



## PSHE Curriculum Overview

**Autumn 1**

**Autumn 2**

**Spring 1**

**Spring 2**

**Summer 1**

**Summer 2**

**Nursery Pre-3**

N/A

**Self-Regulation/ Understanding emotions**

KLP:

- Separate from close carers and explore new situations with support and encouragement.
- May show anxiety in the presence of strangers.
- Can be overwhelmed by emotions.
- Seek comfort from familiar adults when needed and distracts themselves.

**Managing Self/ Sense of Self**

KLP:

- Own ideas, preferences, making choices and decisions.
- Assert their ideas and preferences and making choices and decisions.
- Hygiene role play, tooth brushing.
- Toileting and washing hands.
- Healthy foods.

**Building relationships**

KLP:

- Build relationships with special people.
- Begin to be able to cooperate (familiar people and environments).

**Self-Regulation/ Understanding emotions**

KLP:

- Express the self-aware emotions (pride and embarrassment).
- Think about feelings and develop the connections that help them manage their emotions.
- Stop themselves from doing something they should not.
- Build collective cooperation of routines and some boundaries.

**Managing Self/ Sense of Self**

KLP:

- Start to develop understanding/ interest in differences of gender, ethnicity and ability.
- Experiment with own and other people's views of who they are through their play.
- Gradually learn that actions have consequences.

**Building relationships**

KLP:

- Shows some understanding that other people have perspectives, ideas and needs.
- Show empathy and concern for people who are special to them by partially matching others' feelings.
- Seek out others to share experiences with and may choose to play with a familiar friend.

**Nursery**

**Self-Regulation**

KLP:

- Separate happily from carer.
- Show some confidence in new social situations.

**Managing Self**

KLP:

- Learning some daily routines.
- Settle to Nursery activities.
- Use resources with help achieve a goal.
- Hygiene role play, tooth brushing.
- Building skills in toileting and washing hands.
- Healthy Foods.
- Develop positive attitudes to differences in people & countries (India).

**Building relationships**

KLP:

- Play with one or more adults and peers.
- Begin to take turns understanding yours and mine.
- Take part in role play.

**Self-Regulation**

KLP:

- Be more outgoing in familiar situations.

**Managing Self**

KLP:

- Enjoy small tasks within the provision.
- Increasingly follow rules
- Healthy choices in snack time.
- Know tooth brush routines (Oral educator visit)
- Developing independent toileting and washing hands.
- Understand a healthy lifestyle, food choices, exercise and hygiene routines.

**Building relationships**

KLP:

- Develop turn taking through small group work.
- Start to negotiate solutions to conflict.

**Self-Regulation**

KLP:

- Become confident, independent learners across all areas within the school setting.

**Managing Self**

KLP:

- Communicate freely about home and community.
- Do not always need adult reminders of rules.
- Mostly independent care needs
- Make healthy choices for a healthy lifestyle e.g. safety in the sun.
- Develop positive attitudes to differences in people & countries (Africa).
- Transition visits and talks.

**Building relationships**

KLP:

- Negotiate solutions to conflict.
- Take on other roles.

**Reception**

**Self-regulation**

KLP:

- Feelings about new social situations and unfamiliar people.
- Resilience/ trust in safe people.

**Managing Self**

KLP:

- Valuable individual: own play interests, choose areas and take turns.

**Families and own routines**

KLP:

**Managing self**

KLP:

- Talk about own interests and family activities to identify as an individual personality.
- Independent toileting, washing hands and dressing for outdoors.

**Building relationships**

KLP:

- Be aware of others' views/ perspective;

**Self-regulation**

KLP:

- Identify emotions in conflict and uncomfortable feelings.
- Feelings of sharing and kindness with others.
- Play in other groupings than friendship.

**Managing Self**

KLP:

- Understand that exercise, eating, sleeping and hygiene

**Self-regulation**

KLP:

- Perseverance in trying repeatedly and evaluating.
- Describe self in positive terms and talk about personal goals.

