

Bishop Martin CE Primary School

PSHE Subject Overview

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
2Yr Old	<p style="text-align: center;"><u>Managing Feelings and Behaviour</u></p> <p>Expresses a range of emotions such as happiness, frustration, or sadness through facial expressions, crying, or simple words. Begins to regulate emotions with some adult support but may still have frequent outbursts or tantrums when upset or frustrated. Starts to understand and use simple emotional vocabulary like “sad,” “happy,” or “angry” with guidance. Shows awareness of social expectations, such as beginning to understand when it’s not okay to hit or bite, though these behaviours may still occur.</p> <p style="text-align: center;"><u>Making Relationships</u></p> <p>Engages in parallel play (playing alongside others but not yet with them) and shows interest in others’ toys or actions. Responds to others with a smile, eye contact, or simple words, especially in familiar settings or with familiar adults. Begins to develop basic social interactions, such as imitating actions or sounds made by adults or other children. Shows an understanding of simple social routines, such as saying “bye” or “hello” and using basic manners.</p>		<p style="text-align: center;"><u>Managing Feelings and Behaviour</u></p> <p>Expresses a wider range of emotions with more clarity, such as excitement, sadness, or frustration, and may use words to explain how they feel (e.g., “I’m sad” or “I’m mad”). Begins to show more control over emotional responses, calming down after being upset with some support from adults. Starts to recognise and label basic emotions in others (e.g., “Mummy sad” or “He’s happy”). Shows more empathy, offering comfort to a peer who is upset by giving them a toy or a hug.</p> <p style="text-align: center;"><u>Making Relationships</u></p> <p>Engages in simple turn-taking during play, although still needing reminders or help with sharing. Forms stronger attachments to key adults and peers, seeking comfort from familiar people when upset. Shows interest in playing with others rather than just beside them, copying another child’s actions or talking to a peer about a shared activity. Understands group activities, such as trying to join in with songs or group games.</p>		<p style="text-align: center;"><u>Managing Feelings and Behaviour</u></p> <p>Expresses emotions more effectively, using words or phrases to explain feelings like “I’m happy” or “I’m scared” and using more complex emotional vocabulary. Manages frustration or disappointment with increased self-regulation, such as taking deep breaths or asking for help when upset. Begins to understand more complex feelings and concepts, such as feeling both “happy and scared” at the same time. Begins to recognise when their behaviour is not acceptable (e.g., “No hitting” or “We share the toys”) and may make attempts to correct or apologise when they do something wrong.</p> <p style="text-align: center;"><u>Making Relationships</u></p> <p>Engages in cooperative play, sharing toys, taking turns, and cooperating with peers in more complex play (e.g., building a tower together). Shows deeper empathy for others’ emotions and may comfort a friend who is upset or help tidy up when asked. Understands social rules and routines, like waiting in line or taking turns during games, although still needing occasional reminders. Forms close friendships with one or two peers and enjoys spending time with them during play.</p>	
Nursery	<p style="text-align: center;"><u>Building Relationships</u></p> <p>Begins to show interest in others, engaging in parallel play and occasionally joining in with others during play.</p> <p>Demonstrates an awareness of others’ feelings, starting to show empathy by offering comfort or acknowledging when others are upset. Needs some support in initiating and maintaining interactions but begins to enjoy sharing with peers during play.</p> <p style="text-align: center;"><u>Self-Regulation</u></p> <p>Starts to develop an awareness of their own emotions, with adult guidance, identifying basic feelings such as happy, sad, and angry. Responds to adult guidance in calming down when upset, although they may still need reminders and support.</p> <p>Demonstrates the beginnings of impulse control but may struggle to wait for turns or share without adult encouragement.</p>		<p style="text-align: center;"><u>Building Relationships</u></p> <p>Engages more actively with peers and adults, initiating conversations and play, and showing greater interest in making friendships.</p> <p>Can show empathy by noticing when peers are sad, offering help, or asking questions to check on how others are feeling.</p> <p>Demonstrates the ability to engage in cooperative play with others, beginning to share and take turns with minimal prompting.</p> <p style="text-align: center;"><u>Self-Regulation</u></p> <p>Begins to regulate emotions with greater awareness, using words or simple strategies like deep breathing when upset.</p> <p>Can start to control impulses and manage feelings of frustration or disappointment with guidance, such as asking for a break or using calming strategies.</p> <p>Recognizes the importance of waiting for turns and is learning how to cope with delays in getting what they want.</p>		<p style="text-align: center;"><u>Building Relationships</u></p> <p>Actively seeks out peers to play with, showing confidence in initiating and maintaining friendships.</p> <p>Can independently express empathy, such as comforting a peer or checking if someone is okay after a disagreement.</p> <p>Engages in more complex play with others, including role-play and cooperative games, and shows a developing understanding of turn-taking, sharing, and group cooperation.</p> <p style="text-align: center;"><u>Self-Regulation</u></p> <p>Demonstrates increased control over emotions, able to calm down independently or with minimal adult support when upset.</p> <p>Begins to recognise and verbalise the causes of their emotions and uses language to express feelings appropriately, such as saying “I am angry because...”</p> <p>Can follow rules and routines with minimal reminders, demonstrating increasing independence and self-awareness in managing behaviour.</p>	

