



Upottery Primary School – PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2 Cycle A (Year 1 unit)	Unit: Me and My Relationships <ul style="list-style-type: none"> - Why we have classroom rules - How are you listening? - Thinking about feelings - Our feelings - Feelings and bodies - Good friends 	Unit: Valuing Difference <ul style="list-style-type: none"> - Same or different? - Unkind, tease or bully? - Harold's school rules - It's not fair! - Who are our special people? - Our special people balloons 	Unit: Keeping Safe <ul style="list-style-type: none"> - Super sleep - Who can help? (1) - Good or bad touches? - Sharing pictures (Online safety link) - What could Harold do? - Harold loses Geoffrey 	Unit: Rights and Respect <ul style="list-style-type: none"> - Harold has a bad day - Around and about the school - Taking care of something - Harold's money - How should we look after our money? - Basic first aid 	Unit: Being My Best <ul style="list-style-type: none"> - I can eat a rainbow - Eat well - Harold's wash and brush up - Catch it! Bin it! Kill it! - Harold learns to ride his bike - Pass on the praise! - Inside my wonderful body! (OPTIONAL) 	Unit: Growing and Changing <ul style="list-style-type: none"> - Healthy me - Then and now - Taking care of a baby - Who can help? (2) - Surprises and secrets - Keeping privates private
Year 1/2 Cycle B (Year 2 unit)	Unit: Me and My Relationships <ul style="list-style-type: none"> - Our ideal classroom (1) - Our ideal classroom (2) (OPTIONAL) - How are you feeling today? - Let's all be happy! - Being a good friend - Types of bullying - Don't do that! - Bullying or teasing? (OPTIONAL) 	Unit: Valuing Difference <ul style="list-style-type: none"> - What makes us who we are? - My special people - How do we make others feel? - When someone is feeling left out - An act of kindness - Solve the problem 	Unit: Keeping Safe <ul style="list-style-type: none"> - Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Fun or not? - Should I tell? 	Unit: Rights and Respect <ul style="list-style-type: none"> - Getting on with others - When I feel like erupting - Feeling safe - Playing games - Harold saves for something special - Harold goes camping (OPTIONAL) - How can we look after our environment? 	Unit: Being My Best <ul style="list-style-type: none"> - You can do it! - My day - Harold's postcard - helping us to keep clean and healthy - Harold's bathroom - What does my body do? - My body needs... (OPTIONAL) - Basic first aid 	Unit: Growing and Changing <ul style="list-style-type: none"> - A helping hand - Sam moves away - Haven't you grown! - My body, your body - Respecting privacy - Some secrets should never be kept



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<p>Year 3/4 Cycle A</p>	<p>Unit: Me and My Relationships</p> <ul style="list-style-type: none"> - As a rule - Looking after our special people - How can we solve this problem? - Tangram team challenge (OPTIONAL) - Friends are special - Thunks - Dan's dare - My special pet (OPTIONAL) 	<p>Unit: Valuing Difference</p> <ul style="list-style-type: none"> - Respect and challenge - Family and friends - My Community - Our friends and neighbours - Let's celebrate our differences - Zeb 	<p>Unit: Keeping Safe</p> <ul style="list-style-type: none"> - Safe or unsafe? - Danger or risk? - The Risk robot - Super Searcher - Help or harm? - Alcohol and cigarettes: the facts - Raisin challenge (1) (OPTIONAL) 	<p>Unit: Rights and Respect</p> <ul style="list-style-type: none"> - Helping each other to stay safe - Recount task - Our helpful volunteers - Can Harold afford it? - Earning money - Harold's environment project - Let's have a tidy up! (OPTIONAL) 	<p>Unit: Being My Best</p> <ul style="list-style-type: none"> - Derek cooks dinner! (healthy eating) - Poorly Harold - Body team work - For or against? - I am fantastic! - Top talents - Getting on with your nerves! (OPTIONAL) 	<p>Unit: Growing and Changing</p> <ul style="list-style-type: none"> - Relationship tree - Body space - None of your business! - Secret or surprise? - My changing body - Basic first aid
<p>Year 3/4 Cycle B</p>	<p>Unit: Me and My Relationships</p> <ul style="list-style-type: none"> - Human machines - Ok or not ok? (part 1) - Ok or not ok? (part 2) - An email from Harold! - Different feelings - When feelings change (OPTIONAL) - Under pressure 	<p>Unit: Valuing Difference</p> <ul style="list-style-type: none"> - Can you sort it? - What would I do? - The people we share our world with - That is such a stereotype! - Friend or acquaintance? - Islands 	<p>Unit: Keeping Safe</p> <ul style="list-style-type: none"> - Danger, risk or hazard? - How dare you! - Keeping ourselves safe - Raisin challenge (2) - Picture wise - Medicines: check the label - Know the norms (OPTIONAL) - Traffic lights (OPTIONAL) 	<p>Unit: Rights and Respect</p> <ul style="list-style-type: none"> - Who helps us stay healthy and safe? - It's your right - How do we make a difference? - In the news! - Safety in numbers - Harold's expenses (OPTIONAL) - Why pay taxes? - Logo quiz (OPTIONAL) 	<p>Unit: Being My Best</p> <ul style="list-style-type: none"> - What makes me ME! - Making choices - SCARF hotel - Harold's Seven Rs - My school community (1) - Basic first aid - Volunteering is cool (OPTIONAL) 	<p>Unit: Growing and Changing</p> <ul style="list-style-type: none"> - Moving house - My feelings are all over the place! - All change! - Preparing for changes at puberty (formerly Period positive/preparing for periods) - Secret or surprise? - Together