**Managing self**

KLP:

- Managing own needs and understanding.
- Helping each other and taking turns.

**Self-regulation**

KLP:

- Show a sense of valuable individual: talk about own interests and emotions.

**Managing self**

KLP:

- Narrating own personal food choice of healthy range of foodstuffs and understand need for

**Self-regulation**

KLP:

- Explore and describe feelings of overcoming fear.
- Identify feelings about new social situations and unfamiliar people.
- Express feelings using descriptive language.
- Build resilience to

	<ul style="list-style-type: none"> <li>Handwashing, healthy body, sleep, teeth, meal and screen-time.</li> </ul> <p><b>Building Respectful Relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Learning routines and expectations.</li> </ul>	through story characters and through cultural differences and traditions.	<p>(including dental) can contribute to good health.</p> <ul style="list-style-type: none"> <li>Perseverance in making mistakes and evaluating.</li> <li>Special people and our safe people including Emergency Services.</li> </ul> <p><b>Building relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Finding a compromise.</li> </ul>	<ul style="list-style-type: none"> <li>Exploring, talking about and trying new vegetables, eat a healthy range of foodstuffs and understand variety.</li> <li>Independence in routines: dressing and changing, toileting and hygiene and mealtimes.</li> <li>NSPCC 'Underpants rules'.</li> </ul> <p><b>Building relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Team skills/goals.</li> <li>Taking account of one another's ideas to organise an activity.</li> </ul>	<p>variety in food.</p> <p><b>Building relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Needs of all living things: care and concern for animals including healthy foodstuffs.</li> </ul>	<p>trust in new safe people.</p> <p><b>Managing self</b> KLP:</p> <ul style="list-style-type: none"> <li>Independent self-care and awareness of sun safety.</li> </ul> <p><b>Building relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Understanding the needs of all living things: basic needs of plants.</li> <li>Perspective of others: confidence in own ability through story characters.</li> <li>Following linked instructions as a team.</li> </ul>
Year 1	<p><b>Respecting Ourselves and Others</b> KLP:</p> <ul style="list-style-type: none"> <li>Caring friendships.</li> <li>Understanding how behaviour affects others.</li> <li>Being polite and respectful.</li> <li>Recognising similarities and differences between one another.</li> </ul> <p><b>Growing and Changing</b> KLP:</p> <ul style="list-style-type: none"> <li>Recognising what makes them unique and special.</li> <li>Learning how to become more independent in caring for themselves in many ways.</li> <li>Understanding different kinds of feelings.</li> <li>Learning how to manage when things go wrong.</li> </ul> <p><b>Family and Friendships</b> KLP:</p> <ul style="list-style-type: none"> <li>Recognising the importance of families and the roles of different people. Recognise different families.</li> <li>Understanding how it means to feel cared for.</li> </ul>	<p><b>Safe Relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Recognising privacy.</li> <li>Staying safe.</li> <li>Seeking permission.</li> </ul> <p><b>Identity, Society, Equality and Belonging</b> KLP:</p> <ul style="list-style-type: none"> <li>Understanding what rules are.</li> <li>Learning how to care for others' needs.</li> <li>Learning to look after the environment.</li> </ul> <p><b>Money and Work</b> KLP:</p> <ul style="list-style-type: none"> <li>Understanding the role of money.</li> <li>Knowing about different jobs in society.</li> </ul>	<p><b>Physical Health and Mental Wellbeing</b> KLP:</p> <ul style="list-style-type: none"> <li>Recognising the characteristics and mental and physical benefits of an active lifestyle.</li> <li>Learning to keep healthy: food and exercise; hygiene routines and sun safety.</li> </ul> <p><b>Keeping Safe</b> <i>(This should also be addressed throughout the year and linked in with Forest Schools)</i> KLP:</p> <ul style="list-style-type: none"> <li>Understanding how rules and age restrictions help us.</li> <li>Learning how to keep safe online.</li> </ul>			
	<p><b>Media literacy and Digital Resilience:</b> Using the internet and digital devices; communicating online.</p>					
Year 2	<p><b>Respecting Ourselves and Others</b> KLP:</p> <ul style="list-style-type: none"> <li>Making friends; feeling lonely and getting help.</li> <li>Respecting others; importance of self-respect; recognising stereotypes; recognising and talking about emotions.</li> </ul> <p><b>Family and Friendships</b> KLP:</p> <ul style="list-style-type: none"> <li>Explore the importance and diversity of families, and healthy, positive family relationships.</li> </ul>	<p><b>Money and Work</b> KLP:</p> <ul style="list-style-type: none"> <li>What money is; needs and wants; looking after money.</li> </ul> <p><b>Safe Relationships</b> KLP:</p> <ul style="list-style-type: none"> <li>Boundaries appropriate in friendships with peers and others; privacy; managing secrets; resisting pressure and getting help; recognising hurtful behaviour.</li> </ul>	<p><b>Identity, Society, Equality and Belonging</b> KLP:</p> <ul style="list-style-type: none"> <li>Belonging to a group; roles and responsibilities; being the same and different in the community.</li> </ul> <p><b>Physical health and Mental Wellbeing</b> KLP:</p> <ul style="list-style-type: none"> <li>Routines and habits for maintaining good physical and mental health; why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.</li> </ul> <p><b>Growing and Changing</b> KLP:</p> <ul style="list-style-type: none"> <li>Growing older; naming body parts; moving class or year.</li> </ul>			

