



PSHE and Citizenship Overview

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental Wellbeing	Growing and changing	Keeping safe
Year 1	<p>Roles of different people; families; feeling cared for</p> <p>https://classroom.thenational.academy/lessons/my-special-people-69k64c</p> <p>https://classroom.thenational.academy/lessons/my-family-network-75j64c</p> <p>https://classroom.thenational.academy/lessons/my-special-circles-cnk6ad</p> <p>https://classroom.thenational.academy/lessons/my-special-peoples-circles-cnk6ad</p>	<p>Recognising privacy; staying safe; seeking permission</p> <p>https://classroom.thenational.academy/lessons/say-no-6cu3cc</p> <p>https://classroom.thenational.academy/lessons/a-private-life-is-a-happy-life-6mtp2d</p>	<p>How behaviour affects others; being polite and respectful</p> <p>https://classroom.thenational.academy/lessons/who-am-i-6hgkjc</p> <p>https://classroom.thenational.academy/lessons/hats-not-fair-ccv3cc</p> <p>https://classroom.thenational.academy/lessons/forever-friends-68ukec</p>	<p>What rules are; caring for others' needs; looking after the environment</p> <p>https://classroom.thenational.academy/lessons/community-care-c9gp6t</p> <p>https://classroom.thenational.academy/lessons/we-are-all-responsible-64vk0r</p>	<p>Using the internet and digital devices; communicating online</p> <p>https://www.bbc.co.uk/bitesize/clips/zcvr9j6-clip-what-is-the-internet?</p> <p>Twinkl pp-internet safety</p>	<p>Strengths and interests; jobs in the community</p> <p>https://classroom.thenational.academy/lessons/local-heroes-cmw66c</p> <p>https://classroom.thenational.academy/lessons/my-hobbies-74vkcd</p>	<p>Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p>https://classroom.thenational.academy/lessons/health-is-wealth-6rukct</p> <p>https://classroom.thenational.academy/lessons/i-feel-good-6nh6cd</p> <p>https://classroom.thenational.academy/lessons/bye-sugar-c4w34t</p> <p>https://classroom.thenational.academy/lessons/health-y-helpers-74t3et</p>	<p>Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>https://classroom.thenational.academy/lessons/all-about-me-c5h68d</p>	<p>How rules and age restrictions help us; keeping safe online</p> <p>https://classroom.thenational.academy/lessons/safety-first-ccu64t</p> <p>https://classroom.thenational.academy/lessons/online-heroes-65j3at</p>

	my/lessons/one-big-family-74vp2e		https://classroom.thenational.academy/lessons/listening-ears-60w3gt				https://classroom.thenational.academy/lessons/fun-in-the-sun-6th3ed		
Year 2	<p>Making friends; feeling lonely and getting help</p> <p>https://classroom.thenational.academy/lessons/who-am-i-6hgkjc</p> <p>https://classroom.thenational.academy/lessons/thats-not-fair-ccv3cc</p> <p>https://classroom.thenational.academy/lessons/forever-friends-68ukec</p> <p>https://classroom.thenational.academy/lessons/listening-ears-60w3gt</p>	<p>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>https://classroom.thenational.academy/lessons/surprise-6rvpae</p> <p>https://classroom.thenational.academy/lessons/say-no-6cu3cc</p> <p>https://classroom.thenational.academy/lessons/stand-up-to-bullying-c4u6ac</p>	<p>Recognising things in common and differences; playing and working cooperatively; sharing opinions</p> <p>https://classroom.thenational.academy/lessons/all-about-me-c5h68d</p> <p>https://classroom.thenational.academy/lessons/one-big-family-cthp2c</p> <p>https://classroom.thenational.academy/lessons/my-hobbies-74vkcd</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>https://classroom.thenational.academy/lessons/team-player-6mrpcd</p> <p>https://classroom.thenational.academy/lessons/belonging-64wk8c</p> <p>https://classroom.thenational.academy/lessons/community-care-c9gp6t</p> <p>https://classroom.thenational.academy/lessons/we</p>	<p>The internet in everyday life; online content and information</p> <p>https://www.bbc.co.uk/bitesize/clips/zcvr9j6</p> <p>What is the Internet video clip.</p>	<p>What money is; needs and wants; looking after money</p> <p>https://natwest.mymoney.com/teachers/resources-5-8s/</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>https://classroom.thenational.academy/lessons/health-is-wealth-6rukct</p> <p>https://classroom.thenational.academy/lessons/i-feel-good-6nh6cd</p> <p>https://classroom.thenational.academy/lessons/bye-sugar-c4w34t</p>	<p>Growing older; moving class or year</p> <p>https://www.bbc.co.uk/bitesize/clips/z4tmhyc</p> <p>BBC clip KS1 Growth and change video clip</p> <p>Twinkle Growing and changing lesson and resources pack Year 2</p>	<p>Safety in different environments; risk and safety at home; emergencies</p> <p>https://classroom.thenational.academy/lessons/999-whats-your-emergency-cgv3gd</p>

