

Bowburn Primary School
PSHE Autumn 2023 Overview and Resources

Autumn Term Core theme 1: Health and Wellbeing						
Topic	Healthy Lifestyles		Ourselves, Growing and Changing		Keeping Safe	
	Overview:	Resources:	Overview:	Resources:	Overview:	Resources:
Year 1	Balanced lifestyle; healthy eating and physical activity. Making choices to improve health. Hygiene routines.	<i>PSHE Association Health Education: food choices, physical activity and balanced lifestyles Lesson 1: Keeping healthy with food and drink Lesson 2: Keeping healthy with physical activity</i> <i>The importance of being physically active – Smartkids</i> https://www.youtube.com/watch?v=lqz67GllENs <i>BBC bitesize Keeping clean</i> https://www.bbc.co.uk/bitesize/topics/zbdcy9q/articles/z7dxjhv	Being unique and celebrating strengths. 'Good' and 'not so good' feelings and strategies to manage feelings.	<i>PSHE Association Personal Identity Lesson 1: All different, all special</i> <i>PSHE Association Mental health and emotional wellbeing Lesson 1: We all have feelings Lesson 2: Good and not so good feelings Lesson 3: Big feelings</i> <i>Read The Colour Monster by Anna Llenas Watch on YouTube</i> <i>Get Set 4 life</i> <i>KS1 The map of emotions</i> <i>KS1 Understanding feelings</i>	Risk and safety at home (electrical appliances) and fire safety. How age restrictions help us. Keeping safe online.	<i>PSHE Association Keeping safe at home KS1 lesson</i> <i>Childnet Smartie the Penguin</i>

<p>Year 2</p>	<p>Healthy eating and dental health. Why sleep is important. Making informed choices to improve health and recognising consequences. Medicines and keeping healthy</p>	<p><i>PSHA Association Dental Health</i> <i>KS1 lesson: Keeping our teeth healthy</i></p> <p><i>PSHA Association The Sleep Factor KS1: Ready for sleep</i></p>	<p>Growing older how needs change; new opportunities and responsibilities. Types of loss, change and bereavement; managing related feelings. Biological differences between boys and girls. Name male and female external genitalia. Recap privacy (from Y1)</p>	<p><i>Medway Public Health directorate – Changing and growing up</i> <i>Lesson 2: The human life cycle</i></p> <p><i>PSHE Association Winston’s Wish Lesson 1</i> <i>PSHE Association Mental health and emotional wellbeing</i> <i>Lesson 4: Change and loss</i></p> <p><i>Medway Public Health directorate – Changing and growing up</i> <i>Lesson 3: Everybody’s body</i></p> <p><i>NSPCC Share Aware The underwear rule (PANTS)</i></p> <p><i>Anatomically correct paper dolls</i></p> <p><i>For summer term: PSHE Association Embracing change and new challenges (transition to new class)</i></p>	<p>Keeping safe at home; medicines and household products. Taking responsibility for keeping safe. Safety in different environments.</p>	<p><i>PSHE Association Road and Rail safety</i> <i>Lesson 1: Crossing the road.</i> <i>Lesson 2: Keeping safe around railways.</i> <i>PSHA Association Drug and Alcohol education lesson 1</i> <i>Keeping Safe: Things that go into and onto bodies.</i> <i>Lesson 2: Keeping healthy: medicines. Lesson 3: Keeping safe: medicines and household products</i></p>
<p>Year 3</p>	<p>Health choices about food.</p>	<p><i>PSHE Association Health Education: food choices, physical</i></p>	<p>Personal strengths and achievements and related feelings.</p>	<p><i>Medway Public Health Directorate – Changing and growing up Year 3</i></p>	<p>Risks and hazards; safety in the local environment</p>	<p><i>PSHE Association Road and Rail safety</i></p>

