

Porthleven School

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	
EYFS	<u>Planting Our Food</u> <u>Cities, Towns, Land and Sea</u> <u>Gentle Hands and Hearts</u> <u>PANTS Rule</u>	<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>	
	<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>It's Ok to Not be Ok</u>	<u>My Private Body</u>	<u>Desert Island</u>	<u>Cyber safety</u>	<u>Personal Goal setting</u>
	<u>Feeling Sad</u>	<u>Medicine and Drugs</u>	<u>Respecting All Families</u>	<u>Environment</u>	<u>Fire safety</u>	<u>Protecting Our Planet</u>
	<u>Happiness</u>	<u>Understanding Peer Pressure</u>	<u>Dealing with Loss</u>	<u>Navigation</u>	<u>Forest Survival</u>	<u>Adapting to change</u>
	<u>Positive Friendships</u>	<u>Relaxation</u>	<u>Fight or Flight</u>		<u>The Art of Failure-Endpoint question:</u>	
Year 3	<u>Personal Hygiene</u>	<u>My Body, Your Body -</u>	<u>Power of Words:</u> <u>STOP</u>	<u>British Values</u> <u>Democracy and Law</u>	<u>Helping Others to Get Help</u>	<u>Growth Mindset</u>
	<u>Vaccinations and Diseases</u>	<u>Keeping Healthy</u>	<u>Social Media Body</u> <u>Confidence</u>	<u>British Values Culture and Liberty</u>	<u>Who Can We Trust</u>	<u>Sun Safety</u>
	<u>Anger, Fear and Mindfulness</u>	<u>Self-Worth</u>	<u>Gender</u>	<u>Relationships with Others</u>	<u>Staying Safe Online</u>	<u>The World of Work</u>
	<u>Anxiety, Stress and Mindfulness</u>	<u>Self-Image</u>	<u>Fairtrade: Working Together</u>		<u>Separation and Divorce</u>	<u>Problem Solving and Time Management</u>
	<u>Exercise</u>	<u>Autism Different, Not Less</u>	<u>Global Warming - What Can We Do To Help?</u>			
	<u>Safety with Household Meds</u>	<u>Different Kinds of Friendship</u>	<u>Celebrating Women in History: Traditional Role</u>			
	<u>Change is Good</u>					
Year 4	<u>Healthy Eating and a Balanced Diet</u>	<u>My Body, Your Body - Keeping Safe</u>	<u>Bullying</u>	<u>British Values</u> <u>Government and Rules</u>	<u>Consent</u>	<u>Problem Solving and Resourcefulness</u>
	<u>The Importance of Physical Activity</u>	<u>Sleep</u>	<u>Everything Will Be Alright</u>	<u>British Values Freedom in Beliefs</u>	<u>Where Does My Food Come From?</u>	<u>Try and Try Again</u>
	<u>Relaxing to Recharge</u>	<u>Screentime</u>	<u>All About Tik-Tok</u>	<u>Family Relationships</u>	<u>Respect</u>	<u>Leadership</u>
	<u>The Recreational Drugs of Alcohol and Nicotine</u>	<u>Autism: Aspergers</u>	<u>Identity and Gender</u>		<u>Being Responsible</u>	
			<u>Fairtrade: Change Through Choice</u>		<u>Earning Money</u>	
		<u>What's Love?</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' Boundaries and Beliefs</u>	<u>The Digital World Supporting the Community</u> <u>Communicating Effectively</u> <u>Learning Part 1</u>	<u>Learning Part 2 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 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>