



**Bramford**  
PRIMARY SCHOOL

## PHSE Year Group Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Staying safe online Being Happy Being Mindful First Aid and CPR What Is Friendship?	Who are our safeguarding people in school? Staying safe online Anti-bullying Black History month What makes us Happy? It's ok not to be ok. What to do when you're feeling sad?	SMART RULES Personal Hygiene Vaccinations and Diseases Anger, Fear and Mindfulness Anxiety, Stress and Mindfulness Exercise Safety with Household Meds Change is Good	Healthy Eating and a Balanced Diet The Importance of Physical Activity Relaxing to Recharge The Recreational Drugs of Alcohol and Nicotine	Learning Resilience Anti-bullying Adversity Staying safe online	First Aid Alcohol, smoking and vaping Drugs and Illegal drugs Recognising and controlling anger Organisation of life
Autumn 2	Staying safe online Getting Your Sleep Hygiene and Me Understanding Difficult Feelings Kind Vs Unkind	Staying safe on line Dealing with loss – Badger's parting gift story The environment – recycling (linked to water protectors) My body is growing	My Body, Your Body - Keeping Healthy Self-Worth x 2 Self-Image x 2 Autism Different, Not Less Different Kinds of Friendship	My Body, Your Body Keeping Safe Sleep Screentime Autism: Aspergers What's Love?	Black history month The power of word Communicate effectively Staying safe online	My amazing body Self-perception Autism – do say, don't say The power of love – inequality within relationships What is forced marriage?
Spring 1	Staying safe online A Problem Shared is a Problem Halved Trust Braving the Weather	Staying safe online New Year Resolutions What are goals? What are we proud of? LGBTQi+ Celebrates who influence us Navigation – how can we find our way around?	Power of Words: STOP Social Media Body Confidence Gender Fairtrade: Working Together Global Warming - What Can We Do To Help? Celebrating Women in History: Traditional Roles	Bullying Everything Will Be Alright All About Tik-Tok Identity and Gender Fairtrade: Change Through Choice	Team work Responsibility and inspiration Staying safe online Respecting others boundaries and beliefs	The power of words – clean up your speech Social media – tik tok Identity, gender and sexuality Fairtrade – the shirt off your back Global warming – issues and preventions Celebrating women in history – forgotten achievements
Spring 2	Staying safe online What Makes a Family Respecting Others	Staying safe online How to keep ourselves safe Safety at home Medicines and drugs Friendships Bullying Fight or Flight Desert Island	BV Democracy and Law x 2 BV Culture and Liberty x 2 Relationships with Others x 2	BV Government and Rules BV Freedom in Beliefs Family Relationships	Staying safe online Expressing love as you grow Digital world Social media being confident	BV Lawmakers and activists BV Rights and radicalisation The Government
Summer 1	Staying safe online Emergency Services Food Safety and What Not to Eat Wildlife Communication Water Safety	Staying safe online Protecting our planet Forest survival When I grow up I want to be... Relaxation	Helping Others to Get Help x 2  Who Can We Trust x 2 Staying Safe Online x 2 Separation and Divorce	Consent Where Does My Food Come From? Respect Being Responsible Earning Money	Staying safe online The human body My body changes	Consent Feeling anxious Ageism The power of negotiation My mate fancies you
Summer 2	Staying safe online Road Safety Safety Symbols Signalling and Sign Language	Staying safe online – cyberbullying Is digital technology always a good thing? Wildlife safety Forest survival Personal goals	Growth Mindset x 2 Sun Safety The World of Work Problem Solving and Time Management x 2	Problem Solving and Resourcefulness Try and Try Again Leadership	Staying safe online Borrowing money NHS	Transition Learning to work Law Banks pensions How to write a CV Entrepreneurship, enterprise and business