

PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p>MHM: Meet Your Brain Main parts and functions of the brain. Caring for your brain.</p> <p>This is Me Different groups they belong to. Types of families, roles and responsibilities.</p>	<p>MHM: Celebrate Identify 5 key character strengths and how to spot them in themselves.</p>	<p>MHM: Appreciate The meaning of appreciation. Simple ways to show appreciation.</p> <p>Money Matters Basic understanding of money, its uses and jobs people do.</p>	<p>MHM: Relate How to get along with others and solve conflict.</p> <p>Keeping Safe Uses of the internet and simple ways to stay safe online.</p>	<p>MHM: Engage Types of activities they can engage in. Setting goals and how these can be achieved.</p> <p>Keeping Safe Keeping safe in unfamiliar environments and how respond to feeling unsafe.</p>	<p>Our Bodies What parts of the body are private (NSPCC Pantasaurus). The importance of keeping physically healthy, including dental hygiene.</p>
2	<p>MHM: Meet Your Brain How the brain helps us to make decisions. 'Flight, fight or freeze'.</p> <p>This is Me Rules and expectations. Why rules are needed (Fundamental British Values).</p>	<p>MHM: Celebrate Understand character strengths in own self and others, how to grow your character strengths.</p>	<p>MHM: Appreciate How to develop a grateful attitude. How appreciation makes others feel.</p> <p>Online Safety Understanding online behaviour. Where to access support for harmful content online.</p>	<p>MHM: Relate Relating to others when conflict arises. Active listening as a tool in conflict.</p> <p>Money Matters The different types of money and payment. Spending and saving.</p>	<p>MHM: Engage Setting achievable goals. How goals support us to collaborate with others.</p> <p>Keeping Safe Safety within the home, including electrical appliances and medications.</p>	<p>Our Bodies To name the main parts of the body including external genitalia. Responding to uncomfortable physical touch.</p>
3	<p>MHM: Meet Your Brain How to focus the mind and train the brain. The role of neurons and neural pathways in learning.</p>	<p>MHM: Celebrate How genetics and experiences shape our character. Using character strengths to approach different situations.</p>	<p>MHM: Appreciate The role of dopamine release when developing a grateful and calm attitude.</p> <p>Money Matters (MyBnk) The risks associated with money and how to keep money safe.</p>	<p>MHM: Relate The role of neuroplasticity when relating to others. How active listening benefits friendships.</p>	<p>MHM: Engage How feelings influence the ability to achieve at something. Perseverance and resilience in relation to goal setting.</p> <p>Keeping Safe Safety in the local environment. Basic first aid – stings and bites.</p>	<p>Our Bodies Privacy and confidentiality and when it's appropriate to break this. Seeking permission from others before doing something. Sun safety. Choices that support a healthy lifestyle.</p>
4	<p>MHM: Meet Your Brain How the amygdala responds to real and perceived danger. Structure of the brain and relation to neural pathways.</p> <p>Our World The environment and how to carry out shared responsibilities.</p>	<p>MHM: Celebrate How strength spotting leads to neuropathways being created and how this forms habits. Strength spotting develops our self-esteem.</p>	<p>MHM: Appreciate The domino effect that relates to a grateful attitude. How neuroplasticity relates to gratitude.</p>	<p>MHM: Relate How seeing things from other perspectives will support neuroplasticity.</p>	<p>MHM: Engage The role of dopamine release when someone sets a goal and works towards it.</p> <p>Keeping Safe How to react in an emergency situation. Basic first aid – asthma and allergies.</p>	<p>Our Bodies Personal hygiene and how hygiene routines change during puberty. Respecting others relationships and recognising that people may be attracted to the same sex.</p>
5	<p>MHM: Meet Your Brain The difference between brain and mind. How to manage the hormones dopamine and cortisol in the brain.</p>	<p>MHM: Celebrate How the character strengths are sorted into 6 virtues. How neuroplasticity allows them to move and grow their strengths.</p>	<p>MHM: Appreciate How gratitude leads to dopamine release. How to practically complete acts of gratitude.</p> <p>Money Matters (MyBnk) The different attitudes towards saving. How money can impact on people's emotions and feelings.</p>	<p>MHM: Relate Individual top strengths and virtues. Taking others perspectives and storing this in the hippocampus.</p> <p>Online Safety The positive and negatives of social media. The role of misinformation online.</p>	<p>MHM: Engage How feelings impact dopamine and cortisol release and how this can impact goal setting.</p> <p>Keeping Safe Identifying situations that require the emergency services. Basic first aid – bleeding and shock.</p>	<p>Our Bodies Change and loss and how to deal with grief. Identifying external genitalia and internal reproductive organs. The physical and emotional changes that take place in puberty.</p>
6	<p>MHM: Meet Your Brain Self-regulation strategies in times of stress. The link between thoughts, feelings and actions.</p>	<p>MHM: Celebrate How to transfer character strengths to secondary school to support them.</p> <p>Stereotypes What stereotypes are and how to challenge them. What prejudice is and how to respond to witnessing this.</p>	<p>MHM: Appreciate To develop perspective on gratitude and apply it to new situations.</p> <p>Money Matters The risks of gambling and the impact on everyday life.</p>	<p>MHM: Relate Using their relationship powers at secondary school.</p> <p>Keeping Safe The risks and effects of legal drugs.</p> <p>Online Safety Distribution of images and data online and the risks associated.</p>	<p>MHM: Engage Setting goals related to transition.</p> <p>Keeping Safe Where to access support for physical and mental health.</p>	<p>Our Bodies The role of marriage and how this can be between same sex couples. That forced marriage is a crime and where to access support. For some people that biological sex does not correspond with gender. The process of human reproduction as part of a life cycle.</p>