

## PSHE Curriculum Overview

PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Feelings – me and others	Feelings- me and others.  Traditional tales	Being a good friend (special people)  What makes us unique.	Being healthy	My body  Growing and changing	Being Safe  Transitions to new class
Year 1	<b>What is the same and different about us? R</b> Ourselves, and others Similarities and differences Individuality Our bodies	<b>Who is special to us? R</b> Ourselves and others People who care for us Groups who we belong to Families	<b>What helps us stay healthy? H&amp;W</b> Being healthy How to consider hygiene Medicines People who help us with health	<b>What can we do with money? WW</b> Making choices What is money? Needs and wants	<b>Who helps keep us safe? H&amp;W</b> Keeping safe People who help us	<b>How can we look after each other and the world? WW</b> Ourselves and others The world around us Caring for others Growing and changing
Year 2	<b>What makes a good friend? R</b> Friendships Feeling lonely Managing arguments	<b>What is bullying? Relationships B</b> Bullying Words and actions Respect for others	<b>What jobs do people do? WW</b> People and jobs Money The role of the internet	<b>What helps us to stay safe? H&amp;W</b>  Keeping safe Recognising risk Rules	<b>What helps us grow and stay healthy? H&amp;W</b>  Being healthy Eating and drinking Playing and sleep Dental health	<b>How do we recognise our feelings? H&amp;W</b>  Feelings and mood Times of change Loss and bereavement Growing up
Year 3	<b>How can we be a good friend? R</b> Friendship Making positive friendships managing loneliness Dealing with arguments	<b>What keeps us safe? H&amp;W</b> Keeping safe at home and school Our bodies: Hygiene Medicines and household products	<b>What are families like? R</b> Families Family life Caring for each other	<b>What makes a community? WW</b> Community Belonging to groups Similarities and differences Respect for others	<b>Why should we eat well and look after our teeth? H&amp;W</b> Being healthy Eating well Dental care	<b>Why should we keep active and sleep well? H&amp;W</b> Being healthy Keeping active Taking rest

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<b>Year 4</b>	<b>What strengths, skills and interests do we have?</b> H&W Self esteem and self worth Personal qualities Goal setting Managing set backs	<b>How do we treat each other with respect?</b> R Respect for self and others Courteous behaviour Safety Human rights	<b>How can we manage risk in different places?</b> H&W Keeping safe Out and about – awareness Recognising and managing risk	<b>How can we manage our feelings?</b> H&W Feelings and emotions Expression of feelings Behaviour Loss and grief	<b>How will we grow and change?</b> H&W Growing and changing Puberty	<b>How can our choices make a difference to others and the environment?</b> WW Caring for others The environment People and animals Shared responsibilities Making choices and decisions
<b>Year 5</b>	<b>What makes up a person's identity?</b> H&W Identity Personal attributes and qualities Similarities and differences Individuality stereotypes	<b>What decisions can people make about money?</b> WW Money Making decisions Spending and saving	<b>How can help in an accident or emergency?</b> H&W Basic first aid Accidents Dealing with emergencies	<b>How can friends communicate safely?</b> R Friendships Relationships Becoming independent Online safety	<b>How can drugs common to everyday life affect health?</b> H&W Drugs Alcohol Tobacco Healthy habits and choices	<b>What jobs would we like?</b> WW Careers Aspirations Role models The future
<b>Year 6</b>	<b>How can we keep healthy as we grow?</b> H&W Looking after ourselves Growing up Becoming independent Taking more responsibility		<b>How can the media influence people?</b> WW Media literacy and digital resilience Influences and decision making On-line safety		<b>What will change as we become more independent?</b> <b>How do friendships change as we grow?</b> R Different relationships Changing and growing Adulthood Independence Moving to secondary school	