

PSHE Curriculum Overview

Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education. The coverage in year groups has been reviewed and adapted by class teachers and PSHE Subject Leader in order to reflect our needs as a school. Class teachers will also adjust the order of the teaching sequence in response to their cohort. See Medium Term Plan for more detail on what is covered in each area of learning.

EYFS and Key Stage 1

| | Term 1 Me and my Relationships | Term 2 Valuing Difference | Term 3 Keeping Myself Safe | Term 4 Rights and Responsibilities | Term 5 Being my Best | Term 6 Growing and Changing |
|--------|--|---|--|---|--|---|
| EYFS | What makes me special People close to me Getting help | Similarities and difference Celebrating difference Showing kindness | Keeping my body safe People who help to keep us safe | Looking after things: friends, environment, money | Keeping my body healthy – food, exercise, sleep Growth Mindset | Life stages |
| Year 1 | Feelings Getting help Classroom rules Special people Being a good friend | Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help | How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep | Taking care of things: Myself My money My environment | Growth Mindset Healthy eating Hygiene and health Cooperation | Getting help Becoming independent My body parts (using vocabulary: penis and vulva) Taking care of self and others |
| Year 2 | Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation | Being kind and helping others Celebrating difference People who help us Listening skills | Medicine safety Dealing with unsafe situations Online safety | Cooperation Self-regulation Looking after school environment Looking after money – saving and spending | Growth Mindset Looking after my body Hygiene and health Exercise and sleep Positive feedback | Dealing with loss Privacy, including our bodies (using vocabulary: penis and vulva) Appropriate touch |

Key Stage 2

| | Term 1 Me and my Relationships | Term 2 Valuing Difference | Term 3 Keeping Myself Safe | Term 4 Rights and Responsibilities | Term 5 Being my Best | Term 6 Growing and Changing |
|--------|---|--|--|--|--|--|
| Year 3 | Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss | Recognising and respecting diversity Being respectful and tolerant My community | Managing risk Medication and drugs Online safety | Skills we need to develop as we grow up Helping and being helped Managing money | Keeping myself healthy and well Celebrating and developing my skills Developing empathy | Internal body changes during puberty, including menstruation Relationships Keeping safe Safe and unsafe secrets |
| Year 4 | Healthy relationships Listening to feelings Bullying Assertive skills | Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes | Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety | Making a difference (different ways of helping others or the environment) Media influence | Having choices and making decisions about my health My skills and interests | Body changes during puberty, including menstruation Managing difficult feelings Relationships including marriage |
| Year 5 | Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs | Recognising and celebrating difference, including religions and cultural Influence and pressure of social media | Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills | Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending | Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community | Puberty Managing difficult feelings Managing change How my feelings help keep me safe Getting help |
| Year 6 | Assertiveness Cooperation Safe/unsafe touches Positive relationships | Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding bystander behaviour Gender stereotyping | Understanding 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 Understanding democracy | Aspirations and goal setting Managing risk Looking after my mental health | Sex education, including puberty Coping with changes Keeping safe Body image Self-esteem |