



Easington
CHURCH OF ENGLAND PRIMARY ACADEMY

EASINGTON PRIMARY ACADEMY

PSHCE OVERVIEW

Topic Relationships
Families and friendships
Safe relationships
Respecting ourselves and others
Topic Living in the wider world
Health and emotional wellbeing
Belonging to a community
Media literacy and Digital resilience
Topic Health and wellbeing
Physical health and Mental wellbeing
Growing and changing
Keeping safe

Topic Relationships						
FS 1/2	1	2	3	4	5	6
Families and friendships						
Who is important to me; Roles of a family	Roles of different people; families; feeling cared for	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships, including online	Managing friendships and peer influence	Attraction to others; romantic relationships; civil partnership and marriage
Safe relationships						
Keeping myself safe and who to go to for help	Recognising privacy; staying safe; seeking permission	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure; consent in different situations
Respecting ourselves and others						
Rules of the classroom; the importance of respect	How behaviour affects others; being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues

Topic Living in the wider world						
FS 1/2	1	2	3	4	5	6
Belonging to a community						
The rules in different places; caring for others and the environment	What rules are; caring for others' needs; looking after the environment	Belonging to a group; roles and responsibilities; being the same and different in the community	The value of rules and laws; rights, freedoms and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
Media literacy and Digital resilience						
To use a range of devices and to know what they can be used for	Using the internet and digital devices; communicating online	The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared and used	How information online is targeted; different media types, their role and impact	Evaluating media sources; sharing things online
Money and Work						
Strengths and weaknesses; the community around me	Strengths and interests; jobs in the community	What money is; needs and wants; looking after money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Influences and attitudes to money; money and financial risks

Topic Health and wellbeing						
FS 1/2	1	2	3	4	5	6
Physical health and Mental wellbeing						
Keeping myself healthy; who can help me stay healthy; why it is important to stay healthy	Keeping healthy; food and exercise; hygiene routines; sun safety	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
Growing and changing						
What makes me special; understanding feelings	Recognising what makes them unique and special; feelings; managing when things go wrong	Growing older; naming body parts; moving class or year	Personal strengths and achievements; managing and reframing setbacks	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Personal identity; recognising individuality and different qualities; mental wellbeing	Human reproduction and birth; increasing independence; managing transitions
Keeping safe						
Keeping myself online; what to do if I don't feel safe online	How rules and age restrictions help us; keeping safe online	Safety in different environments; risk and safety at home; emergencies	Risks and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media