

PHSE Subject Overview

	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
HEARTS Value	Human Kindness	Equality	Aspiration	Resilience	Teamwork	Self-belief
N	Develop sense and understanding of self and family – then make connections/ comparisons to other families Learn about different jobs – such as teachers PCSO Dentist visitors Talk about feelings with increasing vocabulary Self-select activities to achieve their goal Grow in confidence in social situations Increasing confidence in meeting own self care needs					
R	Identify and name emotions with support <i>(sad/happy/angry/calm)</i> Begin to resolve conflict with support - considering feelings of self and others Turn taking and patience skills	Identify feelings in self and others and begin to moderate emotions during play Begin to show resilience and perseverance when challenged <i>(My turn/your turn/try again/help)</i> Know about their own health and wellbeing - road safety/health eating and sleep	Develop confidence to talk about feelings in self and others and recognise emotions in others Be confident in managing basic hygiene and importance of healthy food choices <i>(toilet/wash hands/)</i> Recognise and talk about ways of keeping safe in familiar environments - e.g. home and school			
Year 1	How can we look after each other and the world?	What is the same and different about us?	What can we do with money?	What helps us stay healthy?	Who is special to us?	Who helps to keep us safe?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	How do we recognise our feelings?	What helps us to stay safe?	What can help us grow and stay healthy?
Year 3	What are families like?	What makes a community?	What keeps us safe?	How can we be a good friend?	Why should we keep active and sleep well?	Why should we eat well and look after our teeth?
Year 4	How can our choices make a difference to others and the environment?	How do we treat each other with respect?	How do we treat each other with respect?	How can we manage our feelings?	How can we manage risk in different places?	What strengths, skills and interests do we have?

Year 5	How can friends communicate safely?	What makes up our identity?	What jobs would we like?	How can we help in an accident or emergency?	What decisions can people make with money?	How can drugs common to everyday life affect health?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change and we become more independent? How do friendships change as we grow?	

*All year groups from 1-6 to complete the Manchester Healthy School matters growing and changing curriculum in Summer term.

Relationships
Health and well being
Living in the wider world

Children's learning is understood developmentally The classroom offers a safe base The importance of transitions in children's lives All behaviour is communication
The importance of nurture in the development of well being Language is a vital means of communication