

PSHE Overview @ The Bridge

KS1 and KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	What do I need for school? (my belongings)	Celebrations	Washing our hands	Taking turns	What makes me me!	Summer fun with friends.
2	Road Safety	Taking pictures and internet safety.	Dressing for the weather	Making choices (leisure)	Washing	Feelings and Relationships
3	My healthy plate	Festivals	Washing and personal hygiene	Taking turns	What makes me me!	My family
4	Making healthy choices	Celebrations	Eating together	Rules, choosing and being fair	Making journeys	My family
5	Making healthy choices	Special days	Personal hygiene and my changing board	Rules and choosing and being fair	Road safety	Valuing friends
6	Relationship Circles and E-safety	What am I feeling	Keeping safe- respecting privacy	Eating healthily and growing fruit and veg	Indoor and outdoor exercise	Moving on

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KS3 and KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Healthy eating	Feelings and changing relationships	Local cultures: Respecting others	Going to the dentist	Check-ups and health equipment	Leisure awareness
8	World cultures: Respecting others	Personal Hygiene and my changing body	Looking after our school	Everybody choices	Technology and internet safety	Jobs in our school
9	Topic - What makes me me! Understanding what makes us unique, what do I look like? What am I good at? Who is important to me?	Helping others	Feelings and changing relationships	Healthy lifestyles and exercise is fun!	Money in the community	Recognising my needs and groups I belong to
10	Topic - Who am I?: Understanding what makes us unique, describing myself and others. Relating to others.	Topic - World of work: Understanding what happens in different work areas, and what jobs people do. Learning about the kinds of work I might do when I'm older.	Topic - Growing Up: Understanding how our bodies change as we get older. Understanding what parts of our bodies are private. Understanding how to manage aspects of being an adult, e.g. periods, shaving.	Topic - Citizenship-speaking up: Expressing your likes and dislikes. Understanding who we can ask for help and how to say no. Introducing the concept of 'consent'.	Internet Safety Understanding how to use the internet safely, and what to do if we feel are worried or unsafe.	Healthy Living Making healthy choices, including understanding the effects of alcohol, drugs and smoking.

OCR Accreditation	OCR- M2 All about me	OCR N2 Recognising work areas in the wider community	OCR M6 Developing Independence skills-keeping safe	M5 Developing Independence skills- Having your say	OCR M6 Developing Independence skills-keeping safe	M9 Healthy Living
ASDAN Transition Challenge Links		<i>Making Choices Work Related (Find out about the different jobs that people do in your school/ college)</i>		<i>Feeling Good Citizenship (identify when a person is being teased or bullied)</i>		<i>Feeling Good Science (Take part in personal hygiene activities involving different body parts)</i>
11	Health and hygiene Understanding different medical procedures and why they are important, e.g. doctors, dentists, blood tests etc.	World of work Learning about customer service, workplace routines and work experience. Recognising and taking part in routines in customer service, e.g. cafes, shops etc.	Topic - Understanding personal space and private and public spaces. Understanding how to ask for help if worried or frightened. Introduction to internet safety.	Topic - Citizenship- rights and responsibilities Learning about our rights and responsibility. Introduction to how rules and laws are made.	Community safety Understanding how to keep safe in the community, e.g. road safety, looking after personal belongings. OCR M6 Developing Independence skills-keeping safe.	Topic - Transitions Getting to know our new post 16 provision. Participating in a healthy lifestyle.
OCR Accreditation	M9 Healthy Living	N3 Participating in a mini enterprise project (4 credits)	M4 Using interpersonal skills to contribute to a positive relationship.	M5 Developing Independence skills- Having your say	OCR M6 Developing Independence skills-keeping safe.	
ASDAN Transition Challenge Links			<i>Moving Forward Citizenship Show that you can follow the rules at school college)</i>	<i>Knowing How Family/ Home (Help someone in your home to carry out a household job)</i>		<i>Moving Forwards Work Related (Find out the opportunities that are available for you post 16)</i>