



## Burgh by Sands School – Whole School PSHE/RSHE Overview

At Burgh by Sands we use the 1Decision resources from Year 1 to Year 6. We aim to teach and help our children to grow and develop in confidence, personally and socially, and to understand what it means to be a member of an increasingly diverse society. They will learn about their rights and responsibilities as children. They will also learn how to take responsibility for their own actions, making informed choices about their health and well-being, and understand relationships for living in the wider world. We want our children to develop a sense of self-worth, have high expectations for their future, and fully contribute to the school community and wider society.

Below is an overview of the PSHE and RSHE learning focus for each term in each class. Class teachers may choose to adapt the schemes of work to suit their class but must ensure full coverage throughout the two-yearly cycle.

Cycle A 2024-2025						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	In Early Years we focus on quality first teaching adhering to Birth to Five Matters and focusing on PSED and Physical Health and Self Care areas. The Characteristics of Effective Learning support our Growth Mindset teaching across the school. In addition, the 1Decision Early Years resources have been designed to meet the needs of the Development Matters Framework and cover a number of key areas but in particular elements of PSED. Pupils are guided through the Early Years resources by the colourful Rainbow Drop characters. Throughout these resources, the Rainbow Drops will go on many adventures and learn a lot about the wider world that they live in. Floorbook discussions are recorded in our class PSHE book.					
<b>Year 1/2</b>	<b><u>Keeping/Staying Safe</u></b> Baseline assessment Road Safety	<b><u>Relationships</u></b> Baseline Assessment Friendship	<b><u>Feelings and Emotions</u></b> Baseline Assessment Jealousy	<b><u>Our World</u></b> Baseline Assessment Growing in Our World	<b><u>Hazard Watch</u></b> Baseline Assessment Is it safe to eat or drink?  Is it safe to play with?	<b><u>Fire Safety</u></b> Baseline Assessment Hoax Calling
	<b><u>Keeping/Staying Healthy</u></b> Baseline Assessment Washing Hands	<b><u>Being Responsible</u></b> Baseline Assessment Water Spillage	<b><u>Computer Safety</u></b> Baseline Assessment Online Bullying			
<b>Year 3/4</b>	<b><u>Keeping/Staying Safe</u></b>  Leaning out of Windows (5-8)  Staying Safe (5-8) Summative assessment	<b><u>Keeping/Staying Healthy</u></b>  Medicine (5-8)	<b><u>Feelings and Emotions</u></b>  Grief (5-8) Summative assessment	<b><u>Computer Safety</u></b>  Computer Safety Documentary (5-8)  Making Friends Online (5-8) Summative assessment	<b><u>Our World</u></b>  Working in our World (5-8)  Looking after our World (5-8) Summative assessment	<b><u>Fire Safety</u></b>  Texting Whilst Driving (5-8)  Enya and Deedee Visit the Fire Station (5-8) Summative assessment
		<b><u>Being Responsible</u></b> Stealing (5-8) Summative assessment	<b><u>Relationships</u></b> Covered in Science Summative assessment			
<b>Year 5/6</b>	<b><u>Keeping/Staying Safe</u></b> Water Safety (8-11) Summative Assessment	<b><u>Being Responsible</u></b> Stealing Summative Assessment	<b><u>Computer Safety</u></b>  Making Friends Online Summative assessment	<b><u>The Working World</u></b>  In-App Purchases Summative assessment	<b><u>A World Without Judgement</u></b>  British Values Summative assessment	<b><u>Growing and Changing</u></b>  Conception (covered in Science)
	<b><u>Keeping/Staying Healthy</u></b> Alcohol Summative Assessment	<b><u>Feelings and Emotions</u></b> Worry Summative assessment				

Cycle B 2025-2026						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	In Early Years we focus on quality first teaching adhering to Birth to Five Matters and focusing on PSED and Physical Health and Self Care areas. The Characteristics of Effective Learning support our Growth Mindset teaching across the school. In addition, the 1Decision Early Years resources have been designed to meet the needs of the Development Matters Framework and cover a number of key areas but in particular elements of PSED. Pupils are guided through the Early Years resources by the colourful Rainbow Drop characters. Throughout these resources, the Rainbow Drops will go on many adventures and learn a lot about the wider world that they live in. Floorbook discussions are recorded in our class PSHE book.					
<b>Year 1/2</b>	<u><b>Relationships</b></u> Bullying Body Language	<u><b>Being Responsible</b></u> Practise makes perfect Helping someone in need	<u><b>Keeping/Staying Healthy</b></u> Healthy eating Brushing Teeth	<u><b>Feelings and Emotions</b></u> Worry Anger	<u><b>Computer Safety</b></u> Image Sharing <u><b>Our World</b></u> Living in our World	<u><b>Fire Safety</b></u> Petty Arson
<b>Year 3/4</b>	<u><b>Keeping/Staying Safe</b></u> Baseline assessment Cycle Safety (8-11)	<u><b>Being Responsible</b></u> Baseline assessment Coming Home on Time (8-11)	<u><b>Feelings and Emotions</b></u> Baseline assessment Jealousy (8-11)	<u><b>Computer Safety</b></u> Baseline assessment Online Bullying (8-11)	<u><b>A World without Judgement</b></u> Baseline assessment Breaking Down Barriers (8-11)	<u><b>First Aid</b></u> Baseline assessment Year 4
	<u><b>Keeping/Staying Healthy</b></u> Baseline assessment Healthy Living (8-11)		<u><b>Growing and Changing</b></u> Covered in Science (8-11)	<u><b>The Working World</b></u> Baseline assessment Chores at Home (8-11)		
<b>Year 5/6</b>	<u><b>Keeping/Staying Safe</b></u> Peer Pressure (8-11)	<u><b>Being Responsible</b></u> Looking out for others (8-11) Adult's and Children's Views (8-11)	<u><b>Feelings &amp; Emotions</b></u> Anger (8-11)	<u><b>Computer Safety</b></u> Image Sharing (8-11) Adult's and Children's Views (8-11)	<u><b>The Working World</b></u> Enterprise (8-11) Adult's and Children's Views (8-11)	<u><b>A World Without Judgement</b></u> Inclusion and Acceptance (8-11) Adult's and Children's Views (8-11)
	<u><b>Keeping/Staying Healthy</b></u> Smoking (8-11)		Adult's and Children's Views (8-11)			<u><b>First Aid</b></u> Year 6 Parts 1&2 (8-11)

**Anti-Bullying Week (Autumn 2):**

The following aspect of the PSHE (Relationships: managing hurtful behaviour and bullying) will be addressed through the annual anti-bullying week, using the annual national topic/ theme. The following are the objectives, which should be covered.

	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Bullying</b>	Know what is kind and unkind behaviour, and how this can affect others	Know how people may feel if they experience hurtful behaviour or bullying Know that hurtful behaviour (offline and online) is not acceptable; how to report bullying; the importance of telling a trusted adult	To understand the impact of bullying, including offline and online, and the consequences of hurtful behaviour	To develop strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, or physical bullying); how to report concerns and get support	To develop strategies to respond to hurtful behaviour experienced or witnessed, offline and online (trolling, harassment or the deliberate excluding of others); how to report concerns and get support	To understand discrimination: what it means and how to challenge it