Reception	<p>Self-Regulation Listening and Following Rules</p> <p>Children will explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.</p>	<p>Building Relationships Special Relationships</p> <p>Children will explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>	<p>Managing Self Taking on Challenges</p> <p>Children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience.</p>	<p>Self-Regulation Listening and Following Rules</p> <p>Children will learn to understand why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>	<p>Building Relationships My Family and Friends</p> <p>Children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p>Managing Self My Wellbeing</p> <p>Children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>
Year One	<p>Health and Wellbeing</p> <p>Understand we can limit the spread of germs by having good hand hygiene.</p> <p>Know that certain foods and other things can cause allergic reactions. Know that strengths are what we are good at.</p> <p>Know that qualities describe what we are like.</p> <p>Use positive and negative words to describe emotions.</p> <p>Know how to keep safe in the sun. Know that sleep helps the body to repair, grow and restore energy.</p>	<p>Road Safety (Think resources)</p> <p>Develop familiarity with the Stop, Look, Listen and Think. know that pedestrians walk on the pavement and vehicles travel on the road 3.</p> <p>Know how to walk safely with a grown up and hold hands when walking near the road.</p> <p>Know how to help others see me in the dark 2</p> <p>Know how to ride a bike/ scooter and cycle/scoot safely. Understand why it is important to be bright and seen.</p> <p>Know why I need a child car seat when I travel in a car. Know how to behave when I travel in a car or a bus.</p>	<p>Citizenship</p> <p>Know the rules in school.</p> <p>Know that different pets have different needs.</p> <p>Understand the needs of younger children and that they change.</p> <p>Know that voting is a fair way to make a decision.</p> <p>Understand that all people are different.</p>	<p>Economic Wellbeing</p> <p>Know why people use money and its role.</p> <p>Know that coins and notes have different values.</p> <p>Know some ways children may receive money.</p> <p>Know it is wrong to steal, and money is valuable.</p> <p>Know that money should be stored in a safe place.</p> <p>Know that we should not show or give money to strangers.</p> <p>Know that banks are places where we can keep our money.</p> <p>Know everyone has different strengths in and out of school and that jobs need different skills.</p>	<p>Family and Relationships</p> <p>Understand that families look after us. Describe family relations and know some information about their family. Understand characteristics of a positive friendships and there can be problems that can be overcome. Understand the meaning of the word 'stereotype'.</p> <p>Safety and the Changing Body</p> <p>Know that some types of physical contact are never appropriate. Know what to do if I get lost.</p> <p>Know what a hazard is and how it could cause injury.</p> <p>Know that some things are harmful to put onto or in the body. Know what to do in an emergency. Know who the emergency services are.</p>	

