

Atlantic Academy

Subject Overview

Subject: PSHE

	Unit 1		Unit 2		Unit 3/4	
	Autumn 1 - Belonging	Autumn 2 - Heroes	Spring 1 - Spirit of Adventure/ Sense of accomplishment	Spring 2 - Curiosity & Creativity	Summer 1 - Leadership & Responsibility	Summer 2 - Fun & Excitement/ Confidence to take action
	<i>Me & My Relationships</i>	<i>Valuing Difference</i>	<i>Keeping Safe</i>	<i>Rights & Respect</i>	<i>Being My Best</i>	<i>Growing & Changing</i>
Reception	Making healthy choices for myself and my body	What makes me unique and special	Qualities of a good friend	Feelings - expressions	Keeping clean & healthy routines	Healthy routine
Year 1	Positive and safe relationships	Special people in my life and bullying	Private parts Asking for help	Caring for someone	Healthy balanced diet	Safe grown ups Private parts
Year 2	Positive relationships and environments. Recognising emotions	How do my actions affect others?	Risk taking Seeking help	Dealing with big feelings	Resilience & body parts	Bodies & emotions
Year 3	Maintaining healthy relationships	Respect and community	Identifying risk Finding help	Money	Healthy habits Unwell	Changing body parts
Year 4	Recognising more feelings	Friends and acquaintances	Keeping myself safe Medicines	Responsibility & community	Being unique in my community	Controlling emotions
Year 5	Maintaining steady relationships and essential needs	Quality of friendships and relationships	Making difficult decisions Bullying	Facts & opinions	Qualities Being a leader	Changing, emotions and hormones
Year 6	Being assertive, following rules and acting appropriately in a range of	Gender stereotypes	Keeping safe online Drugs & alcohol	Real & fake friends	Basic first	Laws around sex

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	environments					
Year 7	PSHE: Aspirations and self esteem	RSE: Different families , marriage and puberty	RSE: Law, dating and relationships	Careers and Finance: What is a job?, Budgets and keeping money safe	RE unit	RE unit
Year 8	PSHE: Personal safety, global issues and racism	RSE: Safe relationships	PSHE: British values, Protected characteristics and mental health	Careers and Finance: What are my influences , My finances	RE unit	RE unit
Year 9	PSHE: Body image, human rights and responsibilities	PSHE: British values and Protected characteristics	Careers education: Careers and your future	RSE: Consent, safe sex and teen choices	PSHE: The law- Knife crime, drugs and substance misuse, acid attacks and county lines	RE unit
Year 10	RSE: Domestic violence and abuse, mental health and relationships,	RSE: LGBTQ+ and relationships, body shaming	PSHE: Prejudice and diversity- the media, hate crime, and extremism	PSHE: Mental health, bereavement and sleep deprivation	Careers: Life beyond school	Living independently
Year 11	RSE: Domestic violence and abuse, mental health and relationships,	RSE: LGBTQ+ and relationships, body shaming	PSHE: Prejudice and diversity- the media, hate crime, and extremism	PSHE: Mental health, bereavement and sleep deprivation	Careers: Life beyond school	Living independently