

## PSHE at Nova Primary Academy

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn 1 Me and My Relationships</b>	What makes me special  People close to me Getting help	Feelings  Getting help  Classroom rules  Special people  Being a good friend	Bullying and teasing  Our school rules about bullying  Being a good friend  Feelings/self-regulation	Rules and their purpose  Cooperation  Friendship  Coping with loss	Healthy relationships  Listening to feelings  Bullying  Assertive skills	Feelings  Friendship skills  Assertive skills  Cooperation  Recognising emotional needs	Assertiveness  Cooperation  Safe/unsafe touches  Positive relationships
<b>Autumn 2 Valuing Difference</b>	Similarities and difference  Celebrating difference  Showing kindness	Recognising, valuing and celebrating difference  Developing respect and accepting others  Bullying and getting help	Being kind and helping others  Celebrating difference  People who help us  Listening Skills	Recognising and respecting diversity  Being respectful and tolerant  My community	Recognising and celebrating difference  Understanding and challenging stereotypes	Recognising and celebrating difference  Influence and pressure of social media	Recognising and celebrating difference  Recognising and reflecting on prejudice-based bullying  Understanding Bystander behaviour  Gender stereotyping
<b>Spring 1 Keeping Safe</b>	Keeping my body safe  Safe secrets and touches  People who help to keep us safe	How our feelings can keep us safe  Safe and unsafe touches  Medicine Safety  Sleep	Safe and unsafe secrets  Appropriate touch  Medicine safety	Managing risk  Decision-making skills  Drugs and their risks  Staying safe online	Managing risk  Understanding the norms of drug use  Influences  Online safety	Managing risk  Norms around use of legal drugs  Decision-making skills	Understanding emotional needs  Staying safe online  Drugs: norms and risks

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Spring 2 Rights and Respect	Looking after things: My friends The environment, My money	Taking care of things: Myself My money My environment	Cooperation  Self-regulation  Online safety  Looking after money: saving and spending	Skills we need to develop as we grow up  Helping and being helped  Looking after the environment  Managing money	Making a difference  Media influence  Decisions about spending money	Rights, respect and duties relating to my health  Making a difference  Decisions about lending, borrowing and spending	Understanding media bias  Caring: communities and the environment  Earning and saving money  Understanding democracy
Summer 1 Being my Best	Keeping by body healthy: food, exercise, sleep  Growth Mindset	Growth Mindset  Healthy eating  Hygiene and health  Cooperation	Growth Mindset  Looking after my body  Hygiene and health  Exercise and sleep	Keeping myself healthy and well  Celebrating and developing my skills  Developing empathy	Having choices and making decisions about my health  Taking care of my environment  My skills and interests	Growing independence and taking ownership  Keeping myself healthy  Media awareness and safety  My community	Aspirations and goal setting  Managing risk  Looking after my mental health
Summer 2 Growing and Changing	Cycles  Life stages  Girls and boys: similarities and difference	Getting help  Becoming independent  My body parts  Taking care of self and others	Life cycles  Dealing with loss  Being supportive  Growing and changing Privacy	Relationships  Changing bodies and puberty  Keeping safe  Safe and unsafe secrets	Body changes during puberty  Managing difficult feelings  Relationships including marriage	Managing difficult feelings  Managing change  How my feelings help keeping safe  Getting help	Coping with changes  Keeping safe  Body Image  Sex education  Self-esteem