<p>Year Two</p>	<p><u>Health and Wellbeing</u></p> <p>Know that food and drinks with lots of sugar are bad for our teeth. Understand the importance of exercise to stay healthy. Understand the balance of foods we need. Know different breathing techniques. Know we can feel more than on emotion at a time. Know what a 'growth mindset' is.</p>	<p><u>Dental Hygiene</u> (Dental Health Resources) Understand why less sugary food and drink is important. Know that they need to brush their teeth for two minutes last thing at night, and at least one other time during the day using a fluoride toothpaste. Know the different types of teeth and what they are important for.</p>	<p><u>Citizenship</u></p> <p>Know some of the different places where rules apply. Know that some rules are made to be followed by everyone and are known as laws. Know some of the jobs people do to look after the environment in school and the local community. Understand how democracy works in school through the school council. Understand that everyone has similarities and differences.</p>	<p><u>Economic Wellbeing</u></p> <p>Know some adults earn money by having a job. Know some basics needs for survival. Know what a bank account and card is. Know what a skill or talent is. Know that different jobs require different skills. Understand the concept of saving money and how this impacts the future. Know the difference between 'want' and 'need'. Know how we can show inclusion and diversity at work.</p>	<p><u>Family and Relationships</u></p> <p>Know that families can be different and that may be different to their family. Identify some problems that might happen in friendship and how they can be addressed. Understand ways to show feelings. Understand what good manners are. Understand some stereotypes related to jobs. Know there are ways we can remember people or events.</p> <p><u>Safety and the Changing Body</u></p> <p>Know the PANTs rule. Know I should tell an adult if I see something that makes me feel uncomfortable. Understand the difference between secrets and surprises. Know the names of parts of the body, including private parts. Know the rules of crossing the road safely. Know that medicine can help us when we are ill but should only be taken when an adult says so.</p>
<p>Year Three</p>	<p><u>Health and Wellbeing</u></p> <p>Understand ways to prevent tooth decay. Understand the positive impact relaxation can have on the body. Know the different food groups and how much of each we should have. Understand the importance of belonging. Understand what being lonely means. Understand what a problem or barrier is and that these can be overcome.</p>	<p><u>Economic Wellbeing</u></p> <p>Know the pros and cons of different payment methods. Know reasons for spending money. Understand the benefits of budgeting. Know the emotional, societal and environmental impact of money. Know the range of jobs and opportunities available. Understand what job stereotypes are. Know that individual talents should guide career choices and anyone can aspire to any career.</p>	<p><u>Citizenship</u></p> <p>To understand the UN Convention on the Rights of the Child. Understand how recycling can have a positive impact on the environment. Know that the local council is responsible for looking after the local area. Know that elections are held where adults can vote. Understand some of the consequences of breaking rules. Understand the role of charities.</p>		<p><u>Family and Relationships</u></p> <p>Know that I can talk to trusted adults or services such as Childline if I experience family problems. Know that bullying can be verbal or physical and is repeated. Know that violence is never the right way to solve a problem. Know that what trust is. Know the signs of a good listener. Understand there are similarities and differences between people. Know some stereotypes related to age.</p> <p><u>Safety and the Changing Body</u></p> <p>Understand that cyberbullying takes place online. Know the signs that an email might be fake. Know the rules for being safe near roads. Recognise who and what can influence our decisions.</p>