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<p>Year 5/6 Cycle A</p>	<p>Unit: Me and My Relationships</p> <ul style="list-style-type: none"> - Collaboration Challenge! - Give and take - Communication (OPTIONAL) - How good a friend are you? - Relationship cake recipe - Our emotional needs - Being assertive 	<p>Unit: Valuing Difference</p> <ul style="list-style-type: none"> - Qualities of friendship - Kind conversations - Happy being me - The land of the Red People - Is it true? - Stop, start, stereotypes - It could happen to anyone (OPTIONAL) 	<p>Unit: Keeping Safe</p> <ul style="list-style-type: none"> - Spot bullying - Play, like, share - Decision dilemmas - Ella's diary dilemma - Vaping: healthy or unhealthy? - Would you risk it? - 'Thinking' about habits (OPTIONAL) - Drugs: true or false? (OPTIONAL) - Smoking: what is normal? (OPTIONAL) 	<p>Unit: Rights and Respect</p> <ul style="list-style-type: none"> - What's the story? - Fact or opinion? - Mo makes a difference - Rights, respect and duties - Spending wisely - Lend us a fiver! - Local councils (OPTIONAL) 	<p>Unit: Being My Best</p> <ul style="list-style-type: none"> - It all adds up! - Different skills - My school community (2) - Independence and responsibility - Star qualities? - Basic first aid, including Sepsis Awareness 	<p>Unit: Growing and Changing</p> <ul style="list-style-type: none"> - How are they feeling? - Taking notice of our feelings - Dear Ash - Growing up and changing bodies - Changing bodies and feelings - Help! I'm a teenager - get me out of here! - Dear Hetty (OPTIONAL)
<p>Year 5/6 Cycle B</p>	<p>Unit: Me and My Relationships</p> <ul style="list-style-type: none"> - Working together - Let's negotiate (OPTIONAL) - Solve the friendship problem - Dan's day (OPTIONAL) - Behave yourself - Assertiveness skills (formerly Behave yourself - 2) - Don't force me - Acting appropriately 	<p>Unit: Valuing Difference</p> <ul style="list-style-type: none"> - OK to be different - We have more in common than not - Respecting differences - Tolerance and respect for others - Advertising friendships! - Boys will be boys? - challenging gender stereotypes 	<p>Unit: Keeping Safe</p> <ul style="list-style-type: none"> - Think before you click! - It's a puzzle (OPTIONAL) - To share or not to share? - Rat Park - What sort of drug is...? - Drugs: it's the law! - Alcohol: what is normal? - Joe's story (part 1) (OPTIONAL) 	<p>Unit: Rights and Respect</p> <ul style="list-style-type: none"> - Two sides to every story - Fakebook friends - What's it worth? - Jobs and taxes (OPTIONAL) - Happy shoppers - caring for the environment - Action stations! (OPTIONAL) - Project Pitch (parts 1 & 2) (OPTIONAL) - Democracy in Britain 1 - Elections - Democracy in Britain 2 - How (most) laws are made - Community art (OPTIONAL) 	<p>Unit: Being My Best</p> <ul style="list-style-type: none"> - This will be your life! - Our recommendations - What's the risk? (1) - What's the risk? (2) - Basic first aid, including Sepsis Awareness - Five Ways to Wellbeing project 	<p>Unit: Growing and Changing</p> <ul style="list-style-type: none"> - I look great! - Media manipulation - Pressure online - Helpful or unhelpful? Managing change - Is this normal? - Making babies - What is HIV? (OPTIONAL)



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