



Gaskell Primary School – PSHE Discovery

GPS Drivers

- World Citizens
- Avid Adventurers
- Confident Communicators
- Creative Minds
- Healthy Pioneers

AUTUMN 1 (Year 1)

Family & Relationships
What is family? What are friendships? Recognising other people's emotions, working with others. Friendship problems. Healthy friendships. Gender stereotypes

Autumn 2

Health and Wellbeing
Understanding my emotions, What am I like? Ready for bed, relaxation, handwashing and personal hygiene, sun safety, allergies, people who help us to keep healthy.

SPRING 1 & 2 (Year 1)

Safety and the Changing body
Adults in school, adults outside school, getting lost, making an emergency phone call, appropriate contact, safety with substances, safety at home, people who help to keep us safe.

SUMMER 1 (Year 1)

Citizenship

Rules, caring for others: Animals, The needs of others, Similar yet different, Belonging, Democratic Decisions.

Summer 2

Economic Wellbeing

Introduction to money, Looking after money, Banks and Building Societies, Saving and Spending, Jobs in schools.

AUTUMN 1 (YEAR 3)

Family & Relationships
Healthy families, Friendship conflicts, Friendship: conflict Vs bullying, Effective Communication, Learning who to trust, Respecting differences in others, Stereotyping: Gender, Stereotyping: Age.

Autumn 2:

Health and Wellbeing:
My healthy diary, Relaxation: Stretches, Wonderful me, My super powers, Resilience: Breaking down barriers, Communicating my feelings, Diet and dental health.

SPRING 1 & 2 (YEAR 3)

Safety and the Changing body

First Aid: Emergencies and calling for help, First Aid: Bites and stings, Be kind online, Cyberbullying, Fake emails, Making choices, Influences, Keeping safe out and about.

SUMMER 1 (YEAR 3)

Citizenship
Rights of the child, Rights and Responsibilities, Recycling, Local community groups, Charity, Local democracy, Rules.

Summer 2

Economic Wellbeing

Ways of paying, Budgeting, How spending affects others, Impact of spending, Jobs and careers, Gender and careers

SPRING 1 & 2 (YEAR 4)

Safety and the Changing body

Internet safety: Age restrictions, Share aware, First Aid: Asthma, Privacy and secrecy, Consuming information online, Growing up, Introducing puberty, Tobacco

AUTUMN 1 (YEAR 4)

Families and relationships
Respect and manners, Healthy friendships, How my behaviour affects others, Bullying, Stereotypes: Gender, Stereotypes: Disability, Families in the wider world, Change and loss.

Autumn 2:

Health and Wellbeing

Looking after our teeth, Relaxation: Visualisation, Celebrating mistakes, Meaning and purpose: My role, My happiness, Emotions, Mental health.

SUMMER 1 (YEAR 4)

Citizenship

What are human rights, Caring for the environment, Community, Contributing, Diverse communities, Local councillors.

Summer 2

Economic Wellbeing

Spending choices, keeping track of money, Looking after money, Influences on career choices, Changing job.

AUTUMN 1 (YEAR 5)

Families and relationships
Build a friend, Friendship skills, Marriage, Respecting myself, Family life, Bullying, Stereotyping: Gender, Stereotypes: Race and Religion.

Autumn 2

Health and Wellbeing

Relaxation: Yoga, The importance of rest, Embracing failure, Going for goals, Taking responsibility for my feelings, Healthy meals, Sun safety.

SPRING 1 & 2 (YEAR 5)

Safety and the Changing body

Online friendships, Staying safe online, Puberty, Menstruation, Emotional changes in puberty, First Aid: Bleeding and head injuries, Alcohol, drugs and tobacco: Making decisions.

SUMMER 1 (YEAR 5)

Citizenship

Breaking the law, Rights and responsibilities, Protecting the planet, Contributing to the community, Pressure groups, Parliament.

Summer 2

Economic Wellbeing

Borrowing, Income and expenditure, Risks with money, Prioritising spending, Stereotypes in the workplace.

AUTUMN (EYFS)

Talking about people that hold a special place in their lives. Identifying feelings.

SUMMER (EYFS)

Taking on challenges: Why do we have rules? My wellbeing: What is exercise? Healthy eating.

SPRING (EYFS)

Building relationships, special relationships.

What makes a good friend? Being a good friend.

AUTUMN 1 (Year 2)

Family & Relationships

Families offer stability and love, Families are all different, Other people's feelings, Unhappy friendships, Introduction to manners and courtesy, Change and Loss, Gender stereotypes: Careers and jobs.

Autumn 2

Health and Wellbeing

Experiencing different emotions, Being active, Relaxation: Breathing exercises, Steps to success, Developing a growth mindset, Healthy diet, Looking after our teeth.

SPRING (Year 2)

Safety and the Changing Body

Introduction to the internet, Communicating online, Secrets and surprises, Appropriate contact: My private parts, My private parts are private, Respecting personal boundaries, Road safety, Crossing roads safely, Staying safe with medicine.

SUMMER 1 (Year 2)

Citizenship

Rules beyond school, Our school environment, our local environment, Job roles in our local community, Similar yet different—my local community, School council, Giving my opinion.

Summer 2

Economic Wellbeing

Where money comes from, Needs and wants, Wants and needs, Looking after money, Jobs.

AUTUMN 1 (YEAR 6)

Family & Relationships

Respect, Respectful relationships, Stereotypes: Attitudes, Challenging stereotypes, Resolving conflict, Change and loss.

Autumn 2

Health and Wellbeing

What can I be? Relaxation: Mindfulness, Taking responsibility for my health, The impact of technology on health, Resilience toolbox, Immunisation, Good and bad habits, Physical health concerns.

SPRING 1 & 2 (YEAR 6)

Safety and the Changing body

Alcohol, Critical digital consumers, Social media, Physical and emotional changes of puberty, Conception *, Pregnancy and birth *. First Aid: Choking, First Aid: Basic life support.

SUMMER 1 (YEAR 6)

Citizenship

Human rights, Food choices and the environment, Caring for others, Prejudice and discrimination, Valuing diversity, National democracy.

Summer 2

Economic Wellbeing

Attitudes to money, Keeping money safe, Gambling, What jobs are available, Career routes.

Identity: Yr 6 only

What is identity, Identity and body image.