



Curriculum Overview



PSHE

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Increasingly follow rules, routines, and boundaries, understanding why they are important. Show independence in self-care.		Share resources and activities with others. Play alongside and co-operatively with others. Develop, extend, and elaborate ideas.		Begin to problem solve and challenge others within play and show assertiveness. Begin to understand the feelings of others.	
Reception	Being part of a family. Talking about those people who are special to us. Building friendships. Expressing feelings and recognising the feelings of others Working and playing cooperatively. Show sensitivity to the needs of others		Being part of the school community. Understanding the rules and routines within the classroom Using the internet safely. Jobs in the community.		Keeping healthy, food, exercise oral health. Managing personal hygiene Becoming more independent. Setting and achieving simple goals. Beginning to manage feelings Keeping safe around school How trusted adults can help us stay safe	
Year 1	Roles of families and friends. Safe Relationships - recognising privacy, staying safe. How behaviour affects others. Being polite and respectful.		What rules are, caring for others and looking after the environment. Using the Internet and devices safely. Jobs in the community.		Keeping healthy and hygienic. Recognising their own qualities. Managing feelings. How rules can keep us safe.	
Year 2	What Makes a Family?/ Keeping Secrets		Belonging to groups and recognizing similarities and differences		Growing older and why sleep is important	
Year 3	Making friends; feeling lonely and getting help. Personal boundaries; safely resounding to others. Recognising respectful behaviour; the importance of self-respect, courtesy and being polite.		The values of rules and laws; rights, freedoms and responsibilities. How the internet is used; accessing information online. Different jobs and skills; setting personal goals.		Health choices and habits; what affects feelings. Personal strengths and achievements. Risks and hazards; safety in the local environment and unfamiliar places.	
Year 4	Positive friendships, including online , Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting differences and similarities; discussing difference sensitively		What makes a community, shared responsibilities, How data is shared and used , Making decisions about money; using money and keeping it safe		Maintaining a balanced lifestyle; oral hygiene and dentalcare Personal identity; Mental well-being Medicines and household products; drugs common to everyday life	
Year 5	Managing friendships and peer influence Physical contact and feeling safe Responding respectfully to a wide range of people; recognising prejudice and discrimination.		Protecting the environment. How information online is targeted. Identifying job interests and aspirations.		Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Physical and emotional changes in puberty; hygiene etc. Keeping safe in different situations, including responding in emergencies, and first aid	

<p>Year 6</p>	<p>Attraction to others; romantic relationships; civil partnership and marriage Recognising and managing different situations Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Valuing diversity; challenging discrimination and stereotypes Evaluating media sources; sharing things online Influences and attitudes to money; money and financial risks</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Human reproduction and birth; increasing independence; managing transition Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
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