



Wilbury PSHE/RSHE Overview - Composite Knowledge

Planning based on the PSHE Association and 1decision

EYFS	<i>Feelings and emotion / Relationships link</i> Show sensitivity to own and others needs (ELG Building Relationships) Show an understanding of own feelings and those of others and begin to regulate behaviour accordingly (ELG Self-Regulation) <i>Keeping/staying healthy link</i> Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG Managing Self) <i>Being responsible / the working world / a world without judgement link</i> Explore the reasons for rules, know right from wrong and behave accordingly (ELG Managing Self) Be aware of a range of jobs and roles in the community (Understanding the World)		
Autumn	Keeping/Staying Safe Unit	Being Responsible Unit	Feelings and emotions Unit
Year 1	To form a basic understanding of how to stay safe Core Topics: • What I know now • Road Safety	To build an understanding of healthy choices and habits Core Topics: • What I know Now • Water Spillage	Build an understanding of feelings and emotions Core Topics: • What I know now • Jealousy
Year 2	Develop awareness of risks and personal responsibility Core Topics: • Tying shoelaces • Staying Safe	Recognise responsible and irresponsible choices Core Topics: • Practice makes perfect • Helping someone in need	Recognise a range of emotions and their effects Core Topics: • Worry • Anger
Year 3	Identify hazards and warning signs Core Topics: • Leaning out of windows • What I've learnt	Identify responsible behaviours and their impact on others Core Topics: • Stealing • What I've learnt	Identify emotions and ways to manage them. Core Topics: • Grief • What I've learnt

Year 4	Apply strategies to stay safe and consider consequences Core Topics: • What I know now • Cycle safety	Understand responsibility in different situations Core Topics: • What I know now • Coming home on time	Understand more complex emotions and responses Core Topics: • What I know now • Jealousy
Year 5	Manage influence and peer pressure Core Topics: • Peer pressure • Adults' and children's views	Consider how personal choices can affect others Core Topics: • Looking out for others • Adults' and children's views	Manage strong emotions and recognise triggers Core Topics: • Anger • Adults' and children's views
Year 6	Evaluate risks and make responsible decisions Core Topics: • Water safety • What I've learnt	Evaluate responsibilities and make informed decisions Core Topics: • Stealing • What I've learnt	Reflect on emotional responses and manage personal wellbeing Core Topics: • Worry • What I've learnt
Spring	Keeping/Staying Healthy Unit	Relationships Unit/Growing and Changing	Computer Safety Unit
Year 1	Build an understanding of healthy choices and habits Core Topics: • What I know now • Washing hands	Begin to understand positive relationships Core Topics: • What I know now • Friendship	Form a basic understanding of safe technology use Core Topics: • What I know now • Online bullying
Year 2	Explore everyday choices that support health Core Topics: • Healthy eating • Brushing teeth	Recognise feelings and show empathy for others Core Topics: • Bullying • Body language	Develop awareness of responsible technology use Core Topics: • Image sharing • Computer safety documentary

Year 3	Recognise routines and behaviours that support wellbeing Core Topics: • Medicine • What I’ve learnt	Explore personal boundaries and respect for others Core Topics: • Touch • What I’ve learnt	Recognise online risks and safe choices Core Topics: • Making friends online • What I’ve learnt		
Year 4	Apply knowledge to maintain a healthy lifestyle Core Topics: • What I know now • Healthy living	Learn about healthy and unhealthy relationships Core Topics: • What I know now • Relationships	Understand respectful online behaviour and cyberbullying Core Topics: • What I know now • Online bullying		
Year 5	Respond to influences that affect health choices Core Topics: • Smoking • Adults’ and children’s views	Identify changes that puberty and growing up can bring Core Topics: • Puberty • Adults’ and children’s views	Manage pressures and influences online Core Topics: • Image sharing • Adults’ and children’s views		
Year 6	Evaluate health risks and make positive lifestyle decisions Core Topics: • Alcohol and drugs • What I’ve learnt	Evaluate relationships and make respectful choices Core Topics: • Conception • What I’ve learnt	Evaluate online and make responsible digital choices Core Topics: • Making friends online • What I’ve learnt		
Summer	A World Without Judgement Unit		Our World Unit/The Working World Unit	Fire Safety	First Aid
Year 1	Develop an understanding of fairness and democracy Core Topics: • What I know now • Democracy	Form a basic understanding of family life and the world around us Core Topics: • What I know now • Growing in our world	Begin to understand emergency services and staying safe Core Topics: • What I know now • Hoax Calling		

Year 2	Recognise individual liberty and the rule of law Core Topics: • Individual liberty • Rule of law	Develop awareness of caring for living things and early money concepts Core Topics: • Living in our world • Working in our world	Recognise responsibility and safe choices Core Topics: • Petty arson • Enya and Deedee visit the fire st.
Year 3	Identify the importance of tolerance and respect Core Topics: • Tolerance • What I've learnt	Recognise how people help care for the environment Core Topics: • Looking after our world • What I've learnt	Identify risks and how actions can affect others Core Topics: • Texting whilst driving • What I've learnt
Year 4	Explore how judgement and discrimination can affect others Core Topics: • What I know now • Breaking down barriers	Understand roles and responsibilities in family and community life Core Topics: • What I know now • Chores at home	Understand basic first aid and how to seek help Core Topics: • What I know now • First aid Year 4
Year 5	Further explore diversity, inclusion and acceptance Core Topics: • Inclusion and acceptance • Adults' and children's views	Explore future careers, money and enterprise Core Topics: • Enterprise • Adults' and children's views	Explore first aid responses in a range of situations Core Topics: • First Aid Year 5 (part 1 and 2)
Year 6	Evaluate British Values and community cohesion Core Topics: • British Values • What I've learnt	Evaluate financial choices and future responsibilities Core Topics: • In-App purchases • What I've learnt	Evaluate situations and confidently share first aid knowledge Core Topics: • First Aid Year 6 • What I've learnt