				are-all-responsible-64vk0r			https://classroom.thenational.academy/lessons/healthy-helpers-74t3et		
Year 3	<p>What makes a family; features of family life</p> <p>https://classroom.thenational.academy/lessons/commUNITY-care-cctp8c</p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>https://learning.nspcc.org.uk/research-resources/schools/pants-teaching</p>	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>https://plpri.marystars.com/resources/do-the-right-thing</p> <p>https://plpri.marystars.com/resources/diversity</p>	<p>The value of rules and laws; rights, freedoms and responsibilities</p> <p>https://classroom.thenational.academy/lessons/the-mayor-making-ceremony-6wwp4c</p> <p>https://classroom.thenational.academy/lessons/i-have-a-dream-crtkid</p> <p>https://classroom.thenational.academy/lessons/i-are-all-responsible-64vk0r</p>	<p>How the internet is used; assessing information online</p> <p>https://classroom.thenational.academy/lessons/images-in-the-media-cdk32r</p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p> <p>https://classroom.thenational.academy/lessons/employment-71h3ct</p> <p>https://classroom.thenational.academy/lessons/men-and-women-at-work-c8v3et</p>	<p>Health choices and habits; what affects feelings; expressing feelings</p> <p>https://classroom.thenational.academy/lessons/life-is-all-about-balance-crwk6r</p> <p>https://classroom.thenational.academy/lessons/food-glorious-food-64vkec</p> <p>https://classroom.thenational.academy/lessons/healthy-helpers-74t3et</p>	<p>Personal strengths and achievements; managing and reframing setbacks</p>	<p>Risks and hazards; safety in the local environment and unfamiliar places</p> <p>https://classroom.thenational.academy/lessons/beautiful-explosions-6hh3gt</p> <p>https://classroom.thenational.academy/lessons/hazardous-in-the-home-6mt68c</p> <p>https://classroom.thenational.academy/lessons/risks-and-hazards-6mt68c</p>

				<p>have-rights-64v3et</p> <p>https://classroom.thenational.academy/lessons/i-roll-with-my-role-65h3qr</p> <p>https://classroom.thenational.academy/lessons/rules-rule-6rrpcc</p>			<p>my/lessons/time-to-get-active-cth62c</p>		<p>my/lessons/king-of-the-road-6mu36t</p> <p>https://classroom.thenational.academy/lessons/fireproof-64t3er</p>
Year 4	<p>Positive friendships, including online</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-share-aware-resources</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-</p>	<p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>https://www.thinkuknow.co.uk/professionals/resources/play-like-share/</p>	<p>Respecting differences and similarities; discussing difference sensitively</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/premier-league-primary-stars</p>	<p>What makes a community; shared responsibilities</p> <p>https://classroom.thenational.academy/lessons/community-care-cctp8c</p>	<p>How data is shared and used</p> <p>https://www.utofyourhands.com/online-safety/your-digital-footprint/</p> <p>https://mediasmart.uk.com/primary-resources/</p>	<p>Making decisions about money; using and keeping money safe</p> <p>https://nationalwest.mymoneynewsense.com/teachers/resources/s-5-8s/</p> <p>https://www.bbc.co.uk/bitesize/guides/znbmn39/video</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>https://classroom.thenational.academy/lessons/life-is-all-about-balance-crwk6r</p> <p>https://classroom.thenational.academy/lessons/pearly-whites-6tjkd</p> <p>https://www.dentalcare.co.uk/en-gb/patient-education/children-dental-</p>	<p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/betty-its-perfectly-</p>	<p>Medicines and household products; drugs common to everyday life</p> <p>https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zg982nb</p> <p>What are Medicines and drugs? video clip from the BBC.</p>

	<p>and-parent-zone-ks2-internet-safety</p> <p>https://www.thinkuknow.co.uk/professionals/resources/band-runner/</p>					(video on budgeting)	<p>health/lesson-plans</p> <p>https://www.bbc.co.uk/iplayer/episode/b03c8zzh/operation-ouch-series-2-episode-1 (Experiment to show plaque on teeth)</p> <p>https://www.bbc.co.uk/programmes/p01184in</p> <p>Clip The effects of different drinks on teeth</p>	<p>natural-0 Lessons on menstruation</p> <p>(CWP Resources Year 4 lesson 1 Changes and lesson 2 Puberty)</p> <p>(fpa.org.uk Growing up with Yasmine and Tom Module 3 Lessons 7 and 8)</p> <p>(fpa.org.uk module 2- lesson 7 Body Care)</p>	
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people;	Protecting the environment; compassion towards others	How information online is targeted;	Identifying job interests and	Healthy sleep habits; sun safety; medicines,	Personal identity; recognising individuality	Keeping safe in different situations, including

