

St Joseph's Infant school

PSHE Overview



Year 1

Autumn term 1

Introduction: Setting ground rules for RSE & PSHE	Family and Relationships What is family?	Family and Relationships What are friendships?	Family and Relationships Recognising other people's emotions	Family and Relationships Working with others	Protective behaviours (2 lessons)	Protective behaviours (2 lessons)
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Autumn term 2

Family and Relationships Friendship problems	Family and Relationships Healthy Friendships	Family and Relationships Gender stereotypes	Health and Wellbeing Understanding my emotions	Health and Wellbeing What am I like?	Health and Wellbeing Ready for bed	Health and Wellbeing Relaxation
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Spring 1

Health and Wellbeing Hand washing and personal hygiene	Health and Wellbeing Sun safety	Health and Wellbeing Allergies	Health and Wellbeing People who help us keep healthy	Citizenship Rules	Citizenship Caring for others: Animals	Citizenship The needs of others
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Spring 2

Citizenship Similar, yet different	Citizenship Belonging	Citizenship Democratic decisions	Economic Decisions Introduction to money	Economic Decisions Looking after money
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Summer 1

Economic Decisions Banks and building societies	Economic Decisions Saving and spending	Economic Decisions Jobs in school	Safety and the Changing Body Adults in school	Safety and the Changing Body Adults outside of school	Safety and the Changing Body Getting lost
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Summer 2

Safety and the Changing Body Making emergency phone calls	Safety and the Changing Body Appropriate contact	Safety and the Changing Body Safety with substances	Safety and the Changing Body Safety at home	Safety and the Changing Body People who help keep us safe	Transition Lesson	
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Year 2

Autumn term 1

Introduction: Setting ground rules for RSE & PSHE	Family and Relationships Families offer stability and love	Family and Relationships Families are all different	Family and Relationships Other peoples' feelings	Family and Relationships Unhappy friendships	Protective behaviours (2 lessons)	Protective behaviours (2 lessons)
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Autumn term 2

Family and Relationships Introduction to manners and courtesy	Family and Relationships Change and loss	Family and Relationships Gender stereotypes: Careers and jobs	Health and Wellbeing Experiencing different emotions	Health and Wellbeing Being active	Health and Wellbeing Relaxation: Breathing exercises	Health and Wellbeing Steps to success
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Spring 1

Health and Wellbeing Developing a growth mindset	Health and Wellbeing Healthy diet	Health and Wellbeing Looking after our teeth	Citizenship Rules beyond school	Citizenship Our school environment	Citizenship Our local environment	Citizenship Job roles in our local community
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Spring 2

Citizenship Similar yet different - my local community	Citizenship School council	Citizenship Giving my opinion	Economic Decisions Where money comes from	Economic Decisions Needs and wants
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Summer 1

Economic Decisions Wants and needs	Economic Decisions Looking after money	Economic Decisions Jobs	Safety and the Changing Body Introduction to the internet	Safety and the Changing Body Communication Online	Safety and the Changing Body Surprises and Secrets
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Summer 2

Safety and the Changing Body Appropriate contact: My private parts	Safety and the Changing Body Appropriate contact: My private parts are private	Safety and the Changing Body Road Safety	Safety and the Changing Body Crossing the road safely	Safety and the Changing Body Staying safe with medicines	Transition Lesson	
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