



PSHE Curriculum Overview

Year Group	Autumn	Spring	Summer
Nursery	Making Relationships Sense of Self Understanding Emotions Systems and Rules	Making Relationships Sense of Self Understanding Emotions Systems and Rules	Making Relationships Sense of Self Understanding Emotions Systems and Rules
Reception	Systems, rules and classroom routines Understanding the implications of their choices Know it's ok to be wrong Sharing and taking turns Feelings and emotions Zones of Regulation – recognising our own emotions and what can make us feel that way Similarities and differences Online Safety - taught within Computing	Systems, rules and classroom routines 'Spread the Happiness/Kindness' Be confident to try new activities To show independence, resilience and perseverance R.E syllabus – special stories and objects Zones of Regulation – recognising emotions in others through stories Online Safety - taught within Computing	Systems, rules and classroom routines Be confident to try new activities To show independence, resilience and perseverance RE syllabus – special places Transition into Year 1 SRE (Sex & Relationship Education): Similarities and differences between ourselves and others Changes Zones of Regulation – strategies to support getting back into the green zone Online Safety - taught within Computing
Year 1	Health and self-care Managing own personal needs Hand washing First aid Toothbrushing Growth Mindset / Well-being New Beginnings – rules and expectations Getting to know you Emotional well-being SRE – Lucinda and Godfrey Body parts (Science link) Online Safety Can be taught within Computing Zones of Regulation	Emotion, Health and Well Being The 5 B's – how to be a resilient learner Getting on and falling out Empathy Dilemmas – exploring different solutions Drug awareness – household safety Children's mental health week Online Safety Can be taught within Computing Zones of Regulation	Emotion, Health and Well Being Being a good friend Being kind Transition to Y2 Economic Well Being – saving/earning money Online Safety Can be taught within Computing Zones of Regulation



Year 2	New beginnings. Learning Partners. Talking and Listening skills. Hand washing. Growth Mindset and mental health. Drugs education (link with science – medicine). Looking after your teeth (Science). Online Safety - taught within Computing Zones of Regulation	British Values Being a good friend and Empathy. Positivity, compliments and different points of view. Building relationships and kindness. Sex and relationships. Lucinda and Godfrey Book 3 – The Smell Monster. Online Safety - taught within Computing Zones of Regulation.	Zones of Regulation. Resilience skills. FCEW – financial capability and economic wellbeing. Changes/going for goals. Friendships and achievements. Online Safety - taught within Computing Zones of Regulation
Year 3	Targets and goals. Adjusting back into school. Emotional health and well-being Drugs Online Safety Can be taught within Computing Zones of Regulation	Friendships and learning partners Emotional Health and well-being SRE Mental health, Promoting a growth mind-set Online Safety Can be taught within Computing Zones of Regulation	Economic well-being, expand a pound or create wealth, buying and selling. Emotional health and well-being Online Safety Can be taught within Computing Zones of Regulation
Year 4	Emotional health and well-being: <ul style="list-style-type: none"> • New beginnings • Classroom routines • Drugs Online Safety - taught within Computing Zones of Regulation	Emotional health and well-being: <ul style="list-style-type: none"> • Getting on and falling out Sex and relationships education Online Safety - taught within Computing Zones of Regulation	Emotional health and well-being: <ul style="list-style-type: none"> • Bullying • Financial capability and economic well-being Online Safety - taught within Computing Zones of Regulation
Year 5	DE KS2 Drug Education in The Primary School Teaching Pack. Skills for the Primary School Child – The World of Drugs File Online Safety - taught within Computing Zones of Regulation	RHSE Lucinda & Godfrey Year 5 Resources School Nursing Service? e-Bug – Hand Hygiene Online Safety - taught within Computing Zones of Regulation	Online Safety - taught within Computing Zones of Regulation
Year 6	Rules E-safety Emotional health and wellbeing SRE (sex and religious education)	Mr D Foster - Step Up Together SRTRC Drugs E-safety	FCEW- Game of Actual Life E-safety Transition

