

PSHE Curriculum Overview

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Transition Rules and routines Managing feelings	Transition Playing cooperatively What makes a good friend?	Developing independence and resilience Conflict resolution	Healthy lifestyles Personal hygiene Dressing and undressing	Setting goals and challenges Perseverance	Transition to Year 1 Aspirations
Year 1	Healthy relationships Being a good friend	Health and wellbeing Healthy diet and exercise	Living in the wider world What is a community	Healthy relationships What makes a family	Living in the wider world What jobs are there	Healthy relationships Privacy rights
Year 2	Health and wellbeing Hazards	Living in the wider world Using the internet	Healthy relationships Being a good friend	Health and wellbeing Understanding myself	Living in the wider world What is money	Living in the wider world Being part of a team
Year 3	Healthy relationships Online friendships	Living in the wider world Laws and rules	Health and wellbeing How to look after our minds	Healthy relationships Trust	Health and wellbeing The impact of exercise and nutrition	Living in the wider world Role models
Year 4	Living in the wider world Digital footprints and internet personalisation	Healthy relationships Bullying	Health and wellbeing Drugs	Healthy relationships Respecting differences	Living in the wider world Budgeting	Health and wellbeing Alcohol, smoking and energy drinks
Year 5	Healthy relationships Healthy partnerships	Living in the wider world Future aspirations	Health and wellbeing Puberty	Living in the wider world The effects of social media	Healthy relationships What is sex?	Living in the wider world E-Safety
Year 6	Health and wellbeing Looking after mental health	Healthy relationships Pressure and relationships	Health and wellbeing Spotting the signs of illness	Healthy relationships Sexuality and gender identity	Living in the wider world How to revise effectively	Transition support

Empathy

Honesty

Respect

Responsibility