Overview of PSHE Content

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|  | Autumn 1  (7 weeks) | Autumn 2  (7.5 weeks) | Spring 1  (6 weeks) | Spring 2  (6.5 weeks) | Summer 1  (5 weeks) | Summer 2  (6 weeks) |
| Reception | **Mental & Emotional Health**  what makes us happy, how we can make others happy  **Bereavement Curriculum** | **Relationships Education** families, who we are & kindness | **Living in the wider world**  class rules, caring for our class | **Keeping safe - school**  how we stay safe in school, being kind | **Healthy Lifestyles**  what foods we eat, washing our hands | **Keeping safe - drugs and alcohol**  rules at school |
| Year 1 | **Mental & Emotional Health**  what makes us happy, good vs bad secrets & behaviour and how it can affect others.  **Bereavement Curriculum** | **Relationships Education**  liking who I am, playing with others, ages & sharing | **Living in the wider world**  class rules, money & environment | **Healthy Lifestyles**  where my food comes from, looking after our teeth & how to keep clean | **Keeping safe - school**  how we stay safe in school, bullying | **Keeping safe- drugs and alcohol**  rules, how to stay safe at home and school & emergencies |
| Year 2 | **Mental & Emotional Health**  small feelings and big feelings, change and loss & teasing and bullying  **Bereavement Curriculum** | **Relationships Education** diversity, feeling proud, understanding & working with others | **Living in the wider world** groups and communities, choices when spending money & caring for the environment | **Healthy Lifestyles**  foods we eat, being active, prevention of spreading disease | **Keeping safe - school**  how we stay safe in school, bullying, reporting concerns | **Keeping safe- drugs and alcohol**  safe use of medicines and household substances |
| Year 3 | **Mental and Emotional Health** how feelings affect our behaviour, communicating online, how to look after our mental health  **Bereavement Curriculum** | **Relationships Education** difference, discrimination & solutions | **Keeping safe - back to school** how we stay safe in school, bullying, how to help others | **Healthy Lifestyles**  healthy diets, keeping safe in the sun & oral and personal hygiene | **Keeping safe - drugs and alcohol**  smoke, risks & emergencies | **Living in the wider world** rules of law, British communities and global communities & links between work and money |
| Year 4 | **Mental and Emotional Health**  overcoming emotions, responsibilities, discrimination  **Bereavement Curriculum** | **Relationships Education** assertiveness, marriage, barriers & being ourselves | **Healthy Lifestyles**  sleep, fuel for our bodies, how to recognise when we are ill | **Keeping safe - drugs and alcohol** assessing risk and danger, self control & legal and illegal drugs | **Relationships Education**  puberty, maintaining relationships with family and friends, boundaries & our relationship with the wider world  (Ten:Ten) | **Living in the wider world**  rights of the child, how to look after our money, sustainability. |
| Year 5 | **Mental and Emotional Health**  understanding feelings, how our brain functions, negotiating and compromising & online safety  **Bereavement Curriculum** | **Healthy Lifestyles**  stopping the spread of infection, nutritional content of food & decision making | **Relationships Education** learning from our actions, justifying actions, helping others, acceptance | **Keeping safe drugs and alcohol**  risk and dares, habits & influences | **Relationships Education**  changes during puberty, boundaries, personal relationships affecting our lives & our relationship with the wider world  (Ten:Ten) | **Living in the wider world**  making and changing rules, Fair Trade & enterprising skills |
| Year 6 | **Mental and Emotional Health**  challenging negative thoughts, stereotyping,the internet and our mental health  **Bereavement Curriculum** | **Relationships Education:** diversity, discrimination, racism | **Healthy Lifestyles**  how mental and physical health is connected, keeping physically healthy, planning healthy meals | **Keeping safe - drugs and alcohol**  how drugs affect our bodies, peer & first aid | **Relationships Education**  understand emotional and physical changes of puberty, personal relationships & our relationship with the wider world  (Ten:Ten) | **Living in the wider world**  being critical of the media, managing money and debt & what do I want to be? (jobs) |