

## SWPS Overview: Two year Cycle (Based upon PSHE Matters Scheme)

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>EYFS</b>  In EYFS, PSHE is not a discrete curriculum subject within the EYFS framework. However, EYFS is a great place where children begin exploring the foundations of PSHE education through the areas of Personal, Social and Emotional Development and Understanding the World.	<b><u>Being safe</u></b>	<b><u>Bullying Matters</u></b>	<b><u>Relationships</u></b>	<b><u>Diversity Matters</u></b>	<b><u>Drug Education</u></b>	<b><u>Money Matters</u></b>
	Be Ready, Be Safe, Be Respectful.  Familiarise children with school rules and daily routines inc. PE & calm activities	Forming cooperative relationships with children & adults  Making healthy/safe choices:  Road safety (keeping safe)	Making healthy/safe choices, including food	Making healthy/safe choices, including teeth  Similarities and differences	Making healthy/safe choices:  Active bodies	(enterprise project) Transition & moving on
<b>Y1/2</b>  <b>Cycle A</b>	<b><u>Being Responsible</u></b>	<b><u>Being Me</u></b>	<b><u>Being Healthy</u></b>	<b><u>Exploring Emotions</u></b>	<b><u>Changes</u></b>	<b><u>Growing Up</u></b>
	Rules in different situations  Recognise people have different needs  Managing waste	Recognise and share facts about themselves and their likes and dislikes  Recognise how friends have similarities and differences How they belong to	What being healthy means  Simple hygiene and health routines	Describing and recognising different feelings  Managing big feelings	How loss and change can affect the way we think, feel and behave	Recognise biological difference in body parts and privacy  Understand the human life cycle  Differences between surprises and secrets

<b>Y1/2</b>  <b>Cycle B</b>	<u><b>Keeping Safe</b></u>  Rules, risks and what to do.	<u><b>Bullying Matters</b></u>  Recognise kind and unkind behaviour  Strategies for resolving arguments.	<u><b>Relationships</b></u>  What makes a good friend?  Ways their family is the same or different to others	<u><b>Diversity Matters</b></u>  Recognise difference and treating people with kindness  Ways they are special	<u><b>Money Matters</b></u>  Looking after money – saving and spending  Strengths, talents and different jobs	<u><b>Drug Education</b></u>  Role of medicines and safety  What to do when someone is ill

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>Y3</b>  <b>Cycle A and B</b>	<u><b>Keeping Safe</b></u>  Rules and risks online, at home and in the community.  Basic First Aid – asthma, bites and stings	<u><b>Bullying Matters</b></u>  Different types of bullying and roles within – what bullying is and isn't  Consequences and strategies.	<u><b>Relationships</b></u>  Healthy and unhealthy relationships  Persuasion, influence and pressure	<u><b>Diversity Matters</b></u>  Range of similarities and differences between people.  Importance of selfrespect and respect to others.	<u><b>Money Matters</b></u>  Attitudes, needs, wants and priorities  Skills for the future	<u><b>Drug Education</b></u>  Purposes medicines have  Risks and consequence of misuse  What to do in an emergency

<b>Year 4/5 Cycle A</b>	<u><b>Being Responsible</b></u>  Why rules and laws are important  Basic human rights Climate change	<u><b>Being Me</b></u>  What contributes to who you are and strengths and interests.  Identify visible /invisible difference between people  Recognise they belong	<u><b>Being Healthy</b></u>  Healthy lifestyles – healthy diet and exercise  Impact on mental health  Sun exposure risk	<u><b>Exploring Emotions</b></u>  Widen vocabulary to describe feelings and their intensity  What supports good mental and physical health	<u><b>Changes</b></u>  Recognise change is a normal part of life  Know who to talk to and how	<u><b>Year 4: Growing Up</b></u>  Physical and emotional changes in puberty  Daily hygiene
<b>Year 4/5 Cycle B</b>	<u><b>Keeping Safe</b></u>  Predict, assess and manage risks online and offline.  Basic First Aid – choking and bleeding	<u><b>Bullying Matters</b></u>  Direct and indirect bullying  Importance of and barriers to seeking support  Impact and consequence of discrimination and bullying	<u><b>Relationships</b></u>  Reflect on qualities in relationships.  Strategies to resolve disputes and reconcile differences  Stability and love.	<u><b>Diversity Matters</b></u>  Diverse and fair communities  Individuality, stereotypes and discrimination law	<u><b>Money Matters</b></u>  Bank accounts and gambling  Future careers	<u><b>Year 4: Growing Up</b></u>  Physical and emotional changes in puberty  Daily hygiene  <u><b>Year 5: Puberty</b></u> Puberty including periods  Importance of personal hygiene

