

John Bunyan PSHE Overview



Year Group	Autumn	Spring	Summer
EYFS	Who are the special people who love and help me? <i>Family and Friends</i> What makes us and our class special? <i>Beginning and Belonging</i> How are we the same and different in my class? <i>Me & My World</i> • Understanding who helps look after me and my school • Learning about my neighbourhood and community	What makes each of us special and different? <i>Identities & Diversity</i> • Exploring similarities and differences between people • Learning about different families and ways of living What helps our bodies grow strong healthy? <i>Healthy Lifestyles</i> • Making healthy choices about food, exercise and sleep • Understanding what helps me feel healthy	How have I grown and changed? <i>My Body & Growing Up</i> • Learning about my body and how it has changed • Understanding how to look after my body How can we keep ourselves safe at school, home and out and about? <i>Keeping Safe</i> • Understanding safety rules at home, school and out and about • Learning when to say 'No!' and ask for help

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	My Emotions • Recognising and talking about feelings • Understanding emotions in myself and others		
Year 1	What makes someone a really good friend? <i>Family and Friends</i> • Understanding what makes a good friend • Learning about my family and special people How can we make sure everyone in our class feel happy and safe? <i>Anti-bullying</i> • Understanding what bullying is and why it's never acceptable • Learning how to get help if worried about bullying	Why is it wonderful that everyone in our community is different? <i>Diversity and Communities</i> • Celebrating what makes me 'me' and understanding differences • Learning about my community and who helps people What can we do everyday to keep our bodies healthy and strong? <i>Healthy Lifestyles</i> • Understanding healthy eating and why food is good for us • Learning about the importance of exercise and sleep	How can we make safe choices when we play, explore and try new things? <i>Personal Safety</i> • Identifying trusted adults and knowing when to ask for help • Understanding private body parts and unwanted touch <i>Managing Safety and Risk</i> • Understanding risky situations and how to stay safe • Learning about road safety, water safety and emergencies What makes me, me? <i>Relationships and Sex Education</i> • Naming main body parts and

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		<i>Drug Education</i> • Understanding medicines and how they help us • Learning safety rules about medicines	understanding how I've changed • Learning what babies and children need from families
Year 2	Why do we have rules and how do they help everyone? <i>Rights, Rules and Responsibilities</i> • Understanding who looks after me and their responsibilities • Learning how rules help us feel happy and safe different feelings What should we do if someone is being bullied? <i>Anti-bullying</i> • Understanding what bullying is and how people might feel	Working Together • Recognising what I and others are good at • Learning to listen well and work in a group What would you do if you had £5 to spend? <i>Financial Capability</i> • Understanding different ways to earn and spend money • Learning about saving, spending and budgeting What should you do if a situation doesn't feel safe? <i>Managing Safety and Risk</i> • Learning my name, address and phone	How can we use technology in a safe a healthy way? <i>Digital Lifestyles</i> • Understanding how I use technology and the internet • Learning about online identity and staying safe online What changes have happened in your life as you've grown? <i>Managing Change</i> • Understanding how my skills and responsibilities are changing • Learning how people feel during times of loss and change

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	• Learning how to be assertive and get help	number • Understanding emergencies and how to stay safe	<i>Relationships and Sex Education</i> • Learning how babies change and grow • Understanding what babies need from families
	My Emotions • Recognising what I'm good at and what's special about me • Learning to describe and manage		
Year 3	What helps everyone feel like they belong in our class? <i>Beginning and Belonging</i> • Taking responsibility for helping school be happy and safe • Building relationships and managing new situations How can we make sure everyone feels safe, respected and valued? <i>Anti-bullying</i>	How do our differences make our community stronger? <i>Diversity and Communities</i> • Celebrating what we have in common and how we're different • Understanding stereotypes and why they're unfair What choices can we make to keep our bodies and minds healthy?	How can we recognise risks and make safe choices? Personal Safety • Recognising Early Warning Signs when I don't feel safe • Understanding personal boundaries and safe/unsafe secrets <u>Managing Safety and Risk</u> • Understanding emotions in risky situations

