

PSHE- Yearly Overview KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core Theme	Health and Wellbeing	Health and Wellbeing	Sex and Relationship Education (SRE)	Citizenship	Values and Beliefs	Living in the Wider World
Topic	Physical Wellbeing	Mental/emotional Wellbeing	Relationships & Puberty	Preparing to play an active role as citizens	Inclusion, belonging and addressing extremism	Media literacy & digital resilience
Key Content	<p>What is physical health/wellbeing?</p> <p>Physical Activity</p> <p>Healthy Eating- '5 a day'.</p> <p>Personal Hygiene</p> <p>Sleep hygiene</p> <p>Sun Safety</p>	<p>What is mental/emotional health/wellbeing?</p> <p>Ways to take care of mental health. strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for</p>	<p>To recognise their are different types of relationships eg friendships, family relationships, romantic relationships, online relationships)</p> <p>To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating</p>	<p>To look at how and why rules are enforced, needed in different situations and how to take part in making and changing rules.</p> <p>To realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities.</p>	<p>What are values? Who and what do students value?</p> <p>What are beliefs? Different beliefs. Respecting others beliefs.</p> <p>Stereotypes</p> <p>Extremism</p>	<p>Staying safe online</p> <p>Recognise ways in which the internet and social media can be used both positively and negatively.</p> <p>Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.</p>

		<p>others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.</p> <p>Developing emotional awareness/vocabulary. 'Inside Out' Theme.</p>	<p>online with others not known face-to-face.</p> <p>The impact of bullying online and offline and the consequences of hurtful behaviour.</p> <p>To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</p>			<p>About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.</p>
Reading						<p>Keywords: online, Internet, social media, positive, negative, impact, healthy, balance, happy, safe, unsafe, consequences, share, forward, personal information, private,</p>

						privacy, respect, kind, communication
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