Y5/6  Cycle A	<u>Being Responsible</u>	<u>Being Me</u>	<u>Being Healthy</u>	<u>Exploring Emotions</u>	<u>Changes</u>	<u>Growing Up</u>
	How laws protect our rights Rights and responsibilities  Compassion and celebrating diversity	Range of factors contributing to identity  Express confidence in their talents and strengths  Shared events and experiences create a stronger community	Things that effect physical and mental health  Habits and routines  Personal hygiene and sun safety	Varied vocabulary to talk about feelings and conflicting feelings  Importance of care to mental health and wellbeing  Strategies and behaviour to support	Human life cycle – loss, bereavement and change  Strategies to manage transitions, barriers and struggles.	Year 5: Puberty – including periods  Importance of personal hygiene  Consent  <u>Year 6 – Conception</u>  Consent
Y5/6  Cycle B	<u>Keeping Safe</u>	<u>Bullying Matters</u>	<u>Relationships</u>	<u>Diversity Matters</u>	<u>Money Matters</u>	<u>Year 5: Puberty</u>
	Predict, assess and manage risks online and offline. Basic First Aid – choking and bleeding	Direct and indirect bullying Importance of and barriers to seeking support Impact and consequence of discrimination and bullying	Reflect on qualities in relationships. Strategies to resolve disputes and reconcile differences Stability and love.	Diverse and fair communities Individuality, stereotypes and discrimination law	Bank accounts and gambling Future careers	Puberty including periods  Importance of personal hygiene  Consent  <u>Year 6 – Conception</u> (see Growing Up unit in cycle B)  Consent

The PSHE curriculum is based around Derbyshire County Council's 'PSHE Matters' framework and is implemented on a two Year cycle A and B. The units have been separated into half terms so each half term has a specific focus. We follow a spiral curriculum and units are revisited in Upper School to build on the skills and knowledge taught in Lower School. Our PSHE curriculum has been adapted to meet the needs of our community and include the 9 protected characteristics outlines in the Equality Act 2010 and there are other activities that support this, some of which are shown in the table below.

Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils, and relationships and sex education (RSE) is compulsory for all secondary school pupils. Below is the link for the Curriculum overview from Department of Education

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education#personal-social-health-and-economic-education>

Whole School Focus	International Day of Older Persons (Harvest)	ANTIBULLYING WEEK Friendships Bullying E-Safety	CHILDREN'S MENTAL HEALTH WEEK World Religion Day LGBT+ History month INTERNET SAFETY DAY	GLOBAL CITIZENS Twin Schools Diversity Fairtrade Local/national/international community Women's History month (KS2) UK Disability History month (KS1)	Mental Health week	FIT FOR LIFE Sports Day Wellbeing Cookery Healthy Eating
Assemblies Focus	NEW BEGINNINGS School Rules / Class Charters School Safety Setting Targets	Armistice Day Anti-Bullying Black History Month Diwali	E-Safety Attendance Economic Wellbeing Keeping Safe Martin Luther King Day Chinese New Year	Global Community Charities – fundraising Road Safety	Friendship Teamwork Families	Activities Outside School Moving On