

















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  Pol-Ed <u>Keeping safe</u> How can I speak up? This lesson involves pupils identifying what makes them sad etc. and what to do if they are worried. The writing tasks may be challenging for some year 1's so may need to be discussion based.	Mental health and emotional wellbeing Friendship  <u>Relationships</u> KS1 What if my friends are making me feel sad? Anti-bullying week – What is bullying? 	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 Pol-Ed <u>Understanding the law</u> What is the law and why do we have it? 	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia) Out with homophobia  Pol-Ed <u>Relationships</u> What is discrimination?	Identity, society and equality Human Rights   Understanding the law What different types of crime are there? How do we enforce the law? How can we be a responsible citizen? What is shop theft? If it is felt that the Understanding the law unit is beneficial for your KS2 pupils the following objectives could be addressed in a different way through the wider curriculum such as focus days, assemblies or linked to text.
Spring 1	Keeping safe and managing risk  Feeling safe  Lesson 2 recommends using the PANTS resource. If you use this within the RSE unit you may prefer to use a Pol-Ed lesson instead. There is some overlap so you may decide to use the lesson below for this unit.	Keeping safe and managing risk. How can I keep myself safe? Road Safety and Internet safety Pol-Ed <u>Keeping safe</u> How can I keep safe online? How can I keep safe in new places? What is 999? 	Keeping safe and managing risk  Bullying – see it, say it, stop it KS2 What is bullying? What is consent? (friendships) This lesson is NOT about bullying but could be used at the start of this topic and then could be tied into subsequent lessons understanding that bullying does not involve consent 	Keeping safe and managing risk  Playing safe Who can play? Media violence NSPCC – Gaming  Pol-Ed <u>Keeping safe</u> What do we mean by risk? 	Keeping safe and managing risk  When things go wrong  Pol-Ed <u>Keeping safe</u> How can we use our phones safely? How can I share my worries?	Keeping safe and managing risk  Keeping safe - out and about FGM  KS2 <u>Keeping safe</u> How can we keep our things safe? This lesson starts with keeping things safe in the home and then moves on to keeping belonging safe when out and about. <u>Relationships</u>

				What are the emergency services? How can we keep safe on the road?		What is peer pressure? This lesson explains that peer pressure can be positive and negative and explore how to respond to it <u>Understanding the law</u> What is anti-social behaviour?
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 <u>Relationships</u> Why are safe hands important? This lesson explores what safe and unsafe hands are so links to consent. How do I share family worries? This lessons first looks at how families can be different then goes on to look at who to go to if your family is making you feel worried. 	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	Drug, alcohol and tobacco education  Weighing up risks
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  Pol-Ed Keeping safe What is the issue with addition? (smoking/vaping)	Relationship, Sex and Health education  Healthy relationships / How a baby is made Pol-Ed What is grooming? This could be delivered after the RSE unit. 
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

MindMate Lessons – All discuss feelings, tolerance, respect and boundaries.



The red flag demarcates lessons which link directly to safeguarding



Purple indicates evidence of bullying explored.

*Year 6 swap RSE for Summer 1 due to SATS and the nature of the unit.



Pol Ed lessons to further support and embed learning in these areas.