

PSHE Overview – 2022 / 2023

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<u>Identity, Society and Equality: Me and Others</u>	<u>Physical Health and Wellbeing: What Keeps Me Healthy</u> Dental Health Prevention (vaccines)	<u>Drugs, Alcohol and Tobacco: Tobacco is a Drug</u> Asthma	<u>Identity, Society and Equality: Democracy</u>	<u>Physical Health and Wellbeing: In the Media</u>	<u>Drug, Alcohol and Tobacco: Weighing up risk</u> Health Education Sleep
Autumn 2	<u>Keeping Safe and Managing Risk: Feeling Safe</u>	<u>Mental Health and Wellbeing: Friendship</u>	<u>Keeping Safe and Managing Risk: Bullying – see it, say it, stop it</u>	<u>Drugs, Alcohol and Tobacco: Making Choices</u> Asthma	<u>Identity, Society and Equality: Stereotypes, discrimination and prejudice</u>	<u>Identity, Society and Equality: Human Rights</u> Prevent
Spring 1	<u>Physical Health and Wellbeing: Fun Times</u>	<u>Keeping Safe and Managing Risk: Indoors and Outdoors</u>	<u>Mental Health and Wellbeing: Strengths and Challenges</u>	<u>Physical Health and Wellbeing: What is important to me?</u>	<u>Mental Health and Wellbeing: Dealing with feelings</u>	<u>Mental Health and Wellbeing: Healthy Minds</u>
Spring 2	<u>Drugs, Alcohol and Tobacco: What do we put into and onto our bodies?</u>	<u>Drugs, Alcohol and Tobacco: Medicines and Me</u> Asthma	<u>Identity, Society and Equality: Celebrating Difference</u>	<u>Keeping Safe and Managing Risk: Playing Safe</u>	<u>Keeping Safe and Managing Risk: When Things Go Wrong</u> First Aid: Calling for Help/Head Injuries/UAB/UANB Bleeding	<u>Keeping Safe and Managing Risk: Out and about</u> Internet Safety FGM/CSE/CCE
Summer 1	<u>Mental Health and Wellbeing: Feelings</u>	<u>RSE: Boys, Girls and Families</u>	<u>Careers and Financial Capability: Saving, spending and budgeting</u>	<u>First Aid: Calling for Help/Head Injuries/Burns/ UAB/UANB</u>	<u>Drugs, Alcohol and Tobacco: Different Influences</u>	<u>First Aid: Calling for Help/Head Injuries Choking/Allergies UAB/UANB/Broken Bones</u>
Summer 2	<u>Careers and Financial Capability: My Money</u>		<u>Physical Health and Wellbeing: What Helps Me Choose?</u> <u>First Aid: Calling for Help/Head Injuries Bites and Stings</u>	<u>Careers and Financial Capability: Borrowing and earning money</u>	<u>RSE: Growing up and changing</u>	<u>RSE: Healthy relationships, how a baby is made</u>

Every year group to deliver one Mind Mate lesson each half term.