



St Joseph's PSHE & RSE Skills overview – You, Me PSHE - 2023/24

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	EYFS	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Nursery / Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn term 1 6 weeks	N/A	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 	Physical health and wellbeing: What keeps me healthy? Pupils learn: <ul style="list-style-type: none"> about eating well about the importance of physical activity, sleep and rest about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well 	Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn: <ul style="list-style-type: none"> the definition of a drug and that drugs (including medicines) can be harmful to people about the effects and risks of smoking tobacco and second-hand smoke about the help available for people to remain smoke free or stop smoking Asthma lesson for Year 2, 3 or 4 <ul style="list-style-type: none"> Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	Identity, society and equality: Democracy Pupils learn: <ul style="list-style-type: none"> about Britain as a democratic society about how laws are made about the local council 	Physical health and wellbeing: In the media Pupils learn: <ul style="list-style-type: none"> 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 	N/A

Autumn term 2
8 weeks

N/A

Keeping safe and managing risk: Feeling safe

Pupils learn:

- safety in familiar situations

about personal safety
about people who help keep them safe outside the home

Mental health and emotional wellbeing: Friendship

Pupils learn:
about the importance of special people in their lives

- about making friends and who can help with friendships (on and offline)
- about solving problems that might arise with friendships (on and offline)

Keeping safe and managing risk: Bullying – see it, say it, stop it

Pupils learn:

- to recognise bullying (including online) and how it can make people feel
- about different types of bullying and how to respond to incidents of bullying
- about what to do if they witness bullying

Drug, alcohol and tobacco education: Making choices

Pupils learn:

- that there are drugs (other than medicines) that are common 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

Asthma lesson for Year 2, 3 or 4
Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Identity, society and equality: Stereotypes, discrimination and prejudice

Pupils learn:

- about stereotyping, including gender stereotyping
- workshop from Diversity Role Models or Equaliteach
- about prejudice and discrimination and how this can make people feel

Relationship and Health Education: Healthy relationships

Spring term 1
5 weeks

<p>N/A</p>	<p>Identity, society and equality: Me and others</p> <p>Pupils learn: about what makes themselves and others special</p> <ul style="list-style-type: none"> • about roles and responsibilities at home and school • about being co-operative with others 	<p>N/A</p>	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks 	<p>Physical health and wellbeing: What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural 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 	<p>Keeping safe and managing risk: Making safer choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • how to keep safe when communicating with other people online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home 	<p>Drug, alcohol and tobacco education: Weighing up risk</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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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Spring term 2
6 weeks

<p>N/A</p>	<p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel 	<p>Relationships and health education: Boys and girls, families</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 • 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 home-life is special 	<p>Identity, society and equality: Celebrating difference</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about valuing the similarities and differences between themselves and others • about what is meant by community • about belonging to groups 	<p>Keeping safe and managing risk: Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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-aid procedures 	<p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 associated with loss, grief and bereavement 	<p>Identity, society and equality: Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about people who have moved to Islington from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child • about homelessness
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<p>Summer term 1 6 weeks</p>	<p>N/A</p>	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe online, including the benefits of going online • about keeping safe outside • about road safety 	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work 	<p>N/A</p>	<p>Drug, alcohol and tobacco education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • 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 • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>Mental health and emotional wellbeing: Healthy minds</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • what mental health is about what can affect mental health 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
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Summer term 2
7 weeks

N/A

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

Drug, alcohol and tobacco education: Medicines and me

Pupils learn:

- why medicines are taken
- where medicines come from
- about keeping themselves safe around medicines

Asthma lesson for Year 2, 3 or 4

- Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Physical health and wellbeing: What helps me choose?

Pupils learn:

- about making healthy choices about food and drinks
- about how branding can affect what foods people choose to buy
- about keeping active and some of the challenges of this

Relationship and Health Education: Growing up and Changing

Pupils learn:

- about the way we grow and change throughout the human lifecycle
- about physical hygiene and strategies for managing this.
- about emotions and behaviour and strategies for dealing with these.

Careers, financial capability and economic wellbeing: Borrowing and earning money

Pupils learn:

- that money can be borrowed but there are risks associated with this
- about enterprise
- what influences people's decisions about careers

Keeping safe and managing risk: Keeping safe - out and about

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 anti-social behaviour (including gangs and gang related behaviour)

FGM (female genital mutilation)

Pupils learn:

- about the importance for girls to be protected against FGM