



## PSHE Curriculum Overview

Year /Term	<b>1</b> <b>Me and My Relationships</b>  Includes: feelings/emotions/ conflict resolution/friendships	<b>2</b> <b>Valuing Difference</b>  Includes: British Values focus	<b>3</b> <b>Keeping Myself Safe</b>  Includes: aspects of safe internet use, drugs and Relationships Education	<b>4</b> <b>Rights and Responsibilities</b>  Includes: money/living in the wider world/environment	<b>5</b> <b>Being My Best</b>  Includes: keeping healthy/Growth Mindset/goal setting/achievement	<b>6</b> <b>Growing and Changing</b>  Includes: RSE-related issues
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance and respect	How our feelings can keep us safe Keeping healthy Medicine Safety	Taking care of things: Myself My money My environment	Growth Mindset Keeping by body healthy	Getting help Becoming independent My body parts
2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation	Growth Mindset Looking after my body	Life cycles Dealing with loss Being supportive
3	Cooperation Caring Friendships (Includes respectful relationships)	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe
4	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and	Managing risk	Making a difference (different ways of helping others or the environment)	Having choices and making decisions about my health	Body changes during puberty

		cultural difference) Understanding and challenging stereotypes	Understanding the norms of drug use (cigarette and alcohol use) Influences	Media influence Decisions about spending money	Taking care of my environment	Managing difficult feelings Relationships including marriage
5	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Body changes during puberty Managing difficult feelings Managing change Getting help
6	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem Body changes during puberty How a baby is made