

PERSONAL, SOCIAL, HEALTH AND CITIZENSHIP EDUCATION OVERVIEW - 2018-2019



Autumn		Spring		Summer	
Key Stage 1 – MERCURY – Year 1					
Theme: Identity, society, and equality: Me and others	Theme: Physical health and wellbeing: Fun times	Theme: Drugs, alcohol and tobacco education: What do we put into and on to bodies?	Theme: Careers, financial, capability, and economic wellbeing: My money	Theme: Keeping safe and managing risk: feeling safe	Theme: Mental health and emotional wellbeing: Feelings
Objectives & Skills: Children will learn: -About what makes themselves and others special -About roles and responsibilities of different people in the school -About being co-operative with others	Objectives & Skills: Children will learn: -How our home lives are different and similar to people from other countries/ cultures -That different foods are associated with different celebrations -To share stories that they have learnt from different cultures -About active playground games from around the world.	Objectives & Skills: Children will learn: -Why our bodies feel different at different times (e.g. when ill, when eating 'bad' food, after exercise, when we are happy) -What do people do when they don't feel well (visit doctor, take medicine etc.) -How to keep safe around medicines	Objectives & Skills: Children will learn: -How to take responsibility for themselves -About where money comes from and making choices when spending money -About saving money and how to keep it safe -About the different jobs people do	Objectives & Skills: Children will learn: -About personal safety -Saying "no" -Who they should and should not talk to. -Pupils learn about people who help keep them safe outside the home	Objectives & Skills: Children will learn: -About different types of feelings and how to manage them -A story about a child whose pet dies -To discuss how that child may feel -What we believe (as Catholics) happens when we die.
Key Stage 1 – VENUS– Year 1 & 2					
Theme: Mental health and Emotional Wellbeing: Friendship	Theme: Physical health and wellbeing: What keeps me healthy?	Theme: Drugs, alcohol and tobacco education: Medicines and me	Theme: Keeping safe and managing risk: Indoors and outdoors	Theme:	Theme: Year 1- Loss Year 2 -Relationships and sex education
Objectives & Skills: Children will learn: -About the importance of special people in their lives -About making friends and who can help with friendships -About solving problems that might arise with friendships.	Objectives & Skills: Children will learn: -Some of the factors that make a healthy person -How to keep healthy (The importance of eating three balanced meals a day and doing physical exercise and resting every day. -About basic health and hygiene routines (To look	Objectives & Skills: Children will learn: -How and why medicines are taken and that there can be alternatives to medicine -To identify what medicine looks like and where it comes from. -To keep safe around medicines	Objectives & Skills: Children will learn: -The people in our community who keep us safe, their role and how to ask for their help -About personal safety, saying 'no' and who you should and should not talk to -How to keep safe in a fire or near water	Objectives & Skills: SATS	Objectives & Skills: -To discuss how a child might feel if they lose someone -What we believe (as Catholics) happens when we die -A story about a child whose pet dies Children will learn:

	after their teeth and wash their hands thoroughly)		-Pupils learn about keeping safe in the home, including fire safety -Pupils learn about road safety		-The differences between male and female animals -To understand and respect the differences and similarities between people -That everybody needs to be cared for and ways in which they care for others -About different types of family and how their home-life is special
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Key Stage 1 – EARTH – Year 2

Theme: Mental health and Emotional Wellbeing: Friendship	Theme: Physical health and wellbeing: What keeps me healthy?	Theme: Drugs, alcohol and tobacco education: Medicines and me	Theme: Keeping safe and managing risk: Indoors and outdoors	Theme:	Theme: Relationships and sex education
Objectives & Skills: Children will learn: -About the importance of special people in their lives -About making friends and who can help with friendships -About solving problems that might arise with friendships.	Objectives & Skills: Children will learn: -Some of the factors that make a healthy person -How to keep healthy (The importance of eating three balanced meals a day and doing physical exercise and resting every day. -About basic health and hygiene routines (To look after their teeth and wash their hands thoroughly)	Objectives & Skills: Children will learn: -How and why medicines are taken and that there can be alternatives to medicine -To identify what medicine looks like and where it comes from. -To keep safe around medicines	Objectives & Skills: Children will learn: -The people in our community who keep us safe, their role and how to ask for their help -About personal safety, saying 'no' and who you should and should not talk to -How to keep safe in a fire or near water -Pupils learn about keeping safe in the home, including fire safety -Pupils learn about road safety	SATS	Objectives & Skills: Children will learn: -The differences between male and female animals -To understand and respect the differences and similarities between people -That everybody needs to be cared for and ways in which they care for others -About different types of family and how their home-life is special

