



Spreyton School PSHE Overview



As we are a very small school at Spreyton we have a unique challenge to ensure that all children make progress at their own level, and have a pathway through our curriculum that supports their learning at an appropriate level for their year group, while being taught in a class with 4 year groups.

We follow the excellent 'You, me and PSHE' scheme which offers a comprehensive programme through 7 different areas:

- Sex and relationship education
- Drug, alcohol and tobacco education
- Keeping safe and managing risk
- Mental health and emotional wellbeing
- Physical health and wellbeing
- Careers, financial capability and economic wellbeing
- Identity, society and equality

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With particularly sensitive topics, such as some Drug alcohol and tobacco units, and some SRE topics, children will be taught these in 3/4 and 5/6 groups, to ensure they are taught at an age-appropriate time.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Year A	Y2 Autumn 1 Physical health and wellbeing: What keeps me healthy? Pupils learn: - - about eating well - about the importance of physical activity, sleep and rest - about people who help us to stay healthy and well and about basic health and hygiene routines	Y2 Summer 1 unit Keeping safe and managing risk: Indoors and outdoors Pupils learn: - about keeping safe in the home, including fire safety - about keeping safe outside - about road safety	Y2 Spring 1 unit (1st half) Sex and relationship education: Boys and girls, families Pupils learn: -to understand and respect the differences and similarities between people -about the biological differences between male and female animals and their role in the life cycle -the biological differences between	Y1 Spring 2 unit Drug, alcohol and tobacco education: What do we put into and on to bodies? Pupils learn: - about what can go into bodies and how it can make people feel	Y1 Summer 1 Unit Mental health and emotional wellbeing: Feelings Pupils learn: -about different types of feelings - about managing different feelings - about change or loss and how this can feel	Y1 Summer 2 Unit Careers, financial capability and economic wellbeing: My money Pupils learn: -about where money comes from and making choices when spending money - about saving money and how to keep it safe - about the different jobs people do

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			male and female children			
KS2 Year B	Y2 Autumn 2 unit Mental health and emotional wellbeing: Friendship Pupils learn: <ul style="list-style-type: none">- about the importance of special people in their lives- about making friends and who can help with friendships- about solving problems that might arise with friendships	Y 1 Spring 1 Unit Identity, society and equality: Me and others Pupils learn: <ul style="list-style-type: none">- about what makes themselves and others special- about roles and responsibilities at home and school- about being cooperative with others	Y1 Autumn 2 unit Keeping safe and managing risk: Feeling safe Pupils learn: <ul style="list-style-type: none">- safety in familiar situations- about personal safety- about people who help keep them safe outside the home	Year 2 Spring 2 unit (second half) Sex and relationship education: Boys and girls, families Pupils learn: <ul style="list-style-type: none">- about growing from young to old and that they are growing and changing- that everybody needs to be cared for and ways in which they care for others- about different types of family and how their homelife is special	Year 2 Summer 2 unit Drug, alcohol and tobacco education: Medicines and me Pupils learn: <ul style="list-style-type: none">- why medicines are taken- where medicines come from- about keeping themselves safe around medicines	Year 1 Autumn 1 unit Physical health and wellbeing: Fun times Pupils learn: <ul style="list-style-type: none">- about food that is associated with special times, in different cultures- about active playground games from around the world- about sun-safety
Year A (2022 – 23) (2026 – 27)	Y3 Identity, society and equality Celebrating difference Pupils learn: <ul style="list-style-type: none">- Pupils learn about valuing the similarities and differences	Y3 Keeping safe and managing risk Bullying – see it, say it, stop it Pupils learn: <ul style="list-style-type: none">- to recognise bullying and how it can make people feel	Y4 Drug, alcohol and tobacco education Making choices Pupils learn: <ul style="list-style-type: none">- that there are drugs (other than medicines) that are com-	Y4 Physical health and wellbeing What is important to me? Pupils learn: <ul style="list-style-type: none">- why people may eat or avoid certain foods (religious, moral, cul-	Y6 Mental health and emotional wellbeing Healthy minds <ul style="list-style-type: none">- Pupils learn what mental health is- about what can affect mental health	Y5 Careers, financial capability and economic wellbeing Borrowing and earning money <ul style="list-style-type: none">- Pupils learn that money can be bor-

