



PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> Planting our food Cities, towns, Land and Sea Gentle Hands and Hearts 	<ul style="list-style-type: none"> Taking good care of myself Being curious Managing Feelings 	<ul style="list-style-type: none"> Sleep The Great Outdoors Trusted Adults 	<ul style="list-style-type: none"> Animals Fire safety Water safety 	<ul style="list-style-type: none"> Follow my lead Making mistakes Road Safety 	<ul style="list-style-type: none"> Sharing Marching to the beat of your own drum Technology
Year 1	<ul style="list-style-type: none"> Bring happy Being mindful First aid and CPR What is friendship? 	<ul style="list-style-type: none"> Getting your sleep Hygiene and me Understanding difficult feelings Kind vs unkind 	<ul style="list-style-type: none"> A problem shared is a problem halved Communication Trust 	<ul style="list-style-type: none"> What makes a family My growing body Respecting others Water safety 	<ul style="list-style-type: none"> Braving the weather Emergency services Food safety and what not to eat Wildlife 	<ul style="list-style-type: none"> Road safety Safety symbols Signalling & sign language
Year 2	<ul style="list-style-type: none"> Screen time safety Feeling sad Happiness Positive friendships 	<ul style="list-style-type: none"> It's okay not to be okay Medicine and drugs Understanding peer pressure Relaxation 	<ul style="list-style-type: none"> My private body Respecting all families Dealing with loss Fight or flight 	<ul style="list-style-type: none"> Desert Island Environment Navigation 	<ul style="list-style-type: none"> Cyber safety Fire safety Forest survival The art of failure 	<ul style="list-style-type: none"> Personal goal setting Protecting our planet Adapting to change
Year 3	<ul style="list-style-type: none"> Personal hygiene Vaccinations and diseases Anger, fear and mindfulness Exercise Safety with household meds Change is good 	<ul style="list-style-type: none"> My body, your body – keeping healthy Self-worth Self-image Autism: different not less Different kinds of friendship 	<ul style="list-style-type: none"> Power of words: STOP Social media: body confidence Gender Fairtrade: working together Global warming: what can we do to help? Celebrating women in history: traditional roles 	<ul style="list-style-type: none"> BV democracy and law BV culture and liberty Relationships with others 	<ul style="list-style-type: none"> Helping others to get help Who can we trust Staying safe online Separation and divorce 	<ul style="list-style-type: none"> Growth mindset Sun safety The world of work Problem solving and time management

Year 4	<ul style="list-style-type: none"> • Healthy eating and balanced diet • The importance of physical activity • Relaxing to recharge • The recreational drugs of alcohol and nicotine 	<ul style="list-style-type: none"> • My body, your body – keeping safe • Sleep • Screen time • Autism: Aspergers • What’s love? 	<ul style="list-style-type: none"> • Bullying • Everything will be alright • All about Tik-Tok • Identity and gender • Fairtrade: change through choice 	<ul style="list-style-type: none"> • Government and rules • Freedom in beliefs • Family relationships 	<ul style="list-style-type: none"> • Consent • Where does my food come from • Respect • Being responsible • Earning money 	<ul style="list-style-type: none"> • Problem solving and resourcefulness • Try and try again • Leadership
Year 5	<ul style="list-style-type: none"> • Junk food • Nutritional Values • The human body • Caffeine – helpful or harmful 	<ul style="list-style-type: none"> • Keeping my body the same • My body changes • Autism: Neurodivergence • Expressing love differently as you grow • What is marriage? 	<ul style="list-style-type: none"> • Power of words – mouldy rice • Social media: being confident • Responsibility and inspiration • Homophobic language in schools • Fairtrade: same storm, different boat 	<ul style="list-style-type: none"> • BV laws and parliament • Freedom of speech and movement • Respecting others boundaries and beliefs 	<ul style="list-style-type: none"> • The digital world • Supporting the community • Communicating effectively • Learning part 1 	<ul style="list-style-type: none"> • Learning part 2 • Borrowing money • Dealing with adversity • The NHS
Year 6	<ul style="list-style-type: none"> • First Aid • Alcohol, smoking and vaping • Drugs • Illegal drugs • Recognising and controlling anger • Organisation of life 	<ul style="list-style-type: none"> • My amazing body • Self-perception • Autism: Do say, don’t say • The power of love – inequality within relationships • What is forced marriage? 	<ul style="list-style-type: none"> • The power of words – clean up your speech • Social media: Tik-Tok • Identity, gender and sexuality • Fair trade: the shirt off your back • Global warming: issues and prevention • Celebrating women in history: forgotten achievements 	<ul style="list-style-type: none"> • BV Lawmakers and activists • BV rights and radicalisation • The government 	<ul style="list-style-type: none"> • Consent • Feeling anxious • Ageism • The power of negotiation 	<ul style="list-style-type: none"> • Transition • Learning to working • Law • Tax • Banks • Pensions • How to write a CV • Entrepreneurship, enterprise and business