

PSHE Curriculum Overview – KS1 and KS2

	Relationships		Health and Wellbeing		Living in the wider world	
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half term 5	Half term 6
Year 1	Who am I? Keeping safe in school Being a good friend Identifying feelings	Gifts and talents Understanding jealousy What is bullying? Secrets and surprises	Our Daily Routine Keeping Clean Dental Health Growing and Changing Families and Care	Staying healthy Medicines Who gives us medicines? Going to hospital	Cooperation in a group Living together Outdoor safety Environment	Values of coins and notes Needs and wants Looking after my money Understanding change

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Year 2	Self awareness Managing feelings Resolving arguments and working with others Habits and obstacles to change	Being cared for Loss of things you care about and bereavement Effects of bullying Choices and consequences	Differences: boys & girls Differences: males & females Naming Body Parts Body image Exercise and fitness	Risk Hazardous substances Safety Rules Emergency services – when and how they can help us	Community People who help us Gender and work Urban and rural environments World environments	Keeping track of money Spend or save? Where money comes from Rights and responsibilities

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Year 3	Recognising feelings in others & understanding body language Responding to different viewpoints Resolving conflict Being assertive	Resisting pressure from others Taking responsibility for behaviour Learning styles Planning to reach a goal	Differences: male and female Personal Space & Touch Family Differences Gender roles at home and school Feeding the family	Why People Smoke Physical effects of smoking No Smoking Being physically active	Staying safe Our community in the media Organisations which help our community Rubbish and recycling	Ways to pay Lending and borrowing Earning money Jobs Other people's lives around the world

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Year 4	Emotional barriers to learning Coping with disappointment Developing resilience Celebrating each other's strengths	Different types of relationships When relationships go wrong Losing someone we care about Protecting against cyberbullying	Growing & Changing What is puberty? Puberty changes and reproduction Changes in relationships at home Being Active	Habits and self-control Effects of Alcohol Alcohol and risk Limits to drinking alcohol Choosing the right health service	Housing needs and wants Home is.. R&R at home Celebrations in different cultures Accepting differences	Keeping records Using accounts to keep money safe What are charities? Rules & responsibilities in society

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Year 5	Welcoming & belonging Teamwork Giving praise and positive feedback Raising concerns and helping friends in need	Forgiveness and friendships Understanding embarrassment Consequences of teasing and bullying Importance of anger management	Talking about puberty Male and female changes Puberty and hygiene Body image and the media Positive physical and emotional health	Legal and illegal drugs (including tobacco and alcohol) Attitudes to drugs Peer Pressure Healthy lifestyle choices: judging risk	Schools abroad Different communities Democracy, government and politics Campaigns and media influence	Foreign currency What influences spending? Saving money Changing schools

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Year 6	Celebrating achievements Making future plans Resilience and perseverance Different viewpoints	Managing overwhelming feelings Accepting our part in a conflict Assertiveness Communication in relationships (including online safety)	Puberty & reproduction Understanding relationships Conception & Pregnancy Health services Healthy families and nutrition	Cannabis VSA, Getting help and First Aid Help, advice and support Managing stress: my leisure time	Helping others - at home, at school and in the community Housing Local and global communities Inequalities	Effects of economic choices Debt and risk Enterprise Responsibilities at secondary school Safer journeys

Black History Month: October (first half of autumn term)
Anti-Bullying Week: November (second half of autumn term)
Safer Internet Day: February (first half of spring term)
Fairtrade Fortnight: end of February-beginning of March (second half of spring term)
International Women's Day: 8 March (second half of spring term)
Refugee Week: June (second half of summer term)
My Money Week: June (second half of summer term)
Plus
Key Public Health dates.....