	<p>https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/peer-pressure/back-me-up</p>	<p>(fpa.org.uk Growing up with Yasmine and Tom-Module 3 – lesson 5 Keeping safe-safe and unsafe touch)</p> <p>(fpa.org.uk Growing up with Yasmine and Tom-Module 3-lesson 15 Getting help)</p>	<p>recognising prejudice and discrimination</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-respecting-myself-and-others/zjnggwx</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/premier-league-primary-stars-diversity-lesson</p> <p>https://plprimarystars.s3.amazonaws.com/1549378</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/premier-league-primary-stars (See Spring Term resources – plastic pollution lesson)</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/team-margot-giving-help-others-</p>	<p>different media types, their role and impact</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/newswise-news-literacy-project-and-resources</p> <p>https://www.theguardian.com/newswise-unit-of-work (See website for resources and lesson plans)</p> <p>https://mediasmart.uk.com/digital-advertising/</p>	<p>aspirations; what influences career choices; workplace stereotypes</p> <p>https://nattwest.mymoneysense.com/teachers/resources-8-12s/</p> <p>What I want for the future worksheet –Twinkle (See Spring resources)</p> <p>Future career worksheet –Twinkle (See Spring resources)</p>	<p>vaccinations, immunisations and allergies</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/sleep-factor-lesson-plans-powerpoints</p> <p>https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#sleep</p> <p>https://www.bbc.co.uk/bitesize/clips/z34rkqt BBC clip to show germs carried on the hands</p>	<p>and different qualities; mental wellbeing</p> <p>https://www.pshe-association.org.uk/metro-charity (See Summer term resources workshop on gender)</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/mental-health-and-emotional-wellbeing-powerpoint (See Summer term</p>	<p>responding in emergencies, first aid</p> <p>https://classroom.thenational.academy/lessons/minor-cuts-6cvpar</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/life-live-it-primary-school-resources-red-cross</p> <p>https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/</p> <p>https://www.pshe-association.org</p>
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			<p>413-1549378385-PLPS Inclusion PausePoint.mp4 1280x720 4.mp4 Discrimination clip</p> <p>(fpa.org.uk Growing up with Yasmine and Tom Lesson 14 Equality and the Law)</p> <p>https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/chapter-4 (Cyberbullying clip)</p>	<p>resources-blood</p> <p>http://givingtohelpothers.org/teachers#green (See Spring resources for lesson on organ donation and giving to others)</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety</p>	<p>https://www.bbc.co.uk/teach/class-clips-video/psh-e-ks2--ks3-spark-fire-up-your-future/z4q2vk7 (BBC clips about ambition and work)</p>	<p>https://e-bug.eu/junior_pack.aspx?cc=eng&ss=2&t=e-Bug%20Lesson%20Pack</p>	<p>resources for lesson plans)</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars (See Summer term resources gender stereotypes lesson)</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-identity-understanding-sexual-and-gender-identities/zfqrhbk</p>	<p>.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources</p>
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Year 6	<p>Relationships; civil partnership and marriage</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-family-different-families-same-love/zhbt8xs</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-respecting-myself-and-others/zjnggw</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-</p>	<p>Recognising and managing pressure; consent in different situations</p> <p>fpa.org.uk Growing Up with Yasmine and Tom Module 3-lesson 2 Online and Offline friendships)</p> <p>(fpa.org.uk Growing up with Yasmine and Tom Module 3-lesson 4 Friendships and Pressure)</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/premier-league-primary-stars (See Autumn term resources-Do the right thing and values lessons)</p>	<p>Valuing diversity; challenging discrimination and stereotypes</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism---ks1-2</p>	<p>Evaluating media sources; sharing things online</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-share-aware-resources</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/trust-me-childnet</p>	<p>Influences and attitudes to money; money and financial risks</p> <p>https://natwest.mymoney.com/teachers/resources-12-16s/</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint</p> <p>https://www.pshe-association.org.uk/curriculum-and-</p>	<p>Human reproduction and birth; increasing independence; managing transition</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-'making-sense-relationships'-lesson-plans</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-safety-keeping-</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/nspcc-share-aware-resources</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-safety-keeping-</p>

	<p>identity-understanding-sexual-and-gender-identities/zfqrbhk</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-healthy-vs-unhealthy-relationships/z6s7rj6</p> <p>(CWP Resources Year 6 lesson 2 Communication in relationships)</p> <p>(fpa.org.uk Module 3 – lesson 13 Identity and Prejudice)</p>	<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/play-share (See Autumn term resources)</p> <p>https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-healthy-vs-unhealthy-relationships/z6s7rj6</p> <p>https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching</p>			<p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-let-s-watch-film-making-choices</p> <p>(fpa.org.uk Growing up with Yasmine and Tom Module 3 lesson 6)</p>		<p>resources/nspcc-making-sense-relationships-lesson-plans</p> <p>https://www.pshe-association.org.uk/curriculum-and-resources/resources/newswire-news-literacy-project-and-resources</p>	<p>video/pshe-ks2-l8r-youngers-2/zmgbqp3 (A series of clips exploring the transition from primary to secondary school from the point of view of a young person)</p> <p>https://campaignresources.pshe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack (See Summer Term resources transition to</p>	<p>myself-safe/znnjbdm</p>
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		https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-safety-keeping-myself-safe/znnjbdm			Keeping safe – online images)			secondary lesson)	
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