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	• Understanding different types of bullying and how power is used • Learning to be an ‘upstander’ and seek help	<i>Healthy Lifestyles</i> • Understanding healthy eating and a balanced diet • Learning about active lifestyles and mental wellbeing <u>Drug Education</u> • Learning about medicines and how they help people • Understanding how to avoid spreading illnesses	• Learning about road safety, fire safety and water safety How can we take care of our bodies as we grow and change? <i>Relationships and Sex Education</i> • Learning about male and female bodies and differences • Understanding how to keep myself clean and prevent illness
	My Emotions • Understanding mental wellbeing is as important as physical wellbeing • Learning to communicate emotions and manage uncomfortable feelings		
Year 4	Why do rules and responsibilities help communities work fairly?	How can we make safe choices with money? <i>Financial Capability</i>	How can we use technology in a way that is safe, balanced and positive?

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	<i>Rights, Rules and Responsibilities</i> • Understanding rights and responsibilities at home and school • Learning about respect and democratic decision making What can we do to stop bullying and make our school a place where everyone feels safe? <i>Anti-bullying</i> • Understanding direct and indirect forms of bullying • Learning about bystanders and how to support people being bullied	• Understanding saving, spending and budgeting • Learning about value for money and impact of choices How can we recognise risks and make responsible decisions to stay safe? <i>Managing Safety and Risk</i> • Learning to make decisions in risky situations • Understanding how to take action in emergencies	<i>Digital Lifestyles</i> • Understanding online identity and showing respect online • Learning about age restrictions and peer influence How do humans grow and change from babies to adults? <i>Relationships and Sex Education</i> • Learning about the main stages of the human life cycle • Understanding how families care for children
	My Emotions • Understanding mental wellbeing and how to look after it • Learning to communicate emotions and care for others' feelings		

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Year 5	How can we make sure everyone feels valued and included in our class? <i>Beginning and Belonging</i> • Taking responsibility for helping others feel happy and safe • Building relationships and being resilient in new situations What does it mean to be an upstander and not a bystander? <i>Anti-bullying</i> • Understanding how people use exclusion or manipulation • Learning to be an assertive 'upstander' and prevent bullying	How can we challenge unfair treatment and stereotypes? <i>Diversity and Communities</i> • Understanding how stereotypes influence my sense of identity • Learning about voluntary organisations and the media Why do our bodies change during puberty? Why is it important to learn why how our bodies go and develop? <i>Relationships and Sex Education</i> • Learning about male and female sexual parts and their functions • Understanding what happens during puberty	How can we recognise danger and make safe choices in different situations? <i>Personal Safety</i> • Using Early Warning Signs to judge how safe I'm feeling • Understanding appropriate and inappropriate physical contact <u>Managing Safety and Risk</u> • Understanding when taking risks might be good for mental health • Learning to carry out basic first aid How can medicines help us and when might substances be harmful? <i>Drug Education</i> • Learning about medicines, caffeine, alcohol and nicotine • Understanding illegal drugs and how to assess risk

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	My Emotions • Understanding mental wellbeing as part of daily life • Learning to manage strong emotions and recognise loneliness		
Year 6	What would happen if people had rights but no responsibilities? <i>Rights, Rules and Responsibilities</i> • Understanding basic rights of children and adults • Learning about laws, democracy, councils and parliament How can bullying affect people's mental health and confidence? <i>Anti-bullying</i> • Understanding different forms of bullying on and offline • Learning how prejudice can lead to bullying	What can we learn from people whose lives are different to ours? <i>Diversity and Communities</i> • Understanding how people's views affect my identity • Learning to show respect for different lifestyles and beliefs How can understanding the risks make better decisions? <i>Healthier Lifestyles</i> • Understanding balanced/unbalanced diet and associated risks	What responsibilities come with growing up and forming relationships? <i>Relationships and Sex Education</i> • Learning about different ways babies are conceived and born • Understanding what adults think about before having children What challenges and opportunities might come with moving to secondary school? <i>Managing Change</i> • Learning strategies to thrive when

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		• Learning about positive attitudes towards food and nutrition <u>Drug Education</u> • Understanding effects of medicines, caffeine, alcohol and nicotine • Learning about illegal drugs and how to respond assertively	moving to secondary school <i>Personal Safety</i> • Learning to recognise and report concerns of abuse or neglect • Understanding strategies to assess risk and feel safer
	My Emotions • Building a strong sense of identity and self-respect • Understanding mental ill health and self-care techniques		