



Gaskell Primary School– PSHE Discovery

- GPS Drivers**
- World Citizens
 - Avid Adventurers
 - Confident Communicators
 - Creative Minds
 - Healthy Pioneers

AUTUMN 1 (Year 1) ●

What is the same and different about me?
Ourselves and others: similarities, individuality, our bodies.

Who is special to us?
People who care for us, groups we belong to, families.

SPRING 1 (Year 1)

What helps us stay healthy?
Being healthy, hygiene, medicines, people who help us with health.

What can we do with money?
Living in the wider world. Money, making choices.

SUMMER 1 (Year 1)

Who Helps to keep us safe?
Keeping safe, people who help us.

How can we look after each other and the world?
The world around us, caring for others, growing and changing.

AUTUMN 1 (YEAR 3) ● ●

How can we be a good friend?
Making positive friendships, managing loneliness, dealing with arguments.

What keeps us safe?
Keeping safe at home and in school, our bodies, hygiene, medicines and household products.

SPRING 1 (YEAR 3) ●

What are families like?
Family life, differences between families, caring for each other.

What makes a community?
Belonging to a group, similarities and differences, respect for others.

SUMMER 1 (YEAR 3) ●

Why should we eat well and look after our teeth?
Being healthy, eating well, dental care.

Why should we keep active and sleep well?
Being healthy, keeping active, taking rest.

AUTUMN 1 (YEAR 4) ● ●

What strengths, skills and interests do we have?
Self-esteem, self-worth, personal qualities, goal setting, managing set-backs.

How do we treat others with respect?
Respect for self and others, courteous behaviour, safety, human rights.

SPRING 1 (YEAR 4) ● ●

How can we manage our feelings?
Feelings and emotions, expression of feelings, behaviour.

How will we grow and change?
Growing and changing, puberty.

SUMMER 1 (YEAR 4) ● ●

How can our choices make a difference to others and the environment?
Caring for others, the environment, people and animals.

How can we manage risk in different places?
Keeping safe when out and about, recognising and managing risk.

EYFS

AUTUMN (EYFS) ●

All about me!
Friendships, feelings and managing own needs.

KS1

SUMMER (EYFS) ● ●

Being my best!
Feelings, managing own needs, positive relationships, confidence, taking turns, showing sensitivity to others

SPRING (EYFS) ●

Health and well being
Healthy eating, tooth brushing, road safety, screen time.

AUTUMN 1 (Year 2) ● ●

What makes a good friend?
Friendships, feeling lonely, managing arguments.

What is bullying?
Behaviour, bullying, words and actions, respect for others.

SPRING 1 (Year 2)

What jobs do people do?
People and jobs, money, role of the internet.

What helps us to stay safe?
Keeping safe, recognising risk, rules.

LKS2

SUMMER 1 (Year 2)

What helps us grow and stay healthy?
Being healthy, eating, drinking, playing and sleeping.

How do we recognise our feelings?
Mood, times of change, loss and bereavement, growing up.

AUTUMN 1 (YEAR 5) ● ● ●

What make's up a persons identity?
Personal attributes and qualities, similarities and differences, individuality, stereotypes.

What decisions can people make with money?
Making decisions, spending and saving.

SPRING 1 (YEAR 5) ● ●

How can we help in an accident or emergency?
Basic first aid, accidents, dealing with emergencies.

How can friends communicate safely?
Relationships, becoming independent, online safety.

SUMMER 1 (YEAR 5)

How can drugs common to everyday life affect health?
Drugs, alcohol and tobacco, healthy habits.

What jobs would we like?
Careers, aspirations, role models, the future.

UKS2

AUTUMN 1 (YEAR 6) ● ● ●

How can we keep healthy as we grow?
Looking after ourselves
Growing up
Becoming independent
Taking more responsibility

SPRING 1 (YEAR 6) ● ● ●

How can media influence people?
Media literacy
Digital resilience
Influences and decision making
Online safety

SUMMER 1 (YEAR 6)

What will change as we become more independent? How do friendships change as we grow?
Different relationships
Changing and growing
Independence
Moving to Secondary school
RSE– Making babies