

# Holme Community School – Long Term Curriculum Planning- Curriculum Overview for PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1&amp;2 (Cycle A)</b>	Physical health/mental wellbeing How can we keep healthy?	Keeping safe How can I keep safe? Asking for help	Family What is a family? Feeling cared for	Relationships What is a friendship? My behaviour Secrets/surprises	Digital resilience How do we communicate online? resilience	Citizenship Looking after our environment Recycling/plastic
<b>Year 1&amp;2 (Cycle B)</b>	relationships Why are friendships important? Loss and change	Sex education Why is privacy important? Recognising body parts	Growing and Change What makes me special? Transitions	Physical health/mental wellbeing What is a healthy mind? Managing my emotions	Belonging to a Community Different roles Being the same and different in the community	Economic Wellbeing What is the difference between a need and a want? Keeping money safe Strengths and interests
<b>Year 3&amp;4 (Cycle A)</b>	Physical health/mental wellbeing Healthy choices/habits Mindfulness	Keeping Safe Recognising risk Everyday drugs Basic First Aid	Family Different types of families Who can I trust?	Relationships Recognising differences sensitively bullying	Digital resilience How is data shared and used safely? Being resilient	Belonging to a community Rules, laws, freedoms and responsibilities
<b>Year 3&amp;4 (Cycle B)</b>	relationships Healthy relationships inc. online Making decisions	Sex education Puberty Hygiene	Growing and Changing Managing emotions Strengths and achievements	Physical health/mental wellbeing Balanced lifestyle Oral hygiene	Citizenship What is citizenship? What is a democracy?	Economic Wellbeing Making decisions about money Setting goals
<b>Year 5&amp;6 (Cycle A)</b>	Physical health/mental wellbeing What affects our mental health? Immunisations/vaccinations	Keeping safe Keeping safe in different situations Regulations	Family Marriage/ civil partnership Forced marriages Bullying	Relationships Respecting others opinions/viewpoints Discussing topical issues	Digital resilience Evaluation of media sources. Fake news Critical digital consumers	Belonging to a community Conservation Eco-tourism
<b>Year 5&amp;6 (Cycle B)</b>	relationships Peer influences Respectful relationships	Sex education Physical contact Consent Menstruation, conception, birth	Growing and Change Personal identity and individuality Increasing independence	Physical health/mental wellbeing Managing change, loss and bereavement transitions	Citizenship Discrimination and stereotypes bullying	Economic Wellbeing Aspirations and goals Career choices Financial risks.