

## Primary 'I Matter' PSHE Overview/Assessment

Year Group	Relationships Education	Mental and emotional Health	Keeping Safe	Healthy Life Styles	Living in a wider world
Year 1	<p>1) <b>Families</b> Who are the people in my live who love and care for me?</p> <p>2) <b>Differences</b> What are the differences and similarities between people?</p> <p>3) <b>Body parts</b> What are the similarities between girls and boys? (Body parts)</p>	<p>1) <b>Feelings</b> What makes me happy? What are feelings?</p> <p>2) <b>Secrets</b> What is the difference between good secrets and bad secrets?</p> <p>3) <b>Behaviour</b> How does my behaviour affect others?</p>	<p>1) <b>Safe at school and at home</b> What are the rules for keeping me safe at school and outside?</p> <p>2) <b>Safe at home</b> What are rules about household substances?</p> <p>3) <b>Emergency</b> What is an emergency and what do I do?</p>	<p>1) <b>Healthy foods</b> What foods should I eat?</p> <p>2) <b>Healthy Teeth</b> How can I look after my teeth?</p> <p>3) <b>Hand Washing</b> Why is it important to wash my hands?</p>	<p>1) <b>Class rules</b> What are class rules? (British Values)</p> <p>2) <b>Recognising money</b> Where does our money come from?</p> <p>3) <b>Environment</b> What is the environment?</p>
Year 2	<p>1) <b>Privacy and unwanted touch</b> What is private? (body parts)</p> <p>2) <b>Growing up</b> What happens when the body grows young to old?</p> <p>3) <b>Fair and unfair</b> What is fair, unfair, kind and unkind? (friendship)</p>	<p>1) <b>Big and small feelings</b> What is the difference between small feelings and big feelings?</p> <p>2) <b>Online safety</b> How can I keep safe online?</p> <p>3) <b>Joking or bullying</b> What makes others happy? What is the different between joking, teasing and bullying?</p>	<p>1) <b>Feeling unwell</b> How do medicines help us when we are unwell?</p> <p>2) <b>safe at home</b> How do I keep safe at home?</p> <p>3) <b>My responsibilities</b> What is my responsibility for keeping myself and others safe?</p>	<p>1) <b>Keeping Healthy</b> How do I keep myself healthy?</p> <p>2) <b>Keeping active</b> Why is it important to keep active?</p> <p>3) <b>Infection Prevention</b> How can I prevent diseases spreading?</p>	<p>1) <b>Groups in the community</b> What groups and communities am I a part of?</p> <p>2) <b>Spending money</b> How do we make choices about spending money?</p> <p>3) <b>Environment</b> How can we look after the environment?</p>
Year 3	<p>1) <b>Personal space- unwanted touch</b> What is personal space?</p> <p>2) <b>Healthy relationships</b> What does a healthy relationship look like?</p> <p>3) <b>Equal relationships</b> Why is being equal important in relationships?</p>	<p>1) <b>Emotions</b> How do my feelings affect my behaviour? How can I manage my feelings?</p> <p>2) <b>Communicating online</b> What are the ways we communicating online?</p> <p>3) <b>Strengths and differences</b> What am I good at?</p>	<p>1) Smoke in the air What happens when I breathe smoke in the air?</p> <p>2) Recognising risk How do I recognise risks in my life?</p> <p>3) <b>Responding to an Emergency</b> What do I do in an emergency?</p>	<p>1) <b>Healthy Diet</b> What is a healthy diet? What is an unhealthy diet?</p> <p>2) <b>Sun Safe</b> How do I keep safe in the sun?</p> <p>3) <b>Personal Hygiene</b> Why is personal hygiene important?</p>	<p>1) <b>Rules and Law</b> How do rules and law protect me?</p> <p>2) <b>Communities</b> What is the difference between my local British communities and global communities?</p> <p>3) <b>Work and money</b> What are the links between work and money?</p>

