



Sandford Hill Primary School Curriculum Overview: P.S.H.E.

Thoughtfulness and Respect

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	What makes a good friend? <i>Ourselves and others; similarities and differences; friendships; families</i>		What is money used for? <i>Money; making choices; needs and wants</i>		What helps us to look after our teeth? How can we share our feelings? <i>Being healthy; hygiene; people who help us; feelings; changes and disagreements</i>	
Vocabulary	<i>Likes</i> <i>Dislikes</i> <i>Listen</i> <i>Share</i>		<i>Spending</i> <i>Saving</i>		<i>Feelings</i> <i>Teeth</i> <i>Brush</i> <i>Toothpaste</i> <i>Dentist</i> <i>Healthy</i> <i>Decay</i>	



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Year 1	What is the same and different about us? <i>Ourselves and others; similarities and differences; individuality; our bodies</i>	Who is special to us? <i>Ourselves and others; people who care for us; groups we belong to; families</i>	What helps us stay healthy? <i>Being healthy; hygiene; medicines; people who help us with help</i>	What can we do with money? <i>Choices; needs and wants</i>	Who helps to keep us safe? <i>Keeping safe; people who help us</i>	How can we look after each other and the world? <i>Ourselves and others; The world around us; caring for others; growing and changing</i>
Vocabulary	Strengths Male Female Private Parts	Special People Care Help	Healthy Medicine Hygiene Germs	Earned Choices Safe	Safe Stranger Emergency	Ourselves World Caring Growing



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Year 2	What makes a good friend? <i>Friendships; feeling lonely; managing arguments</i>	What is bullying? <i>Words and actions; respect for others</i>	What jobs do people do? <i>People and jobs; money; role of the internet</i>	What helps us to stay safe? <i>Keeping safe; recognising risk; rules</i>	What helps us grow and stay healthy? <i>Being healthy: eating, drinking, playing and sleeping</i>	How do we recognise our feelings? <i>Feelings; mood; times of change; loss and bereavement; growing up</i>
Vocabulary	Good Friend Lonely Arguments	Permission Physical Contact Bully Respect	Earn Jobs Strengths Interests	Risk Secrets Pressure Trustworthy	Sugar Active Screen-Time Sleep	Happy Sad Confident Proud



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Year 3	How can we be a good friend? <i>Friendships; making positives friendships, managing loneliness, dealing with arguments</i>	What keeps us safe? Keeping safe; at home and school; our bodies; hygiene; medicines and household products	What are families like? <i>Families; family life; caring for each other</i>	What makes a community? <i>Community; belonging to groups; similarities and differences; respect for others</i>	Why should we eat well and look after our teeth? <i>Being healthy: eating well, dental care</i>	Why should we keep active and sleep well? <i>Being healthy: keeping active, taking rest</i>
Vocabulary	Qualities Valuable Different Close	Hazards Appropriate Inappropriate Private	Step Parents Same Sex Parents Foster Adopted	Similarities Differences Respect	Nutrition Oral Hygiene Balanced Diet Advice	Physical Activity Choices Influences Wellbeing



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Year 4	What strengths, skills and interests do we have? <i>Self-esteem: self-worth; personal qualities; goal setting; managing set backs self-esteem,</i>	How do we treat each other with respect? <i>Respect for self and others; courteous behaviour; safety; human rights</i>	How can we manage our feelings? <i>Feelings and emotions; expression of feelings; behaviour</i>	What makes up a person's identity? <i>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</i>	How can our choices make a difference to others and the environment? <i>Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions</i>	How can we manage risk in different places? <i>Keeping safe; out and about; recognising and managing risk</i>
Vocabulary	Self-Esteem Individuality Set-Backs Resilience	Privacy Discrimination Respect Appropriate	Emotion Action Nervous Ashamed	Values Identity Stereotypes	People Animals Care Charity	Peers Influence Laws Anti-Social



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Year 5	How can we help in an accident or emergency? <i>Basic first aid, accidents, dealing with emergencies</i>	What decisions can people make with money? <i>Money; making decisions; spending and saving</i>	How will we grow and change? <i>Growing and changing; puberty</i>	How can friends communicate safely? <i>Friendships; relationships; becoming independent; online safety</i>	How can drugs common to everyday life affect health? <i>Drugs, alcohol and tobacco; healthy habits</i>	What jobs would we like? <i>Careers; aspirations; role models; the future</i>
Vocabulary	<i>Scalds Head Injury Choking Asthma</i>	<i>Current Account, Credit Risks Loans</i>	<i>Puberty Menstruation Emotions Personal Hygiene</i>	<i>Risk Consent, Pressure</i>	<i>Smoking, Alcohol Medicine Legal/Illegal Habit</i>	<i>Career Aspirations Role Models Future</i>



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Year 6	How can we keep healthy as we grow? <i>Looking after ourselves; growing up; becoming independent; taking more responsibility</i>		How can the media influence people? <i>Media literacy and digital resilience; influences and decision-making; online safety</i>		What will change as we become more independent? <i>How do friendships change as we grow? Different relationships, changing and growing, adulthood, independence, moving to secondary school</i>	
Vocabulary	<i>Mental Health Dental Hygiene Sleep Strategies</i>		<i>Reliable Influences Decision-Making Gambling</i>		<i>Relationships Marriage Civil Partnership Puberty</i>	