Key Stage 2 – MARS – Year 3

Theme: Drugs, alcohol and tobacco education: Making choices	Theme: Keeping safe and managing risk: Bullying- See it, say it, stop it	Theme: Physical Health and wellbeing: What helps me choose?	Theme: Identity, society and equality: Celebrating difference and democracy	Theme: Mental health and wellbeing: strength, challenges and loss	Theme: Careers, financial capability and economic wellbeing: Saving, spending and budgeting
Objectives & Skills: Children will learn: -About drugs that are common to everyday life (caffeine, tobacco, alcohol) and the risks	Objectives & Skills: Children will learn: -What acceptable and unacceptable behaviour is -What to do if they experience unacceptable	Objectives & Skills: Children will learn: -That their food comes from a variety of sources and methods of production -About Fairtrade	Objectives & Skills: Children will learn: -About valuing the similarities and differences between themselves and others -About what is meant by	Objectives & Skills: Children will learn: -About celebrating achievements and setting personal goals -About dealing with put	Objectives & Skills: Children will learn: -About what influences people's choices about spending and saving money -About how people can keep

-About different types of drug use and how it can affect people differently -About the effects and risks of smoking tobacco, secondhand smoke and drinking alcohol. -About the help available for people to remain smoke free or stop smoking	behaviour -The difference between being passive, assertive or aggressive -About the different types of bullying and how to respond to bullying incidents (victim and witness)	-That people have different views on how food is produced/ farmed and what they buy (religious, moral, cultural, health or ethical reasons) -People choose different sports to enjoy participating in and the importance of this -The importance of making healthy food choices, physical activity and sleep.	community -That they have rights and that these are agreed across the world -That children cannot always access these rights in all places -About Britain as a democratic society -About how laws are made -About local and national democratic processes -About how things work in democracy (including the media)	downs -About positive ways to deal with set-backs -About the different kinds of loss -To express feelings of loss and grief -To share sad experiences.	track of their money -About the world of work
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Key Stage 2 – JUPITER – Year 3 & 4

Theme: Drugs, alcohol and tobacco education: Making choices	Theme: Keeping safe and managing risk: Bullying- See it, say it, stop it	Theme: Physical Health and wellbeing: What helps me choose?	Theme: Identity, society and equality: Celebrating difference and democracy	Theme: Mental health and wellbeing: strength, challenges and loss	Theme: Careers, financial capability and economic wellbeing: Saving, spending and budgeting
Objectives & Skills: Children will learn: -About drugs that are common to everyday life (caffeine, tobacco, alcohol) and the risks -About different types of drug use and how it can affect people differently -About the effects and risks of smoking tobacco, secondhand smoke and drinking alcohol. -About the help available for people to remain smoke free or stop smoking	Objectives & Skills: Children will learn: -What acceptable and unacceptable behaviour is -What to do if they experience unacceptable behaviour -The difference between being passive, assertive or aggressive -About the different types of bullying and how to respond to bullying incidents (victim and witness)	Objectives & Skills: Children will learn: -That their food comes from a variety of sources and methods of production -About Fairtrade -That people have different views on how food is produced/ farmed and what they buy (religious, moral, cultural, health or ethical reasons) -People choose different sports to enjoy participating in and the importance of this -The importance of making healthy food choices, physical activity and sleep.	Objectives & Skills: Children will learn: -About valuing the similarities and differences between themselves and others -About what is meant by community -That they have rights and that these are agreed across the world -That children cannot always access these rights in all places -About Britain as a democratic society -About how laws are made -About local and national democratic processes -About how things work in democracy (including the media)	Objectives & Skills: Children will learn: -About celebrating achievements and setting personal goals -About dealing with put downs -About positive ways to deal with set-backs -About the different kinds of loss -To express feelings of loss and grief -To share sad experiences.	Objectives & Skills: Children will learn: -About what influences people's choices about spending and saving money -About how people can keep track of their money -About the world of work

Key Stage 2 –SATURN – Year 4 and 5

Theme: Relationship and sex education (Year 5)	Theme: Identity, society, and equality: Stereotypes,	Theme: Physical Health and wellbeing: In the media	Theme: Keeping Safe and managing risk: When	Theme: Drug, alcohol and tobacco education:	Theme: Careers, financial capability and economic
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	discrimination and prejudice		things go wrong	Different influences	wellbeing: Borrowing and earning money
Objectives & Skills: Children will learn: -About the changes that may be happening/ will happen to their bodies during puberty -How to keep themselves clean and safe during this time (hygiene products) -About periods and wet dreams. -Strategies to deal with feelings in the context of relationships	Objectives & Skills: Children will learn: -About stereotyping, including gender stereotyping -Workshop from Diversity Role Models or Equaliteach -About prejudice and discrimination and how this can make people feel -That violence within relationships is not acceptable -About the different types of bullying -About recognizing and responding to peer-pressure	Objectives & Skills: Children will learn: -That they receive lots of information about the world from the media -That different media can report that same event in different ways (including information about health and fitness) -About advertising to make food products attractive -That people make food choices about the food they eat based on a number of factors -That messages given on food adverts can be misleading -About role models -About how the media can manipulate images and that these images may not reflect reality	Objectives & Skills: Children will learn: -About keeping safe around roads (Highway code) -About dangerous places to be and play in the environment (including derelict buildings, building sites, open water, railway lines etc.) -About fireworks safety -About what to do in an emergency and basic emergency first aid procedures -About the consequences of anti-social behaviour (including gangs and gang related behaviour)	Objectives & Skills: Children will learn: - About the effects and risks of drug use (alcohol, tobacco e-cigarettes, shisha and cannabis) -About people and their drug use -About the risks and pressures related to alcohol and tobacco.	Objectives & Skills: Children will learn: - About attitudes and feelings around spending and saving money -The difference between credit, debt, borrowing and saving -To explore the difference between manageable and unmanageable debts. -That money can be borrowed but there are risks associated with this -About enterprise -What influences people's decisions about careers

