



Auckland College PHSE Overview – 2023/2024



PHSE in Auckland College revisits themes regularly with different focuses each week to ensure a wide coverage of topics across the term and year.

	<u>Autumn Term 1</u>	<u>Autumn Term 2</u>	<u>Spring Term 1</u>	<u>Spring Term 2</u>	<u>Summer Term 1</u>	<u>Summer Term 2</u>
Year 1	Zones of regulation Road Safety Staying physically healthy World Mental Health Day British Values Liking myself as I am	How I can enjoy myself on the playground Anti-Bullying Week Staying safe online Why is mental health important? Human Rights Day I can play with boys and girls	How emotions affect my body Being ill and its effects Children’s Mental Health Week Keeping myself clean Recognising people are of different ages	Looking after the environment Neuro-diversity Week Is everyone in the UK the same? How we change as we grow Bodies work in different ways	Are secrets and surprises the same? How should I act in different situations? Is every family the same? Mental Health Awareness Week	British Healthy Eating Week Is a healthy body the same as a healthy mind? Do my actions always have good consequences How does change affect my feelings? I understand that there are lots of different people in the world
Year 2	Zones of regulation My communities Looking after the environment What are the risks in my environment? World Mental Health Day British Values I can understand what diversity is	Should we all be the same? Anti-Bullying Week My special people and how they care for me What is online bullying? Human Rights Day I share the world with others	My body and how emotions affect it. Keeping myself clean Children’s Mental Health Week Are boys and girls the same? What makes someone feel proud?	Where does money come from? Neuro-diversity Week Human rights in UK Staying safe when travelling Proud of being different	What is acceptable physical contact? My body parts Hurting feelings and bodies Mental Health Awareness Week	British Healthy Eating Week How bodies change as we grow Why sleep is important? Keeping my body healthy I can work with everyone in the class



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<p>Year 3</p>	<p>Zones of regulation</p> <p>How rules are made in the UK</p> <p>Is all bullying all the same?</p> <p>The emergency services and their roles</p> <p>World Mental Health Day</p> <p>British Values</p> <p>Being different can affect people</p>	<p>Do I always feel the same emotions?</p> <p>Anti-Bullying Week</p> <p>What is a positive, healthy relationship?</p> <p>Respecting differences in others and myself</p> <p>Human Rights Day</p> <p>What discrimination means</p>	<p>What affects mental health?</p> <p>How can I make choices about my mental and physical health?</p> <p>Are males and females the same?</p> <p>Children' s Mental Health Week</p> <p>Solving problems</p>	<p>What are my human rights?</p> <p>Neuro-diversity Week</p> <p>Does everyone have human rights?</p> <p>Are all families the same?</p> <p>Helping others who feel different</p>	<p>What relationships do I have?</p> <p>Healthy relationships</p> <p>Personal space and its importance</p> <p>Mental Health Awareness Week</p>	<p>British Healthy Eating Week</p> <p>Online dangers</p> <p>Is everything we see online real?</p> <p>Healthy diets</p> <p>I can be welcoming</p>
<p>Year 4</p>	<p>Zones of regulation</p> <p>What are the consequences of anti-social behaviour?</p> <p>Can I trust everyone?</p> <p>The benefits of an active lifestyle</p> <p>World Mental Health Day</p> <p>British Values</p> <p>Being assertive</p>	<p>What is a stable, loving relationship? (incl. civil partnerships and Marriage Act 2013)</p> <p>Anti-Bullying Week</p> <p>Is marriage my choice?</p> <p>How can a lack of sleep affect me?</p> <p>Human Rights Day</p> <p>Why people choose to be married?</p>	<p>Why do I feel different emotions?</p> <p>How can change, loss and bereavement affect me?</p> <p>Children's Mental Health Week</p> <p>Overcoming language barriers</p>	<p>Having different views is ok</p> <p>Neuro-diversity Week</p> <p>Charities and their roles</p> <p>Is the online world safe?</p> <p>I can ask questions</p>	<p>What is acceptable physical contact?</p> <p>Is it ok to share a secret?</p> <p>Mental Health Awareness Week</p>	<p>British Healthy Eating Week</p> <p>Personal strengths</p> <p>Are illnesses always physical?</p> <p>Being yourself</p>



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<p>Year 5</p>	<p>Zones of regulation</p> <p>Who might influence me?</p> <p>Diversity in the UK</p> <p>World Mental Health Day</p> <p>British Values</p> <p>I can learn from the past</p>	<p>The importance of Race Equality</p> <p>Anti-Bullying Week</p> <p>Dental Health</p> <p>Risks of inactive lifestyles</p> <p>Human Rights Day</p> <p>I can justify my actions</p>	<p>Managing my emotions</p> <p>Are risks, Dangers and Hazards the same?</p> <p>Children’s Mental Health Week</p> <p>What are the consequences of knife crime?</p> <p>I can recognise when others need help</p>	<p>Are peoples’ lives in other countries the same as mine?</p> <p>Neuro-diversity Week</p> <p>What role will money play in my future?</p> <p>Are stereotypes right?</p> <p>Having artistic freedom</p>	<p>Strategies used in resolving conflict</p> <p>The Equality Act</p> <p>Mental Health Awareness Week</p>	<p>British Healthy Eating Week</p> <p>Assessing and managing risk</p> <p>Being resilient</p> <p>Accepting others</p>
<p>Year 6</p>	<p>Zones of regulation</p> <p>Should stereotypes be challenged?</p> <p>Allergies, immunisations and vaccinations</p> <p>Should I always do a ‘dare’?</p> <p>World Mental Health Day</p> <p>British Values</p> <p>Promoting diversity</p>	<p>The consequences of borrowing money</p> <p>Anti-Bullying Week</p> <p>What is tax?</p> <p>Human Rights Day</p> <p>I can stand up to discrimination</p>	<p>Dealing with conflicting emotions</p> <p>How can drugs and tobacco affect my health?</p> <p>Children’s Mental Health Week</p> <p>What is appropriate in a relationship?</p> <p>Challenging racism</p>	<p>Is the media reliable?</p> <p>Neuro-diversity Week</p> <p>Achieving goals</p> <p>Risks in the local community</p> <p>How my life might change as I grow up?</p>	<p>What makes me ‘me’?</p> <p>What is Bullying?</p> <p>Choices in relationships</p> <p>Mental Health Awareness Week</p>	<p>British Healthy Eating Week</p> <p>Protecting my body from harm</p> <p>What is Radicalisation and extremism?</p> <p>How can I communicate respectfully in relationships?</p> <p>The importance of freedom</p>