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Year 4	<p>1) <b><u>Diversity</u></b> What is diversity?</p> <p>2) <b><u>Gender roles</u></b> Do boys and girls have different roles?</p> <p>3) <b><u>Changes to my body</u></b> What changes happen to my body?</p>	<p>1) <b><u>Resilience</u></b> What is resilience?</p> <p>2) <b><u>Actions and responsibilities</u></b> What does it mean to have responsibility over my choices and actions?</p> <p>3) <b><u>Discrimination</u></b> What is discrimination?</p>	<p>1) <b><u>Managing risk</u></b> How do I manage risks in my life?</p> <p>2) <b><u>self-control</u></b> What is self-control?</p> <p>3) <b><u>Types of drugs</u></b> What is the difference between legal and illegal drugs? Are all drugs harmful?</p>	<p>1) <b><u>Sleeping well</u></b> How do I make sure I sleep well?</p> <p>2) <b><u>Healthy Diet</u></b> What is fuel for the body?</p> <p>3) <b><u>Feeling ill</u></b> How do I know if I'm physically ill?</p>	<p>1) <b><u>Rights of a child</u></b> What are the rights of the child?</p> <p>2) <b><u>looking after money</u></b> How do we look after our money?</p> <p>3) <b><u>Sustainability</u></b> What is sustainability?</p>
Year 5	<p>1) <b><u>What is Puberty?</u></b> What is puberty?</p> <p>2) <b><u>Different Relationships</u></b> What are the different relationships in my life?</p> <p>3) <b><u>Unwanted touch</u></b> What is unwanted touch?</p> <p>4) <b><u>What is FGM?</u></b> Understanding FGM</p>	<p>1) <b><u>Mental Health</u></b> What is mental health?</p> <p>2) <b><u>Negotiation and compromise</u></b> How do I negotiate and compromise?</p> <p>3) <b><u>Safety on devices</u></b> How do I stay safe on a mobile or tablet?</p> <p>4) <b><u>Personal qualities</u></b> How can I be happy being me? (body image)</p>	<p>1) <b><u>Dealing with dares</u></b> How do I respond to dares?</p> <p>2) <b><u>Habits</u></b> What are 'habits'?</p> <p>3) <b><u>Influences</u></b> Who or what influences me?</p>	<p>1) <b><u>Vaccines</u></b> How can we stop the spread of infection?</p> <p>2) <b><u>Balanced Diet</u></b> Why is it important to know about nutritional content of food?</p>	<p>1) <b><u>Rules and law</u></b> How are rules and law made and changed?</p> <p>2) <b><u>Fairtrade</u></b> What is Fair Trade?</p> <p>3) <b><u>Enterprise</u></b> How can I develop my enterprise skills?</p>
Year 6	<p>1) <b><u>What is Puberty?</u></b> What is puberty?</p> <p>2) <b><u>What is FGM?</u></b> Understanding FGM</p>	<p>1) <b><u>Challenging negative feelings</u></b> How can I challenge negative thoughts and feelings?</p> <p>2) <b><u>Challenging stereotypes</u></b> What is stereotyping?</p> <p>3) <b><u>Internet and mental health</u></b> How can the internet positively and negatively affect our mental health?</p>	<p>1) <b><u>Different drugs</u></b> How do drugs affect the mind and body?</p> <p>2) <b><u>Peer pressure</u></b> How do I manage peer pressure?</p> <p>3) <b><u>Basic first aid</u></b> What are basic emergency</p>	<p>1) <b><u>Mental and physical well being</u></b> How is my mental and physical wellbeing connected?</p> <p>2) <b><u>Keeping physically healthy</u></b> How do I keep physically healthy?</p> <p>3) <b><u>Healthy Meals</u></b> Can I plan and prepare a healthy meal</p>	<p>1) <b><u>Media</u></b> Why is it important to be critical of the media online and offline?</p> <p>2) <b><u>Managing money</u></b> How do people manage money?</p> <p>3) <b><u>Aspirations</u></b> What do I want to be?</p>