



Benthal PSHE Overview 2025-2028 (also includes the RSHE elements)

	Relationships	Relationships & Health and wellbeing	Health and well being	Relationships and Health and well being	Living in the Wider World	Living in the Wider World
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Team</p> <ul style="list-style-type: none"> Recognise the feelings of being in a team Know how being in a team is helpful How to be a good member of a team Identify kind behaviour 	<p>It's my body</p> <ul style="list-style-type: none"> Explain how much sleep they need discuss why Exercise is good for them Understand they can choose what happens to their bodies List healthy snacks Know to ask a trusted adult if uncertain about whether something is safe to eat or drink Demonstrate hygienic ways to look after their bodies 	<p>Aiming High</p> <ul style="list-style-type: none"> Discuss their star qualities Identify what a positive learning attitude is Talk about jobs they can do when they grow up Discuss what skills and interests are needed for different jobs Talk about hopes they have for the future Discuss what they are looking forward to about next year 	<p>Be Yourself</p> <ul style="list-style-type: none"> Identify their own special traits and qualities Identify and name common feelings Select times and situations that make them feel happy Talk about what makes them feel unhappy or cross Explain how change and loss make them feel Understand the importance of sharing their thoughts and feelings. 	<p>Britain</p> <ul style="list-style-type: none"> Identify different groups and communities they belong to Explain how to be a good neighbour Describe what it is like to live in Britain Identify similarities and differences between British people 	<p>Money Matters</p> <ul style="list-style-type: none"> Where money comes from Wants and needs How to save money Keeping money safe
Year 2	<p>VIPS</p> <ul style="list-style-type: none"> The importance of family How to be a good friend How to resolve an argument in a positive way Identify ways to show others that they care know the 	<p>Growing Up</p> <ul style="list-style-type: none"> Identify some differences between males and females Know the scientific names for body parts Identify body parts we keep private Understand that people's bodies and 	<p>Think Positive</p> <ul style="list-style-type: none"> Identify feelings and emotions using simple terms Understand that they have a choice about how to react in different situations Talk about personal achievements and 	<p>Safety First</p> <ul style="list-style-type: none"> Identify dangers Understand basic rules to keep safe. Know people that help them to stay safe 	<p>Respecting Rights</p> <ul style="list-style-type: none"> Know that all people have rights Know that there are people who will help protect their rights Talk about what respect means and how to show it Know what to do if they don't feel safe 	<p>One World</p> <ul style="list-style-type: none"> Describe how family life in different countries can be the same and different from their own Describe their school life Know what environment is and how to look after it



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	importance of doing this.	feelings can be hurt <ul style="list-style-type: none"> Understand the importance of 'no' and 'stop' Understand that different people like different things 	goals.		<ul style="list-style-type: none"> How to behave if someone is different to them Understand why it is important to be fair 	
Year 3	<p>Team</p> <ul style="list-style-type: none"> Use pictures to express their thoughts, feelings and worries Plan and create a role play about a team scenario With support, read clues and work as a team to solve a crime With support, identify a feeling and how it is being expressed Show the resolution to a dispute through pictures and with the key words given 	<p>It's my body</p> <ul style="list-style-type: none"> Explain what happens if they don't sleep enough Discuss what happens to muscles when we exercise them Understand they can choose what happens to their body and know when a 'secret' should be shared Explain that too much sugar is bad for health Know the difference between medicine and harmful drugs and chemicals Explain how germs travel and spread disease 	<p>Aiming High</p> <ul style="list-style-type: none"> Use pictures to express their thoughts, feelings and worries Plan and create a role play about a team scenario With support, read clues and work as a team to solve a crime With support, identify a feeling and how it is being expressed Show the resolution to a dispute through pictures and with the key words given Use a word mat to create a list of 'Pass It On' ideas 	<p>Be Yourself</p> <ul style="list-style-type: none"> List some of their achievements and say why they are proud of them Identify facial expressions associated with different feelings Describe some strategies that they could use to help them cope with uncomfortable feelings Suggest assertive solutions to scenarios Explain that the messages they receive from the media about how they should look, think and behave are not always realistic Suggest ways to make things right after a mistake has 	<p>Britain</p> <ul style="list-style-type: none"> Describe what it is like to live in Britain Discuss democracy, rules and laws Describe what 'diverse society' means Talk about what being British means to them 	<p>Money Matters</p> <ul style="list-style-type: none"> Discuss where money comes from Talk about reasons people go to work Discuss payment resources we can use to spend money; Consider why and how people might get into debt Identify things they want and need Explain ways we can keep track of what we spend



