

Curriculum Overview Document PSHCE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and my Relationships Seeing themselves as a valuable individual	Valuing Difference Knowing what makes everyone unique	Keeping Myself Safe Understanding how to keep safe inside and outside the classroom	Rights and Responsibilities Knowing how to look after my special people	Being my Best Showing resilience and perseverance in the face of challenge	Growing and Changing Understanding the importance of their own personal hygiene
Year 1	Me and my Relationships Identifying and recognising a range of feelings	Valuing Difference Identifying similarities and differences between people	Keeping Myself Safe Identifying issues of safety and responsibility around that medicines and their use	Rights and Responsibilities Demonstrating responsibility to look after something that belongs to themselves or others	Being my Best Understand that learning a new skill requires practise and the opportunity to fail.	Growing and Changing Explaining how to meet the basic needs of a baby and identifying things they could do as a baby, toddler and now.
Year 2	Me and my Relationships Using a range of words to describe feelings	Valuing Difference Identifying physical and non-physical similarities and differences between people	Keeping Myself Safe Identifying situations where they would feel safe or unsafe	Rights and Responsibilities Understanding that they have a responsibility to look after the school environment	Being my Best Helping themselves and others develop a positive attitude towards the learning process in order to support mental wellbeing.	Growing and Changing Understanding the importance of respecting the privacy of others and the need for consent.
Year 3	Me and my Relationships Identifying skills that support cooperation n and collaboration	Valuing Difference Recognising there are any different types of family	Keeping Myself Safe Identifying danger and risks in given situations	Rights and Responsibilities Using terms such as income, saving and spending and recognising there are times we can buy items and times to save	Being my Best Recognising their own skills and talents, whilst identifying key areas of development.	Growing and Changing Understanding personal space and to recognising the difference between secrets and surprises
Year 4	Me and my Relationships Demonstrating what a positive health relationship looks like	Valuing Difference Recognising that they have different types of relationships with people	Keeping Myself Safe Identify danger risks and hazards and strategies for managing these	Rights and Responsibilities Understanding the role of the bystander and how it can influence bullying and other antisocial behaviour	Being my Best Recognising that there are choices they make for themselves and choices others make for them.	Growing and Changing Recognising the difference between a safe and an unsafe secret and what to do if you are made to feel uncomfortable
Year 5	Me and my Relationships Recognising elements of unhealthy relationships and developing understanding of negotiation and compromise	Valuing Difference Developing and understanding of discrimination and its injustice	Keeping Myself Safe Evaluating risk, suggesting possible outcomes and alternative courses of action they could take	Rights and Responsibilities Recognise the differences between rights, responsibilities and duties and the impact on the wider community if responsibilities are not carried out	Being my Best Identifying their own strengths and talents, the areas that need improving and strategies for achieving those improvements.	Growing and Changing Identifying the changes that occur during puberty Understanding acceptable and unacceptable touch, and developing the resilience to be heard Recognise gender stereotypes.
Year 6	Me and my Relationships Recognising assertive behaviours, peer influence and pressure within relationships	Valuing Difference Understanding the term prejudice and describing the benefits of living in a diverse society	Keeping Myself Safe Understanding the law around addictive substances and the effects and risks associated with them	Rights and Responsibilities Understand the different ways money can be saved outlining the pros and cons of each method	Being my Best Identifying aspirational goals and describing the actions needed to achieve these.	Growing and Changing Developing strategies to help manage puberty. Understand how sexual reproduction occurs and the legal age of consent. Challenging stereotypical gender portrayals.

NSPCC- The Underwear rule is taught in all year groups across the year as part of PSHCE to help children make good choices and keep themselves safe. Internet Safety is taught in ICT lessons in all year groups (See ICT overview) and is addressed in PSHCE and when issues arise.