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	between themselves and others - Pupils learn about what is meant by community - Pupils learn about belonging to groups	- about different types of bullying and how to respond to incidents of bullying - about what to do if they witness bullying	mon in everyday life, and why people choose to use them - about the effects and risks of drinking alcohol - about different patterns of behaviour that are related to drug use	tural or health reasons) about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) - about the importance of getting enough sleep	and some ways of dealing with this - about some everyday ways to look after mental health - about the stigma and discrimination that can surround mental health	rowed but there are risks associated with this - Pupils learn what influences people's decisions about careers
Year B (2023 – 24) (2027 – 28)	Y6 Identity, society and equality Human rights Pupils learn: - about people who have moved from other places, (including the experience of refugees) - about human rights and the UN Convention on the Rights of the Child - about homelessness	Y3 Physical health and wellbeing What helps me choose? Pupils learn about making healthy choices about food and drinks 2. Pupils learn about how branding can affect what foods people choose to buy 3. Pupils learn about keeping active and some of the challenges of this	Y4 Sex and relationship education Growing up and changing - Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty	Y4 Sex and relationship education Growing up and changing - Pupils learn strategies to deal with feelings in the context of relationships - Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it.	Y5 Keeping safe and managing risk When things go wrong Pupils learn: - about keeping safe online - that violence within relationships is not acceptable about problems that occur when someone is missing from home	Y6 Drug, alcohol and tobacco education Weighing up risk Pupils learn: - about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs - about assessing the level of risk in different situations involving drug use - about ways to manage risk in situations involving drug use

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Year C (2024 – 25) (2028 – 29)	Y3 Mental health and emotional wellbeing Strengths and challenges - Pupils learn about celebrating achievements and setting personal goals - Pupils learn about dealing with put-downs - Pupils learn about positive ways to deal with set-backs	Y3 Drug, alcohol and tobacco education Tobacco is a drug Pupils learn: - the definition of a drug and that drugs (including medicines) can be harmful to people - about the effects and risks of smoking tobacco and secondhand smoke - about the help available for people to remain smoke free or stop smoking	Y3 Careers, financial capability and economic wellbeing Saving, spending and budgeting - Pupils learn about what influences people's choices about spending and saving money - Pupils learn how people can keep track of their money their money - Pupils learn about the world of work	Y 5 Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia) Pupils learn: - about stereotyping - about prejudice/ discrimination and how this can make people feel	Y6 Keeping safe and managing risk Keeping safe - out and about FGM - Pupils learn about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure - about the consequences of antisocial behaviour (including gangs and related behaviour)	Y5 Physical health and wellbeing In the media Pupils learn: - that messages given on food adverts can be misleading - about role models - about how the media can manipulate images and that these images may not reflect reality
Year D (2025 – 26) (2029 – 30)	Y4 Keeping safe and managing risk Playing safe Pupils learn how to be safe in their computer gaming habits. - about keeping safe near roads, rail, water, building sites and around fireworks - about what to do in an emergency and basic emergency first	Y4 Identity, society and equality Democracy Pupils learn about Britain as a democratic society - about how laws are made - about the local council	Y5 Mental health and emotional wellbeing Dealing with feelings Pupils learn - about a wide range of emotions and feelings and how these are experienced in the body - about times of change and how this can make people feel - about the feelings	Y5 Drug, alcohol and tobacco education Different influences Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis - about different influences on drug use –alcohol, tobacco and nicotine products	Y 6 Sex and relationship education Healthy relationships / How a baby is made 5. Pupils learn how a baby is made and grows (conception and pregnancy) 7. Pupils learn to answer each other's questions about sex and relationships with confidence,	Y 6 Sex and relationship education Healthy relationships / How a baby is made

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	aid procedures		associated with loss, grief and bereavement	- strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol	where to find support and advice when they need it	
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