u>Managing Feelings</u>	<u>Sleep</u>  <u>The outdoors</u>  <u>Trusted Adults</u>	<u>Animals</u>  <u>Fire safety</u>  <u>Water safety</u>	<u>Follow My Lead</u>  <u>Making Mistakes</u>  <u>Road safety</u>	<u>Sharing</u>  <u>Marching to the Beat of your own Drum</u>  <u>Technology</u>
Year 1	<u>Being Happy</u>  <u>Being Mindful</u>  <u>First aid and CPR</u>  <u>What is friendship</u>	<u>Getting your Sleep</u>  <u>Hygiene and Me</u>  <u>Understanding Difficult feelings</u>  <u>Kind V Unkind</u>	<u>A problem shared is a problem halved</u>  <u>Communication</u>  <u>Trust</u>	<u>What makes a family?</u>  <u>My Growing Body</u>  <u>Respecting Others</u>  <u>Water Safety</u>	<u>Braving the Weather</u>  <u>Emergency Services</u>  <u>Food safety and What Not to Eat</u>  <u>Wildlife</u>	<u>Road Safety</u>  <u>Safety Signals</u>  <u>Signalling and Sign Language</u>

Year 2	<u>Screen Time Safety</u>  <u>Feeling Sad</u>  <u>Happiness</u>  <u>Positive Friendships</u>	<u>It's Ok to Not be Ok</u>  <u>Medicine and Drugs</u>  <u>Understanding Peer Pressure</u>  <u>Relaxation</u>	<u>My Private Body</u>  <u>Respecting All Families</u>  <u>Dealing with Loss</u>  <u>Fight or Flight</u>	<u>Desert Island</u>  <u>Environment</u>  <u>Navigation</u>	<u>Cyber safety</u>  <u>Fire safety</u>  <u>Forest Survival</u>  <u>The Art of Failure-Endpoint question:</u>	<u>Personal Goal setting</u>  <u>Protecting Our Planet</u>  <u>Adapting to change</u>
Year 3	<u>Personal Hygiene</u>  <u>Vaccinations and Diseases</u>  <u>Anger, Fear and Mindfulness</u>  <u>Anxiety, Stress and Mindfulness</u>  <u>Exercise</u>  <u>Safety with Household Meds</u>  <u>Change is Good</u>	<u>My Body, Your Body -</u>  <u>Keeping Healthy</u>  <u>Self-Worth</u>  <u>Self-Image</u>  <u>Autism Different, Not Less</u>  <u>Different Kinds of Friendship</u>	<u>Power of Words: STOP</u>  <u>Social Media Body Confidence</u>  <u>Gender</u>  <u>Fairtrade: Working Together</u>  <u>Global Warming - What Can We Do To Help?</u>  <u>Celebrating Women in History: Traditional Role</u>	<u>British Values Democracy and Law</u>  <u>British Values Culture and Liberty</u>  <u>Relationships with Others</u>	<u>Helping Others to Get Help</u>  <u>Who Can We Trust</u>  <u>Staying Safe Online</u>  <u>Separation and Divorce</u>	<u>Growth Mindset</u>  <u>Sun Safety</u>  <u>The World of Work</u>  <u>Problem Solving and Time Management</u>
Year 4	<u>Healthy Eating and a Balanced Diet</u>  <u>The Importance of Physical Activity</u>  <u>Relaxing to Recharge</u>  <u>The Recreational Drugs of Alcohol and Nicotine</u>	<u>My Body, Your Body - Keeping Safe</u>  <u>Sleep</u>  <u>Screentime</u>  <u>Autism: Aspergers</u>  <u>What's Love?</u>	<u>Bullying</u>  <u>Everything Will Be Alright</u>  <u>All About Tik-Tok</u>  <u>Identity and Gender</u>  <u>Fairtrade: Change Through Choice</u>	<u>British Values Government and Rules</u>  <u>British Values Freedom in Beliefs</u>  <u>Family Relationships</u>	<u>Consent</u>  <u>Where Does My Food Come From?</u>  <u>Respect</u>  <u>Being Responsible</u>  <u>Earning Money</u>	<u>Problem Solving and Resourcefulness</u>  <u>Try and Try Again</u>  <u>Leadership</u>

Year 5	<u>Junk Food</u>  <u>Nutritional Values</u>  <u>The Human Body</u>  <u>Caffeine - Helpful or Harmful?</u>	<u>Borrowing Money Part 1+2</u>  <u>My Body Changes - Part 1 + Part 2</u>  <u>Autism - Neurodivergence</u>  <u>Expressing Love Differently As You Grow</u>  <u>What is Marriage?</u>	<u>Power of Words - Mouldy Rice</u>  <u>Social Media - Being Confident</u>  <u>Responsibility and Inspiration</u>  <u>Homophobic Language in Schools</u>  <u>Fairtrade: Same Storm, Different Boat</u>	<u>British Values Laws and Parliament</u>  <u>British Values Freedom of Speech and Movement</u>  <u>Respecting Others'</u>  <u>Boundaries and Beliefs</u>	<u>The Digital World</u>  <u>Supporting the Community</u>  <u>Communicating Effectively</u>  <u>Learning Part 1</u>	<u>Learning Part 2</u>  <u>Borrowing Money</u>  <u>Dealing With Adversity</u>  <u>The NHS</u>
Year 6	<u>First Aid</u>  <u>Alcohol, Smoking and Vaping</u>  <u>Drugs</u>  <u>Illegal Drugs</u>  <u>Organisation of Life</u>	<u>My Amazing Body</u>  <u>Self-Perception</u>  <u>Autism Do Say, Don't Say</u>  <u>The Power of Love - Inequality Within Relationships</u>	<u>The Power of Words - Clean up Your Speech</u>  <u>Social Media - Tik Tok</u>  <u>Identity, Gender and Sexuality</u>  <u>Fair Trade - The Shirt Off Your Back</u>  <u>Global Warming - Issues and Prevention</u>  <u>Celebrating Women in History - Forgotten Achievements</u>	<u>British Values Lawmakers and Activists</u>  <u>British Values Rights and Radicalisation</u>  <u>The Government X 2</u>	<u>Consent Feeling Anxious</u>  <u>Ageism</u>  <u>The Power of Negotiation</u>	<u>Transition</u>  <u>Learning to Working</u>  <u>Law Tax</u>  <u>Banks</u>  <u>Pensions</u>  <u>How to Write a CV</u>  <u>Entrepreneurship, Enterprise and Business</u>