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				<p>been made</p> <ul style="list-style-type: none"> • Explain that mistakes help them to learn and grow 		
Year 4	<p>VIPS</p> <ul style="list-style-type: none"> • Discuss how our attitudes impact new friendships being made • Create a plan for being an anonymous friend over the course of a week • Reflect on the different characters in the dares story and discuss the different outcomes for each character • Work together to create a role play about positive resolution techniques • Create a poster with ideas to help someone who is being bullied 	<p>It's my body</p> <ul style="list-style-type: none"> • Understand that they can choose what happens to their own bodies • Know where and how to get help if they are worried • Understand the importance of sleep; Identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies • Identify positive aspects about themselves • Discuss the choices related to health that they make each day • Identify choices that will benefit their health and provide a 'balanced lifestyle' • Define consent and autonomy 	<p>Think Positive</p> <ul style="list-style-type: none"> • Understand that having a positive attitude is good for our mental health • Understand the causes of negative thoughts Identify ways to cope with negative thoughts • Understand the impact certain changes can have on people and how it can affect them emotionally • Identify some mindfulness techniques and discuss which they like to us • Identify strategies to cope with uncomfortable emotions 	<p>Safety First</p> <ul style="list-style-type: none"> • Appreciate what being responsible means and name some of their responsibilities • Give examples of a range of risky or dangerous situations • Appreciate that doing something risky may lead to danger • Describe where pressure to do things can come from • Identify people who can help us in an emergency • Identify safety precautions that can be taken when using roads, water or railways • Explain some of the ways in which drugs, cigarettes and alcohol affect the human body • Explain some of the ways to treat 	<p>Respecting Rights</p> <ul style="list-style-type: none"> • Know what human rights are • Understand that all people share the same rights • Know about The Universal Declaration of Human Rights and the Declaration of the Rights of the Child • Know why we have rules and how they help us • Understand that no one should take away our human rights • Explain what respect means and understand how they can respect the rights of others Describe what a stereotype is and understand how stereotypes can be harmful 	<p>One World</p> <ul style="list-style-type: none"> • Describe similarities and differences between people's lives • Identify opinions that are different from their own • Express their own opinions • Recognise that their actions impact on people in different countries • Know what climate change is • Know there are organisations working to help people in challenging situations in other communities



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				<p>common injuries</p> <ul style="list-style-type: none"> • Explain how to keep themselves and others safe in an emergency situation • Identify what information will need to be shared with an emergency services operator 		
Year 5	<p><u>Team</u></p> <ul style="list-style-type: none"> • Understand what successful teamwork skills are • Express opinions respectfully • Explain what collaborative working is • Discuss what compromise is and why it's important • Identify ways of showing care to others in their team 	<p><u>Growing Up</u></p> <ul style="list-style-type: none"> • Using the scientific names for male and female body parts • Describe some of the changes boys go through during puberty • Describe some of the changes girls go through during puberty • Describe some feelings young people might experience as they grow up • Talk about their own family and the relationships within it • Understand that there are many different types of family • Identify similarities 	<p><u>Aiming High</u></p> <ul style="list-style-type: none"> • Discuss their personal achievements and skills • Discuss different learning styles • Identify what a positive learning attitude is • Talk about the range of jobs that people do • Understand what a gender stereotype is • Talk about skills employers look for in employees • Work with others in a team • Discuss the skills everyone needs to succeed 	<p><u>Be Yourself</u></p> <ul style="list-style-type: none"> • Discuss scenarios where children are torn between 'fitting in' and being true to themselves • Explain how to communicate their feelings in different situations • Create a role play to show different ways to manage uncomfortable feelings • Discuss which situations would make people fight or flee and why • Create resolutions to different tricky situations • Identify the feelings involved in making a mistake and understand how to 	<p><u>Britain</u></p> <ul style="list-style-type: none"> • Talk about faiths and ethnicities and how to show respect • Talk about how and why laws are made • Discuss the roles of national and local government 	<p><u>Money Matters</u></p> <ul style="list-style-type: none"> • Talk about what financial risk is • Discuss ways advertisers try to influence us • Identify and talk what it means to be a 'critical consumer' • Describe what 'value for money' means • Explain what 'interest' is • Talk about what 'tax' is and the ways we pay it. • Discuss why advertisers try to influence us • Identify how we can compare the value for money of different products • Discuss how we can make a budget • Consider why people



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		<p>and differences in different loving relationships</p> <ul style="list-style-type: none"> Identify someone they could talk to about their changing body should they need to 		make amends		borrow money and get into debt
Year 6	<p><u>VIPS</u></p> <ul style="list-style-type: none"> Create a list to show different ways we can care for our VIPs Show a calming technique on a poster Discuss how a disagreement could either be avoided or handled Write and explain what to do when feeling pressured Identify and discuss which secrets are OK to keep and which need to be shared Identify healthy and unhealthy relationships 	<p><u>Growing up</u></p> <ul style="list-style-type: none"> Name physical changes young people will experience during puberty Describe emotional changes children might feel during puberty Appreciate that there is no such thing as a perfect body List things that all loving relationships have in common Explain how human reproduction and how babies are conceived/made Understand that when an egg and sperm meet this is conception and it occurs through sexual intercourse 	<p><u>Think Positive</u></p> <ul style="list-style-type: none"> Talk about their thoughts, feelings and behaviours Identify unhelpful and helpful thoughts Suggest outcomes linked to certain thoughts, feelings and actions Discuss ways in which positive thinking can be beneficial Identify and discuss uncomfortable emotions Identify common choices we have to make in life Use basic mindfulness techniques, when guided Describe what makes a good learner 	<p><u>Safety First</u></p> <ul style="list-style-type: none"> Appreciate what being responsible means Assess a situation for a level of risk Understand why certain information should never be shared online Who can help in an emergency What to do if they feel unsafe online or offline 	<p><u>Respecting Rights</u></p> <ul style="list-style-type: none"> Explain that there are basic human rights that all people share and that children have their own rights Recognise that there are people across the world whose rights are not being met Identify that ideas about human rights change Understand that human rights are universal and cannot be taken away 	<p><u>One World</u></p> <ul style="list-style-type: none"> Explain what a global citizen is Say what global warming is Understand that human energy use can harm the environment Understand the importance of not wasting water Understand what biodiversity is Understand that their choices can have far reaching consequences Develop their own thoughts and ideas on sustainability



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