	<b>Media Literacy and Digital Resilience:</b> The internet in everyday life; online content and information.		
<b>Year 3</b>	<b>Recognising Ourselves and Others</b> KLP: <ul style="list-style-type: none"> <li>Recognising respectful behaviour; the importance or self-respect.</li> </ul> <b>Physical health and Mental Wellbeing</b> KLP: <ul style="list-style-type: none"> <li>What affects feelings; expressing feelings.</li> </ul> <b>Keeping Safe, Risk and Hazards</b> KLP: <ul style="list-style-type: none"> <li>Safety in the local environment and unfamiliar places.</li> </ul>	<b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>What makes a family; features of family life.</li> </ul> <b>Safe Relationships</b> KLP: <ul style="list-style-type: none"> <li>Personal boundaries; safely responding to others; the impact of hurtful behaviour.</li> </ul> <b>Physical health and Mental Wellbeing</b> KLP: <ul style="list-style-type: none"> <li>Health choices and habits.</li> </ul>	<b>Money and Work</b> KLP: <ul style="list-style-type: none"> <li>Different jobs and skills; job stereotypes; setting personal goals.</li> </ul> <b>Growing and Changing</b> KLP: <ul style="list-style-type: none"> <li>Personal strengths and achievements; managing and reframing setbacks.</li> </ul> <b>Identity, Society, Equality and Belonging</b> KLP: <ul style="list-style-type: none"> <li>What makes a community; what do we mean by responsibility.</li> </ul>
	<b>Media Literacy and Digital Resilience:</b> How the internet is used; assessing information online		
<b>Year 4</b>	<b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>Positive friendships, including online.</li> </ul> <b>Growing and Changing</b> KLP: <ul style="list-style-type: none"> <li>Personal identity; recognising individuality and different qualities; mental wellbeing.</li> </ul> <b>Safe Relationships</b> KLP: <ul style="list-style-type: none"> <li>Responding to hurtful behaviour; managing confidentiality; recognising risks online.</li> </ul>	<b>Respecting Others and Ourselves</b> KLP: <ul style="list-style-type: none"> <li>Respecting differences and similarities; discussing difference sensitively.</li> </ul> <b>Identity, Society, Equality and Belonging</b> KLP: <ul style="list-style-type: none"> <li>The value of rules and laws; rights, freedoms and responsibilities.</li> </ul> <i>(Link to Global Learning and Fairtrade)</i> <b>Keeping Safe</b> KLP: <ul style="list-style-type: none"> <li>Medicines and household products; drugs common to everyday life.</li> </ul>	<b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>How it feels to belong to a family or to a group.</li> </ul> <i>(Link to RE unit on Commitment)</i> <b>Money and Work</b> KLP: <ul style="list-style-type: none"> <li>Making decisions about money; using and keeping money safe.</li> </ul> <b>Physical Health and Mental Wellbeing</b> KLP: <ul style="list-style-type: none"> <li>Maintaining a balanced lifestyle; oral hygiene and dental care.</li> </ul>
	<b>Media Literacy and Digital Resilience:</b> How data is shared and used.		
