

PSHE CURRICULUM OVERVIEW

<p align="center">Relationships (Families and Friendships, Safe relationships, Respecting Self and others)</p>	<p align="center">Living In The Wider World (Belonging to a community, Media literacy and digital resilience, Money and work)</p>	<p align="center">Health and Wellbeing (Physical health and mental wellbeing, Growing and changing, Keeping safe, SRE)</p>
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Year 1	Autumn	Spring	Summer
Cycle A	<p><u>Families, friendships and close positive relationships</u> Roles of different people, families, feeling cared for.</p>	<p><u>Hurtful Behaviour, Bullying</u> How behaviour affects others, making friends, feeling lonely and getting help.</p>	<p><u>Healthy Lifestyles, Physical Well Being & Mental Health</u> Keeping healthy. Food and exercise. Hygiene routines. Teeth. Sleep. Sun safety.</p>
	<p><u>Keeping Safe</u> How rules and age restrictions help us. Safety in different environments. Road Safety Y1 / Fire Safety Y2</p>	<p><u>Communities</u> What rules are, caring for others' needs.</p>	<p><u>Economic Wellbeing, Money, Aspirations, Work, Career</u> Strengths and interests. Jobs in the community. What money is.</p>
Cycle B	<p><u>Respecting Self and Others</u> How behaviour affects others, being polite and respectful. Recognising things in common and differences.</p>	<p><u>Ourselves, Growing and Changing</u> Recognising what makes us unique and special. Feelings. Managing when things go wrong. Growing older, changing bodies.</p>	<p><u>Safe Relationships</u> Recognising privacy, staying safe, seeking permission</p>
	<p><u>Shared Responsibilities</u> Looking after the environment. Belonging to a group, roles and responsibilities.</p>	<p><u>Media, Literacy and Digital Resilience</u> About the role of the internet in everyday life. Using digital devices. Keeping safe online.</p>	<p><u>Drugs, Alcohol and Tobacco</u> Medicines and keeping healthy.</p>

Year 2	Autumn	Spring	Summer
Cycle A	<p><u>Families, friendships and close positive relationships</u> What makes a family; features of family life. Positive friendships, including online**</p>	<p><u>Hurtful Behaviour, Bullying</u> How behaviour affects others, making friends, feeling lonely and getting help. Playing and working cooperatively, sharing opinions.</p>	<p><u>Healthy Lifestyles, Physical Well Being & Mental Health</u> Why sleep is important. Keeping healthy – health choices and habits. What affects feelings, expressing feelings.</p>
	<p><u>Keeping Safe</u> Fire Safety Y2 Safety in different environments. Risk and safety at home and in the environment. Emergencies.</p>	<p><u>Communities</u> Belonging to a group. Being the same and different in the community.</p>	<p><u>Economic Wellbeing, Money, Aspirations, Work, Career</u> What money is. Needs and wants. Looking after money. Different jobs and skills.</p>
Cycle B	<p><u>Respecting Self and Others</u> Recognising respectful behaviour, the importance of self-respect, courtesy and being polite.</p>	<p><u>Ourselves, Growing and Changing</u> Growing older, naming body parts, changes, moving class or year.</p>	<p><u>Safe Relationships</u> Managing secrets, resisting pressure and getting help. Recognising hurtful behaviour. Personal boundaries.</p>
	<p><u>Shared Responsibilities</u> The value of rules and laws, rights, freedoms and responsibilities.</p>	<p><u>Media, Literacy and Digital Resilience</u> Communicating online. The internet in everyday life. How the internet is used.</p>	<p><u>Drugs, Alcohol and Tobacco</u> Medicines and household products, drugs common to everyday life**</p>

Year 3/4	Autumn	Spring	Summer
Cycle A	<u>Families, friendships and close positive relationships</u> Positive friendships, including online.	<u>Hurtful Behaviour, Bullying</u> Managing friendships and peer influence** About the impact of bullying.	<u>Healthy Lifestyles, Physical Well Being & Mental Health</u> Maintaining a balanced lifestyle, oral hygiene and dental care. Healthy sleep, sun safety, vaccinations and immunisations.
	<u>Keeping Safe</u> Risks and hazards in unfamiliar places. Keeping safe in different situations. Responding in emergencies.	<u>Communities</u> What makes a community?	<u>Economic Wellbeing, Money, Aspirations, Work, Career</u> Setting personal goals. Making decisions about money. Using and keeping money safe. Identifying job interests.
Cycle B	<u>Respecting Self and Others</u> Respecting differences and similarities, discussing difference sensitively. Responding respectfully to a wide range of people.	<u>Ourselves, Growing and Changing</u> Personal strengths and achievements, managing and reframing setbacks.	<u>Safe Relationships</u> Responding to hurtful behaviour, managing confidentiality, recognising risks online.
	<u>Shared Responsibilities</u> Shared responsibilities in the community.	<u>Media, Literacy and Digital Resilience</u> Accessing information online. How data is shared and used. Different media types.	<u>Drugs, Alcohol and Tobacco</u> Medicines and household products, drugs common to everyday life.

Year 5/6	Autumn	Spring	Summer
Cycle A	<u>Families, friendships and close positive relationships</u> Attraction to others; romantic relationships; civil partnership and marriage.	<u>Hurtful Behaviour, Bullying</u> About the impact of bullying, including offline and online, and the consequences of hurtful behaviour.	<u>Healthy Lifestyles, Physical Well Being & Mental Health</u> What affects mental health and ways to take care of it. Managing change. Loss and bereavement.
	<u>Keeping Safe</u> Cycling proficiency Keeping safe in different situations, including responding in emergencies. First aid. <i>(FGM removed)</i>	<u>Communities</u> Valuing diversity, challenging discrimination and stereotypes.	<u>Economic Wellbeing, Money, Aspirations, Work, Career</u> Interests and aspirations. What influences career choices. Attitudes to money. Financial risks.
Cycle B	<u>Respecting Self and Others</u> Expressing opinions and respecting other points of view, including discussing topical issues.	<u>Ourselves, Growing and Changing</u> Personal identity, recognising individuality and different qualities. Mental well-being.	<u>Safe Relationships</u> Physical contact and feeling safe. Recognising and managing pressure; consent in different situations.
	<u>Shared Responsibilities</u> Protecting the environment, compassion towards others.	<u>Media, Literacy and Digital Resilience</u> Evaluating media sources, sharing things online. The role and impact of different media types.	<u>Drugs, Alcohol and Tobacco</u> Choices. Drug use and the law, drug use and the media.