

PSHE Whole School Curriculum Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Mental health and emotional wellbeing</p> <p>Feelings</p> <p>General Wellbeing How can I share my feelings?</p> 	<p>Mental health and emotional wellbeing</p> <p>Friendship</p> <p>How can I deal with change?</p> 	<p>Mental health and emotional wellbeing *</p> <p>Strengths and challenges</p> <p>Wellbeing What is mental health? What words can I use to talk about my feelings? How can intense feelings feel?</p> 	<p><i>No specific unit of work for this year group. Mental health is covered in RSE puberty (emotions, feelings, behaviour and relationships)</i></p> <p>Caring friendships What is a healthy friendship?</p> 	<p>Mental health and emotional wellbeing</p> <p>Dealing with feelings</p> <p>Wellbeing How might my activity levels impact the way I feel?</p> 	<p>Mental health and emotional wellbeing</p> <p>Healthy minds</p> <p>Wellbeing How can I seek support for my mental health? How can I reframe my thinking?</p> 
Autumn 2	<p>Identity, society and equality</p> <p>Me and others</p> <p>Relationships How can I make friends?</p> 	<p><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></p>	<p>Identity, society and equality</p> <p>Celebrating difference</p> <p>Relationships How should we treat people?</p> 	<p>Identity, society and equality</p> <p>Democracy</p>	<p>Identity, society and equality</p> <p>Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Out with homophobia</p>	<p>Identity, society and equality</p> <p>Human Rights</p>
Spring 1	<p>Keeping safe and managing risk</p> <p>Feeling safe</p> <p>Keeping safe Who are my trusted adults?</p> 	<p>Keeping safe and managing risk. How can I keep myself safe?</p> <p>Road Safety and Internet safety</p> <p>Pol-Ed Keeping safe How can I keep safe online? How can I keep safe in new places? What is 999? What are the risks of video gaming?</p> 	<p>Keeping safe and managing risk</p> <p>Bullying – see it, say it, stop it</p> <p>Relationships What is bullying?</p> 	<p>Keeping safe and managing risk</p> <p>Playing safe</p> <p>Who can play? Media violence</p> <p>NSPCC – Gaming</p> <p>Keeping safe What do we mean by risk? What are the emergency services? How can we keep safe on the road?</p> 	<p>Keeping safe and managing risk</p> <p>When things go wrong</p> <p>Understanding the law What can and can't I do on the internet? What is gambling?</p> 	<p>Keeping safe and managing risk</p> <p>Keeping safe - out and about</p> <p>FGM</p> <p>Why does media have age restrictions?</p> 
Spring 2	<p>Relationship/Health Education</p> <p>Growing and Changing - Boys and girls, families</p> <p>NSPCC – PANTS</p>	<p>Relationships, Health and Sex education</p> <p>Growing and Changing - Boys and girls, families</p>	<p>Relationship and Health education</p> <p>Growing up and changing</p>	<p>Relationship and Health education</p> <p>Growing up and changing</p>	<p>Relationship and Health education</p> <p>Puberty and gender stereotypes</p> <p>Betty for Schools – Periods</p>	<p>Drug, alcohol and tobacco education</p> <p>Weighing up risks</p>

Summer 1	<p>Relationships Why are safe hands important? Why is name calling unkind?</p> 	<p>Developing Bodies What are private body parts?</p> 		<p>Relationships What do we mean by consent in friendships?</p> 	<p>Developing Bodies How might puberty impact the way I feel?</p> <p>Relationships What is grooming?</p> 	<p>Understanding the law What does the law say about legal drugs?</p> 
	<p>Drug, alcohol and tobacco education </p> <p>What do we put into and on to our bodies? (x2 sessions)</p> <p>Careers, financial capability and economic wellbeing My money</p>	<p>Drug, alcohol and tobacco education </p> <p>Medicines and me</p>	<p>Drug, alcohol and tobacco education </p> <p>Tobacco is a drug (x2 sessions)</p> <p>Careers, financial capability and economic wellbeing Saving, Spending and Budgeting</p>	<p>Drug, alcohol and tobacco education </p> <p>Making choices</p>	<p>Drug, alcohol and tobacco education </p> <p>Different influences</p> <p>Relationships What is grooming?</p> 	<p>Relationship, Sex and Health education </p> <p>Healthy relationships / How a baby is made</p>
Summer 2	<p>Physical health and wellbeing</p> <p>Fun times</p>	<p>Physical health and wellbeing </p> <p>Taking Care of My Body What keeps me healthy?</p> <p>Wellbeing What does it mean to be healthy? Why is sleep important?</p> 	<p>Physical health and wellbeing</p> <p>What helps me choose?</p>	<p>Physical health and wellbeing</p> <p>What is important to me?</p>  <p>Wellbeing How do my choices help me to be healthy? What are healthy habits? Why is food fuel?</p> 	<p>Physical health and wellbeing</p> <p>In the media</p> <p>Keeping Safe How can we use our phones sensibly?</p>  <p>Careers, financial capability and economic wellbeing Borrowing and earning money</p>	<p>No specific unit of work for this year group. Healthy eating and physical activity is covered in Year 6 mental health and emotional wellbeing.</p>
MindMate Lessons x1 per half term	Feeling good & being me	Friends and Family	Life Changes	Being the same, being different	Strong emotions	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.



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

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