<b>Year 5</b>	<b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>Managing friendships and peer influence.</li> </ul> <b>Respecting Ourselves and Others</b> KLP: <ul style="list-style-type: none"> <li>Responding respectfully to a wide range of people; recognising prejudice and discrimination.</li> </ul> <b>Physical Health and Mental Wellbeing</b> KLP: <ul style="list-style-type: none"> <li>Recognise and understand the benefits of positive self-image and self-respect for our health and wellbeing.</li> <li>Understand ways of keeping our bodies well and free from disease through vaccination and immunisation.</li> </ul>	<b>Keeping Safe Risks and Hazards</b> KLP: <ul style="list-style-type: none"> <li>Keeping safe in different situations - especially, online (protecting personal information).</li> <li>Responding in emergencies and basic first aid.</li> </ul> <b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>Healthy positive relationships with family and friends. Diversity in families and relationships</li> </ul> <b>Money and Work</b> KLP: <ul style="list-style-type: none"> <li>Identifying job interests and aspirations.</li> <li>What influences career choices.</li> <li>Workplace stereotypes.</li> </ul>	<b>Identity, Society, Equality and Belonging</b> KLP: <ul style="list-style-type: none"> <li>How people care for one another and how our care needs change as we grow older.</li> <li>Taking care of the environment.</li> </ul> <b>Growing and Changing</b> KLP: <ul style="list-style-type: none"> <li>The changes that happen to our bodies naturally during puberty.</li> <li>Personal Hygiene.</li> <li>Support with puberty.</li> </ul> <b>Safe Relationships</b> KLP: <ul style="list-style-type: none"> <li>Physical contact and feeling safe.</li> </ul>
	<b>Media Literacy and Digital Resilience:</b> How information online is targeted; different media types, their role and impact.		
<b>Year 6</b>	<b>Identity, Society, Equality and Belonging</b> KLP: <ul style="list-style-type: none"> <li>Valuing diversity; challenging discrimination and stereotypes.</li> </ul> <b>Keeping Safe</b> KLP: <ul style="list-style-type: none"> <li>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.</li> </ul> <b>Money and Work</b> KLP: <ul style="list-style-type: none"> <li>Influences and attitudes to money; money and financial risks.</li> </ul>	<b>Respecting Ourselves and Others</b> KLP: <ul style="list-style-type: none"> <li>Expressing opinions and respecting other points of view, including discussing topical issues.</li> </ul> <b>Safe Relationships</b> KLP: <ul style="list-style-type: none"> <li>Recognising and managing pressure; consent in different situations.</li> </ul> <b>Physical Health and Mental Wellbeing</b> KLP: <ul style="list-style-type: none"> <li>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.</li> </ul>	<b>Families and Friendships</b> KLP: <ul style="list-style-type: none"> <li>Attraction to others; romantic relationships; civil partnership and marriage.</li> </ul> <b>Growing and Changing</b> KLP: <ul style="list-style-type: none"> <li>Human reproduction and birth.</li> <li>Increasing independence; managing transitions.</li> </ul>
	<b>Media literacy and Digital Resilience:</b> Evaluating media sources and sharing things online.		

**Note:** The safeguarding aspects of the PSHE Curriculum, are shown in blue.