

PSHE Curriculum Overview

Year 1:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Keeping well and clean ○ Healthy Eating ○ Parts of the body ○ Physical health and fitness 	Relationships <ul style="list-style-type: none"> ○ Who are our friends? ○ Internet safety ○ Memories and growing up ○ Losing and finding 	Living in the wider world <ul style="list-style-type: none"> ○ Persuasion and reality ○ Being different ○ Sustainable development ○ Looking after myself ○ Health and prevention

Year 2:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Healthy eating and keeping fit ○ About my body ○ Growing and changing ○ DATE ○ Personal identity ○ Basic first aid 	Relationships <ul style="list-style-type: none"> ○ Same and different – being truthful ○ Making and breaking friendships ○ Coping with conflict ○ Internet safety ○ Variety ○ Personal safety 	Living in the wider world <ul style="list-style-type: none"> ○ Money and shopping ○ Our school community ○ Special days ○ Global food ○ Health and prevention

Year 3:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Emotions and feelings – pressure ○ Feeling sad and making choices ○ Looking after others ○ Mental wellbeing ○ Keeping safe ○ DATE ○ Accidents and prevention ○ Physical health 	Relationships <ul style="list-style-type: none"> ○ RSE ○ Types of relationship ○ Families who live far away ○ Internet safety ○ Healthy relationships ○ Peer pressure ○ Special people in school 	Living in the wider world <ul style="list-style-type: none"> ○ My community and me ○ Councillors – what do they do? ○ Our ideal community ○ Where do things come from?

Year 4:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Healthy eating ○ DATE ○ Strong feelings ○ Mental wellbeing ○ Physical health ○ Decision making ○ Basic first aid ○ Health and prevention 	Relationships <ul style="list-style-type: none"> ○ Persuasion and pressure ○ Exclusion/inclusion ○ Mental wellbeing ○ Internet safety ○ RSE ○ Bereavement, loss and separation 	Living in the wider world <ul style="list-style-type: none"> ○ Media in the community ○ Children's rights ○ Fundraising activities ○ Recycling

Year 5:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Healthy lifestyles ○ Healthy eating ○ Physical health ○ DATE ○ Health and prevention 	Relationships <ul style="list-style-type: none"> ○ What is a healthy relationship? ○ Being left out and coping with bullying ○ Working together ○ Internet safety ○ RSE ○ Gender differences and puberty 	Living in the wider world <ul style="list-style-type: none"> ○ Stereotypes and changing ○ Global community projects ○ Diversity ○ Setting personal goals ○ Democracy ○ Money and saving

Year 6:		
Autumn	Spring	Summer
Health and Wellbeing <ul style="list-style-type: none"> ○ Strong emotions ○ Self confidence ○ DATE ○ Healthy eating ○ Physical health and fitness ○ Basic first aid ○ Health and prevention 	Relationships <ul style="list-style-type: none"> ○ Secrets and dilemmas ○ Arguments and families ○ Conflict resolution ○ Internet safety ○ RSE – What do we mean by love? ○ Moving on 	Living in the wider world <ul style="list-style-type: none"> ○ Our neighbours ○ Racism and its consequences ○ Democracy and decisions ○ Money and me ○ Celebration – supporting each other