<p>Year Four</p>	<p><u>Health and Wellbeing</u></p> <p>Know facts about dental health. Know that visualisation means creating an image in our head. Start to identify skills suited to different job roles.</p> <p>Know that it is normal to experience a range of emotions. Understand that mental health refers to emotional wellbeing. Know that mistakes help us learn. Know who they can talk to if they are worried about their own or other people's mental health.</p>	<p><u>Water Safety</u></p> <p>(Royal Life Saving Resources) Identify where is/is not a safe place to swim, including recognising beach flags and safety signs.</p> <p>Manage potential hazards, to reduce chances of getting in danger in, on or around water. Recognise that there are dangers in and around water, to be prepared and stop and think about the dangers water may have.</p> <p>Consider the risks associated with being near water and plan accordingly. Know what to do in the event of an emergency. Know to call 999 and know what to say.</p> <p>Know not to enter the water if someone is in trouble but to look for a flotation aid to support them and then wait for help to arrive.</p> <p>Understand the effect of cold water on my body and swimming ability and know how to stay safe. Know to float on my back until the effect of cold water has passed, then call for help and raise my hand to draw attention or swim to safety if I am able to do so. Know how to safely help a person in difficulties in the water. Demonstrate that the first actions should always be to: - phone the emergency services - shout for help.</p>	<p><u>Citizenship</u></p> <p>Know that human rights are specific rights that apply to all people. Know some of the people who protect our human rights such as police, judges and politicians.</p> <p>know that reusing items is of benefit to the environment. Understand that councillors must balance looking after residents and the needs of the council.</p> <p>Know that there are several groups that make up the local community.</p>	<p><u>Economic Wellbeing</u></p> <p>Know how to determine the value of money. Understand factors influencing buying decisions. Know why it is importance to track and safeguard money. Understand the roles of a bank account. Understand the likelihood of job or career changes.</p>	<p><u>Family and Relationships</u></p> <p>Know that families are varied in the UK and across the world. Understand the different roles related to bullying including the victim, bully and bystander. understand that everyone has the right to decide what happens to their body. Understand the courtesy and manners which are expected in different scenarios. Understand some stereotypes related to disability. Know what bereavement is.</p> <p><u>Safety and the Changing Body</u></p> <p>Understand that there are risks to sharing things online. Know the difference between private and public. Understand the risks associated with smoking tobacco. Understand the physical changes to both male and female bodies as people grow from children to adults. Know that asthma is a condition that causes the airways to narrow.</p>
<p>Year Five</p>	<p><u>Health and Wellbeing</u></p> <p>Understand the risks of sun exposure. Know that relaxation stretches can help us to relax and de-stress. Know that calories are the unit that we use to measure the amount of energy certain foods give us. Know that what we do before bed can affect our sleep quality. Understand what can cause stress. Understand that failure is an important part of success.</p>	<p><u>Citizenship</u></p> <p>Know what happens when someone breaks the law. Understand the waste hierarchy. know that parliament is made up of the House of Commons, the House of Lords and the Monarch. Know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p>	<p><u>Economic Wellbeing</u></p> <p>Know principles of budgeting and its consequences. Understand concept of income, expenditure, and informed spending. responsibilities and consequences of borrowing money. Know risks and strategies for safeguarding money.</p>	<p><u>Family and Relationships</u></p> <p>Know that marriage is a legal commitment and a choice people can make. Know that, if I have a problem, I can call ChildLine on 0800 1111. Know what attributes and skills make a good friend. Understand what might lead to someone bullying others and what action I can take if I see this. Understand that positive attributes are the good qualities that someone has. Know that stereotypes can be unfair, negative and destructive.</p>	

		<p>Know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p>	<p>Understand emotional responses to various money situations. Know factors influencing career decisions. Know the impact of education and interests on career paths and the effects and challenges of workplace stereotypes.</p>	<p>Know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p> <p><u>Safety and the Changing Body</u> To know the steps to take before sending a message online and know some of the possible risks. Know some strategies I can use to overcome pressure from others and make my own decisions. Understand the process of the menstrual cycle. Know the names of the external sexual parts of the body and the internal reproductive organs. Know that puberty happens at different ages for different people. know how to assess a casualty's condition.</p>	
<p>Year Six</p>	<p><u>Health and Wellbeing</u> Understand that vaccinations can give us protection against disease. Know that changes in the body could be possible signs of illness. Understand that several factors contribute to my physical health. Know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. Understand that several factors contribute to my mental health. Know the effects technology can have on mental health.</p>	<p><u>Social Media</u> Explore the meaning of social media. Understand how social media can impact a young person's wellbeing. Understand why social media apps have age restrictions. Understand what a 'digital footprint' is and its implications.</p>	<p><u>Citizenship</u> Know that education is an important human right. Know that our food choices can affect the environment. Know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education. Know that prejudice is making assumptions about someone based on certain information. Know that discrimination is treating someone differently because of certain factors.</p>	<p><u>Economic Wellbeing</u> Identify emotions linked to money. Understand how money affects feelings and behaviour. Learn healthy ways to cope with feelings about money. Identify risks to money safety in both physical and digital environments. Understand methods to safeguard money physically and digitally. Understand the changes in financial responsibilities when transitioning to secondary school. Learn budgeting and career planning skills. Understand what gambling is and identify its different forms. Recognise the risks and consequences associated with gambling. Understand different types of workplace environments and their characteristics. Recognise the importance of teamwork, communication, and career roles within a workplace. Evaluate the pros and cons of different career paths.</p>	<p><u>Family and Relationships</u> Know that a conflict is a disagreement or argument and can occur in friendships. Understand the concepts of negotiation and compromise. understand what respect is. Understand that everyone deserves respect, but respect can be lost. Understand that stereotypes can lead to bullying and discrimination. Understand that loss and change can cause a range of emotions. Know that grief is the process people go through when someone close to them dies.</p> <p><u>Safety and the Changing Body</u> Understand that online relationships should be treated in the same way as face-to-face relationships. Know where to get help with online problems. Understand the risks associated with drinking alcohol. Understand how a baby is conceived and develops. Understand the changes that happen during puberty.</p>