PSHE Curriculum Overview

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Self-Regulation: My Feelings	My Healthy self: How can we look after our emotions?	My Healthy self: How can we look after our bodies?	My Healthy self: How can I take care of my mind and body?	My Healthy self: How can I make healthy choices?	My Healthy self: How can I support my mind and body as I grow?	My Healthy self: How do my choices today shape my future health?
Autumn 2	Building Relationships: Special relationships	Connecting with others: How can I help myself and others feel happy and safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	Connecting with others: What helps us feel safe and included?	Resilient Minds Workshops	Connecting with others: Why are healthy relationships important?	Connecting with others: What does it mean to stand up for myself and others?
Spring 1	Managing self: Taking on challenges	The online world: How do we spend time online?	The online world: How can we stay safe online?	The online world: How should we communicate online?	The online world: How can we decide what to trust online?	The online world: How am I influenced by what I see online?	The online world: How do I feel about the things that I see online?
Spring 2	Self-Regulation: Listening and following instructions	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	Citizenship: What rights and responsibilities do we have?	Growing up: How will my body and emotions change as I grow up?	Journey in Love: God loves me in my changing and development	Journey in Love: The wonder of God's love in creating new life.
	Journey in Love: God loves each of us in our uniqueness	Journey in Love: We meet God's love in our family	Journey in Love: We meet God's love in the community	Journey in Love: How we live in love	Journey in Love: God loves us in our differences		
Summer 1	Building Relationships: My family and friends	Health protection: How can I protect myself and others in daily life?	Growing up: How can we look after and respect our bodies as we grow?	Health protection: How can we prevent illnesses and injury and respond if they happen?	Citizenship: How can I spend money responsibly?	Citizenship: How can we make a difference in our communities and beyond?	Citizenship: How can we protect everyone's rights?
Summer 2	Managing Self: My Wellbeing	Staying safe: How can I stay safe?	Staying safe: How can I make safe choices in different places?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Citizenship: How can we be in control of our money?	Staying safe: How can I stay safe as I grow up?