



























PSHE Whole School Curriculum Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Mental health and emotional wellbeing Feelings 	Mental health and emotional wellbeing Friendship 	Mental health and emotional wellbeing Strengths and challenges	<i>No specific unit of work for this year group. Mental health is covered in RSE puberty (emotions, feelings, behaviour and relationships)</i> 	Mental health and emotional wellbeing Dealing with feelings 	Mental health and emotional wellbeing Healthy minds  
Autumn 2	Identity, society and equality Me and others	<i>No specific unit of work for this year group. Friendship is covered in the mental health and emotional wellbeing unit for Year 2. Caring for others and different families is covered in RSE</i>	Identity, society and equality Celebrating difference	Identity, society and equality Democracy	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia) Out with homophobia 	Identity, society and equality Human Rights 
Spring 1	Keeping safe and managing risk  Feeling safe	Keeping safe and managing risk. How can I keep myself safe? Road Safety and Internet safety	Keeping safe and managing risk  Bullying – see it, say it, stop it 	Keeping safe and managing risk  Playing safe Who can play? Media violence NSPCC - Gaming	Keeping safe and managing risk When things go wrong 	Keeping safe and managing risk  Keeping safe - out and about FGM
Spring 2	Relationship/Health Education Growing and Changing - Boys and girls, families NSPCC - PANTS	Relationships, Health and Sex education  Growing and Changing - Boys and girls, families	Relationship and Health education  Growing up and changing	Relationship and Health education  Growing up and changing	Relationship and Health education  Puberty and gender stereotypes Betty for Schools – Periods	Relationship, Sex and Health education  Healthy relationships / How a baby is made

Summer 1	Drug, alcohol and tobacco education  What do we put into and on to our bodies? (x2 sessions) Careers, financial capability and economic wellbeing My money	Drug, alcohol and tobacco education  Medicines and me	Drug, alcohol and tobacco education  Tobacco is a drug (x2 sessions) Careers, financial capability and economic wellbeing Saving, Spending and Budgeting	Drug, alcohol and tobacco education  Making choices	Drug, alcohol and tobacco education  Different influences	Drug, alcohol and tobacco education  Weighing up risks
Summer 2	Physical health and wellbeing Fun times	Physical health and wellbeing  Taking Care of My Body What keeps me healthy?	Physical health and wellbeing What helps me choose?	Physical health and wellbeing What is important to me?	Physical health and wellbeing In the media Careers, financial capability and economic wellbeing Borrowing and earning money	<i>No specific unit of work for this year group. Healthy eating and physical activity is covered in Year 6 mental health and emotional wellbeing.</i>
MindMate Lessons x1 per half term	Feeling good & being me	Friends and Family	Life Changes	Strong emotions	Being the same, being different	Solving problems/making it better

 The red flag demarcates lessons which link directly to safeguarding