Key Stage 2 – NEPTUNE – Year 5 and 6

Theme: Relationship and sex education (Year 5)	Theme: Identity, society, and equality: Stereotypes, discrimination and prejudice	Theme: Physical Health and wellbeing: In the media	Theme: Keeping Safe and managing risk: When things go wrong	Theme: Drug, alcohol and tobacco education: Different influences	Theme: Careers, financial capability and economic wellbeing: Borrowing and earning money
Objectives & Skills: Children will learn: -About the changes that may be happening/ will happen to their bodies during puberty -How to keep themselves clean and safe during this time (hygiene products) -About periods and wet dreams. -Strategies to deal with feelings in the context of relationships	Objectives & Skills: Children will learn: -About stereotyping, including gender stereotyping -Workshop from Diversity Role Models or Equaliteach -About prejudice and discrimination and how this can make people feel -That violence within relationships is not acceptable -About the different types of bullying	Objectives & Skills: Children will learn: -That they receive lots of information about the world from the media -That different media can report that same event in different ways (including information about health and fitness) -About advertising to make food products attractive -That people make food choices about the food they	Objectives & Skills: Children will learn: -About keeping safe around roads (Highway code) -About dangerous places to be and play in the environment (including derelict buildings, building sites, open water, railway lines etc.) -About fireworks safety -About what to do in an emergency and basic emergency first aid	Objectives & Skills: Children will learn: - About the effects and risks of drug use (alcohol, tobacco e-cigarettes, shisha and cannabis) -About people and their drug use -About the risks and pressures related to alcohol and tobacco.	Objectives & Skills: Children will learn: - About attitudes and feelings around spending and saving money -The difference between credit, debt, borrowing and saving -To explore the difference between manageable and unmanageable debts. -That money can be borrowed but there are risks associated with this

	-About recognizing and responding to peer-pressure	eat based on a number of factors -That messages given on food adverts can be misleading -About role models -About how the media can manipulate images and that these images may not reflect reality	procedures -About the consequences of anti-social behaviour (including gangs and gang related behaviour)		-About enterprise -What influences people's decisions about careers
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Key Stage 2 – PLUTO– Year 6

Theme: Relationship and sex education	Theme: Identity, society and equality: Human rights	Theme: Drug and tobacco education: Weighing up risk	Theme: Mental health and wellbeing: Healthy minds	Theme:	Theme: Keeping Safe: Managing risk
Objectives & Skills: Children will learn: -About the changes that occur during puberty -To consider different attitudes and values around gender stereotyping and consider their origin and impact -About what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships. -About human reproduction in the context of the human lifecycle -Pupils learn how a baby is made and grows (conception and pregnancy) -Pupils learn about roles and responsibilities of carers and parents-About homelessness	Objectives & Skills: Children will learn: -About people who have moved to Islington from other places, (including the experience of refugees) -About human rights and the UN Convention on the Rights of the Child	Objectives & Skills: Children will learn: -About the units and strengths of alcohol and how it affects the body -About the risks associated with using different drugs, including tobacco and nicotine products, cannabis, alcohol, solvents, medicines and other legal and illegal drugs -About ways to manage risk in situations involving drug use -About resisting the pressure of using drugs in social situations -Basic emergency procedures	Objectives & Skills: Children will learn: -The importance of mental health -About what can affect mental health and some ways of dealing with this -About some everyday ways to look after mental health -About the stigma and discrimination that can surround mental health -To share things that make them feel good about themselves and others -About the effect of stress on the body -How to manage stress -To practice relaxation techniques	Objectives & Skills: SATS	Objectives & Skills: Children will learn: -About bullying -That using violence is unacceptable -About feelings of being out and about in the local area with increasing independence -To identify risks and risky behaviour out and about -About recognising and responding to peer pressure -To explore the possible consequences of anti-social behavior. (including gangs and gang related behaviour)