	<p>Oral hygiene and dental care. Good and not so good feelings; expressing feelings. Responding appropriately to feelings in others.</p>	<p><i>activity and balanced lifestyles Lesson 3: Healthier eating habits</i></p> <p><i>PSHA Association Dental Health KS2 lesson: Maintaining dental health</i></p>	<p>Friendships: why they are important; what makes a good friend; ways to manage disagreements with friends.</p>	<p><i>Lesson 1: What makes a good friend?</i> <i>Lesson 2: Falling out with friends</i></p> <p><i>Muse Wellbeing: Healthy Friendships and Relationships</i> <i>Developing healthy and positive relationships videos</i></p>	<p>and unfamiliar places – road, rail, water, fire. What is meant by first aid, basic first aid procedures for common injuries and getting help.</p>	<p><i>Lesson 3: Independently crossing the road</i> <i>Lesson 4: Rail safety Risks and keeping safe</i></p>
Year 4	<p>Maintaining a balanced lifestyle. Healthy sleep habits. Feelings and strategies to manage feelings.</p>	<p><i>PSHE Association Health Education: food choices, physical activity and balanced lifestyles Lesson 4: Healthier eating choices and influencers</i></p> <p><i>PSHA Association The sleep factor KS2: Taking care of myself: Getting a good night's sleep</i></p>	<p>What puberty is: when and why it happens; physical changes; including using scientific vocabulary for external male and female body parts.</p>	<p><i>Medway Public Health Directorate – Changing and growing up Year 4-5 Lesson 1: Time to change</i></p> <p><i>wwwHSE.ie Health and wellbeing Busy bodies</i> <i>Adolescent development resources</i> <i>Video Busy bodies introduction</i> <i>Video Changes at puberty</i></p>	<p>Risks of drugs common to everyday life - medicines and household products. Risk and effects of caffeine, alcohol and tobacco. Difference between 'risk' 'danger' and 'hazard'.</p>	<p><i>PSHE Association Drug and Alcohol Education KS2 Y3/4 Lesson 1: Safety rules and risks: medicines and household products</i> <i>Lesson 2: Safety rules and risks: alcohol and smoking</i></p> <p><i>PSHE Association Keeping safe at home KS2 lesson</i></p>
Year 5	<p>Sun; the benefits and risks. Bacteria and viruses can affect health; hygiene routines.</p>	<p><i>PSHE Association Keeping safe: Sun safety KS2</i></p> <p><i>PSHE Association Drug and Alcohol Education KS2 Y5/6</i></p>	<p>Biological changes that happen during puberty: Menstrual cycle; menstrual wellbeing; erections and wet dreams.</p>	<p><i>Medway Public Health Directorate – Changing and growing up Year 4-5 Lesson 2: Menstruation and wet dreams</i> <i>Lesson 3: Personal hygiene</i></p>	<p>Identifying situations that may require the emergency services; know how to contact them and what to say. FGM is against British law and how to get help.</p>	<p><i>PSHE Association Drug and Alcohol Education KS2 Y5/6 Lesson 2: Managing risk: legal and illegal drugs</i></p>

		<i>Lesson 1: Managing risk: medicines (this resource is in Keeping Safe folder)</i>	<p>Personal hygiene routines.</p> <p>Managing physical changes and the use of products.</p> <p>Emotional changes that happen when approaching and during puberty.</p> <p>Where to get information/advice about puberty.</p>	<p>www.hse.ie <i>Health and wellbeing</i> <i>Busy bodies</i> <i>Adolescent development resources</i> <i>Video What happens to boys</i> <i>Video What happens to girls</i></p> <p>www.bbc.co.uk <i>Don't panic about puberty</i> <i>Operation Ouch</i></p> <p>www.gov.uk/government/publications/teacher-training-changing-adolescent-body <i>Teacher training materials</i></p> <p>www.nhs.uk/conditions/periods/ <i>Starting your periods, Period problems</i></p>	<p>Safety online: protecting personal information.</p> <p>Risks and effects of illegal and legal drugs, including alcohol and tobacco.</p>	
Year 6	What affects mental health and ways to take care of it.	<i>Wellbeing toolkit KS2</i> <i>PSHE Association</i> <i>Mental health and emotional wellbeing</i> <i>Y5/6 Lesson 1: Mental</i>	<p>Recap Y4 and Y5</p> <p>Awareness of different types of relationships.</p> <p>Human reproduction and birth.</p> <p>Increasing independence.</p>	<p>www.brook.org.uk <i>The Big Period lesson live</i></p> <p><i>Medway Public Health Directorate – Changing and growing up Year 6</i></p>	<p>Responsible use of mobile phones; safe keeping and safe user habits.</p> <p>How to manage requests for personal images of</p>	<p><i>PSHE Association Pick your pics Upper ks2: 1 lesson</i></p> <p><i>PSHE Association Drug and Alcohol Education KS2 Y5/6</i></p>

	<p>Managing change, loss and bereavement.</p>	<p><i>health and keeping well.</i> <i>Lesson 2: Managing challenges and change.</i> <i>Lesson 3: Managing loss and bereavement</i></p>	<p>Managing change and transitions (between schools)</p>	<p><i>Lesson 1: Puberty recap</i> <i>Lesson 2: Puberty: Change and becoming independent</i> <i>Lesson 3: Positive, healthy relationships</i> <i>Lesson 4: How a baby is made</i></p> <p><i>Dr Xand videos</i></p> <p><u><i>For summer term:</i></u> <i>transition to Secondary school:</i> <i>PSHE Association Embracing change and new challenges</i></p> <p><i>PSHE Association Mental health and emotional wellbeing Y5/6 Lesson 4: Feelings and common anxieties when transitioning to secondary school</i></p> <p><i>Talk Relationships transition to secondary school</i></p>	<p>themselves or others online: what is appropriate to share, who to and how to report concerns. Techniques for resisting pressure to do something dangerous, unhealthy or they believe to be wrong. Messages in the media about drugs, including alcohol and smoking/vaping.</p>	<p><i>Lesson 3: Managing risk: influences and pressure</i> <i>Lesson 4: Managing risk: drugs and alcohol in the media</i></p>
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