

NEW 2022-23 PSHE Programme of Study - Long term overview KS1

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 1</u>	<p><u>What is the same and different about us?</u> Relationships Ourselves and others; similarities and differences; individuality; our bodies PoS refs: H21, H22, H23, H25, R13, R23, L6, L14</p>	<p><u>Who is special to us?</u> Relationships Ourselves and others; people who care for us; groups we belong to; families PoS refs: L4, R1, R2, R3, R4, R5</p>	<p><u>What helps us stay healthy?</u> Health and wellbeing Being healthy; hygiene; medicines; people who help us with health PoS refs: H1, H5, H6, H7, H10, H39</p>	<p><u>What can we do with money?</u> Living in the wider world Money; making choices; needs and wants PoS refs: L10, L11, L12, L13 <u>Growth Mindset – Katherine Lancaster</u> Being resilient, not giving up, saying ‘I can’.</p>	<p><u>Who keeps us safe?</u> Health and wellbeing Keeping safe; people who help us PoS refs: H33, H35, H36, R15, R20, L5</p>	<p><u>How can we look after each other and the world?</u> Living in the wider world Ourselves and others; the world around us; caring for others; growing and changing PoS refs: H26, H27, R21, R22, R24, R25, L2, L3</p>
<u>Year 2</u>	<p><u>What makes a good friend?</u> Relationships Friendship; feeling lonely; managing arguments PoS refs: R6, R7, R8, R9, R25</p>	<p><u>What is bullying?</u> Relationships Behaviour; bullying; words and actions; respect for others PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25</p>	<p><u>What helps us to grow and stay healthy?</u> Health and wellbeing Being healthy: eating, drinking, playing and sleeping PoS refs: H1, H2, H3, H4, H8, H9</p>	<p><u>What helps us to stay safe?</u> Health and wellbeing Keeping safe; recognising risk; rules PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9</p>	<p><u>What jobs do people do?</u> Living in the wider world People and jobs; money; role of the internet PoS refs: L15, L16, L17, L7, L8</p>	<p><u>How do we recognise our feelings?</u> Health and wellbeing Feelings; mood; times of change; loss and bereavement; growing up PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H27</p>