



Westover Primary School – Subject Knowledge Progression PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p>Concept: Me and my relationships</p> <p>Themes: Feelings, Getting help.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising and respecting difference, Being kind and caring.</p>	<p>Concept: Keeping safe</p> <p>Themes: Asking for help, Keeping healthy, Staying safe around medicines.</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Taking care, Making choices.</p>	<p>Concept: Being my best</p> <p>Themes: Making healthy choices, Being persistent.</p>	<p>Concept: Growing and changing</p> <p>Themes: Life cycles, Girls and boys.</p>
Year 1	<p>Concept: Me and my relationships</p> <p>Themes: Feelings, Getting help, Classroom rules.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising, valuing and celebrating difference, Developing tolerance.</p>	<p>Concept: Keeping safe</p> <p>Themes: How our feelings can keep up safe, Keeping healthy, Medicine safety.</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Looking after things.</p>	<p>Concept: Being my best</p> <p>Themes: Keeping healthy, Growth Mindset.</p>	<p>Concept: Growing and changing</p> <p>Themes: Getting help, Becoming independent, Body parts.</p>
Year 2	<p>Concept: Me and my relationships</p> <p>Themes: Bullying and teasing, Our school rules about bullying, Being a good friend, Feelings/self-regulation</p>	<p>Concept: Valuing Difference</p> <p>Themes: Being kind and helping others, Listening skills.</p>	<p>Concept: Keeping Safe</p> <p>Themes: Safe and unsafe secrets, Appropriate touch, Medicine safety.</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Cooperation and self-regulation.</p>	<p>Concept: Being my best</p> <p>Themes: Growth mindset, Looking after my body.</p>	<p>Concept: Growing and changing</p> <p>Themes: Being supportive, Dealing with loss, Life cycles.</p>

Year 3	<p>Concept: Me and my relationships</p> <p>Themes: Cooperation, Friendship.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising and respecting diversity, Being respectful and tolerant.</p>	<p>Concept: Keeping safe</p> <p>Themes: Managing risk, Drugs and their risks, Staying safe online.</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Skills we need to develop as we grow up, Helping and being helped.</p>	<p>Concept: Being my best</p> <p>Themes: Keeping myself healthy, Celebrating and developing my skills.</p>	<p>Concept: Growing and changing</p> <p>Themes: Keeping safe, Relationships, Menstruation.</p>
Year 4	<p>Concept: Me and My Relationships</p> <p>Themes: Recognising feelings, Bullying, Assertive skills.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising and celebrating difference including religions and cultural difference, Understanding and challenging stereotypes.</p>	<p>Concept: Keeping safe</p> <p>Themes: Managing risk, Understanding the norms of drug use (Cigarette and alcohol use), Influences.</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Making a difference (different ways of helping other or the environment), Media influence, Decisions about spending money.</p>	<p>Concept: Being my best</p> <p>Themes: Having choices and making decisions about my health, Taking care of my environment.</p>	<p>Concept: Growing and changing</p> <p>Themes: Body changes during puberty, Managing difficult feelings, Relationships including marriage.</p>
Year 5	<p>Concept: Me and my relationships</p> <p>Themes: Feelings, Friendship skills – including compromise, Assertive skills.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising and celebrating difference including religions and cultural, Influence and pressure of social media.</p>	<p>Concept: Keeping safe</p> <p>Themes: Managing risk including online safety, Norms around the use of legal drugs (tobacco, alcohol).</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Rights, respect and duties relating to my health, Decisions about lending, borrowing and spending.</p>	<p>Concept: Being my best</p> <p>Themes: Growing independence and taking responsibility, Media awareness and safety.</p>	<p>Concept: Growing and changing</p> <p>Themes: Managing difficult feelings, Managing change, Getting help.</p>

<p>Year 6</p>	<p>Concept: Me and my relationships</p> <p>Themes: Assertiveness, Cooperation, Safe/unsafe touches.</p>	<p>Concept: Valuing difference</p> <p>Themes: Recognising and reflecting on prejudice-based bullying, Understanding bystander behaviour.</p>	<p>Concept: Keeping safe</p> <p>Themes: Understanding emotional needs, Staying safe online, Drugs – norms and risks (including the law)</p>	<p>Concept: Rights and Responsibilities</p> <p>Themes: Earning and saving money, Understanding media bias (including social media), Caring: communities and the environment.</p>	<p>Concept: Being my best</p> <p>Themes: Aspirations and goal setting, Managing risk.</p>	<p>Concept: Growing and changing</p> <p>Themes: Self-esteem, Keeping safe, Body image.</p>
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