

WHEELERS LANE PRIMARY SCHOOL

PSHE /RHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Mental Health and Wellbeing /Anti-bullying</p> <p>Circle time /School council Set Circle time rules</p> <p>Community circle time celebrating diversity (See new beginnings planning in Circle time folder)</p> <p>Year 1 Respect PPT and kindness ppt</p> <p>Belonging to a Community - Dementia friendly generation 2 sessions</p> <p>World environment day</p> <p>Rights</p> <p>Class rules</p> <p>RHE Birmingham Approach Lesson 1 Page 57 My friends and Me - The same and different Use Happy in our skin text. (Summer term 1)</p> <p>RHE Birmingham Approach Lesson 4 p62 Friendship Recipe lesson (Summer term 1)</p> <p>Sun Protection ppt (deliver in the summer term)</p>					
Year One	<p>Class rules/rights charter/school code of conduct</p> <p>Mental wellbeing</p> <p>PSHE association KS1 Lesson 1 Feelings</p> <p>SEAL New beginnings</p> <p>Lesson 2 and 3 Ways to calm down</p>	<p>Being safe/Internet safety and harms/online relationships</p> <p>Internet Safety sessions</p> <p>1 Jessie and friends online safety episode 1 watching videos</p> <p>2 Sharing pictures</p>	<p>Drugs, alcohol and tobacco Education and Being safe</p> <p>4 sessions</p> <ol style="list-style-type: none"> How to keep safe Who helps me get better? What goes onto my body? What goes into my body? 	<p>Healthy Eating/physical health and fitness</p> <p>4 lessons</p> <ol style="list-style-type: none"> What is a healthy lifestyle To identify healthy foods / balanced diet Effects on body of eating 	<p>Families and people who care for me/caring friendships/respectful relationships</p> <ol style="list-style-type: none"> People in my life My special people people. (Medway lesson 1) Families and people who care for me. Text Will you be my friend? 	<p>Basic First Aid</p> <p>1 session</p> <p>First Aid Champions</p> <p>https://firstaidchampions.redcross.org.uk/primary/</p> <p>Calling 999</p> <p>Dealing with head injuries</p>

	<p>Lesson 4 SEAL getting on and falling out - Anger</p> <p>Lesson 5 Good to be me - feelings</p> <p>Feeling worried and anxious</p> <p>Lesson 6 SEAL Relationships</p>	<p>Firework Safety 1 session</p> <p>Respectful relationships/Being safe/Mental wellbeing</p> <p>Anti bullying Week</p>		<p>healthily and unhealthily</p> <p>4. Effects of exercise on body.</p>	<p>Birmingham Approach Year 1 Lesson 5 page 66 Keeping friendships</p> <p>Text link Montee the manatee</p> <p>5. People who can help.</p> <p>Safe relationships</p> <p>Naming Body parts See Being Safe folder - Safe and unsafe touches and NSPCC rule</p> <p>1 session NSPCC folder</p>	<p>Road safety 2 sessions</p> <p>https://www.think.gov.uk/</p> <p>Click on age 3-6 resources</p> <p>Stepping stones to road safety</p> <p>Be bright be seen</p> <p>Financial capability sessions</p> <p>https://www.valuesmoneyandme.co.uk/teachers</p> <p>Do the right thing - use link above for text and lesson plans in folder</p> <p>Lily's dilemmas</p> <p>What's the value?</p> <p>Things that money can't buy</p>
Equality Act	Happy in our skin	Ten Little pirates - To play with boys and girls	Elmer - To Like the way I am	Max the champion	My Grandpa is amazing - To recognise that people are different ages.	

(Texts)				To understand that our bodies work in different ways.	<p>Families, Families, Families BY S Lang</p> <p>Happy in our skin</p>	
Skills	<p>Creative thinking</p> <p>Teamwork and collaboration</p> <p>Reflective Learning</p> <p>Resilience</p> <p>Communication</p> <p>Presentation</p> <p>Empathy</p> <p>Sensitivity to others</p> <p>Effective participation</p>					