

PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	MHM: Meet Your Brain Main parts and functions of the brain. Caring for your brain. This is Me Different groups they belong to. Types of families, roles and responsibilities.	MHM: Celebrate Identify 5 key character strengths and how to spot them in themselves.	MHM: Appreciate The meaning of appreciation. Simple ways to show appreciation. Money Matters Basic understanding of money, its uses and jobs people do.	MHM: Relate How to get along with others and solve conflict. Saying yes or no to people. Online Safety Uses of the internet and simple ways to stay safe online.	MHM: Engage Types of activities they can engage in. Setting goals and how these can be achieved. Keeping Safe Keeping safe in unfamiliar environments and how respond to feeling unsafe. Basic road safety.	Our Bodies What parts of the body are private (NSPCC Pantasaurus). The importance of keeping physically healthy, including dental hygiene.
2	MHM: Meet Your Brain How the brain helps us to make decisions. 'Flight, fight or freeze'. This is Me Rules and expectations. Why rules are needed (Fundamental British Values).	MHM: Celebrate Understand character strengths in own self and others, how to grow your character strengths.	MHM: Appreciate How to develop a grateful attitude. How appreciation makes others feel. Online Safety Understanding online behaviour. Where to access support for harmful content online.	MHM: Relate Relating to others when conflict arises. Active listening as a tool in conflict. Money Matters The different types of money and payment. Spending and saving.	MHM: Engage Setting achievable goals. How goals support us to collaborate with others. Keeping Safe Safety within the home, including electrical appliances and medications. Road safety.	Our Bodies To name the main parts of the body including external genitalia. Responding to uncomfortable physical touch.
3	MHM: Meet Your Brain How to focus the mind and train the brain. The role of neurons and neural pathways in learning.	MHM: Celebrate How genetics and experiences shape our character. Using character strengths to approach different situations.	MHM: Appreciate The role of dopamine release when developing a grateful and calm attitude. Money Matters (MyBnk) The risks associated with money and how to keep money safe.	MHM: Relate The role of neuroplasticity when relating to others. How active listening benefits friendships.	MHM: Engage How feelings influence the ability to achieve at something. Perseverance and resilience in relation to goal setting. Keeping Safe Safety in the local environment, including rail and road safety. Basic first aid – stings and bites.	Our Bodies Privacy and confidentiality and when it's appropriate to break this. Seeking permission from others before doing something. Sun safety. Choices that support a healthy lifestyle.
4	MHM: Meet Your Brain How the amygdala responds to real and perceived danger. Structure of the brain and relation to neural pathways. Our World The environment and how to carry out shared responsibilities.	MHM: Celebrate How strength spotting leads to neuropathways being created and how this forms habits. Strength spotting develops our self-esteem.	MHM: Appreciate The domino effect that relates to a grateful attitude. How neuroplasticity relates to gratitude.	MHM: Relate How seeing things from other perspectives will support neuroplasticity. Healthy and unhealthy friendships.	MHM: Engage The role of dopamine release when someone sets a goal and works towards it. Keeping Safe How to react in an emergency situation. Transport safety, rail and road. Basic first aid – asthma and allergies.	Our Bodies Personal hygiene and how hygiene routines change during puberty. Respecting others relationships and recognising that people may be attracted to the same sex.
5	MHM: Meet Your Brain The difference between brain and mind. How to manage the hormones dopamine and cortisol in the brain.	MHM: Celebrate How the character strengths are sorted into 6 virtues. How neuroplasticity allows them to move and grow their strengths.	MHM: Appreciate How gratitude leads to dopamine release. How to practically complete acts of gratitude. Money Matters (MyBnk) The different attitudes towards saving. How money can impact on emotions and feelings.	MHM: Relate Individual top strengths and virtues. Taking others perspectives and storing this in the hippocampus. Online Safety The positive and negatives of social media. The role of misinformation online and digital consent.	MHM: Engage How feelings impact dopamine and cortisol release and how this can impact goal setting. Keeping Safe Identifying situations that require the emergency services. Basic first aid – bleeding and shock.	Our Bodies Change and loss and how to deal with grief. Identifying external genitalia and internal reproductive organs. The physical and emotional changes that take place in puberty.



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The Flying Bull Academy	IHM: Meet Your Brain Regulation strategies in times of stress. The link between thoughts, feelings and actions.	MHM: Celebrate How to transfer character strengths to secondary school to support them. Stereotypes What stereotypes are and how to challenge them. What prejudice is and how to respond to witnessing this.	MHM: Appreciate To develop perspective on gratitude and apply it to new situations. Money Matters The risks of gambling and the impact on everyday life.	MHM: Relate Using their relationship powers at secondary school. Keeping Safe The risks and effects of legal drugs. Online Safety Distribution of images and data online and the risks associated, online coercion online consent.	MHM: Engage Setting goals related to transition. Keeping Safe Where to access support for physical and mental health. Support services for health needs. Peer influence and risk taking behaviours.	Our Bodies The role of marriage and how this can be between same sex couples. That forced marriage is a crime and where to access support. For some people that biological sex does not correspond with gender. The process of human reproduction as part of a life cycle.
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