



PSHE Curriculum Overview

Year Group	Autumn	Spring	Summer
Nursery	Making Relationships Sense of Self Understanding Emotions Systems and Rules British Values Zones of Regulation.	Making Relationships Sense of Self Understanding Emotions Systems and Rules British Values Zones of Regulation.	Making Relationships Sense of Self Understanding Emotions Systems and Rules British Values Zones of Regulation.
Reception	<p>Systems, rules and classroom routines</p> <p>Self-regulation: My feelings</p> <ul style="list-style-type: none"> Identify my feeling and emotions Feeling jars Coping strategies Emotional adjectives Facial expressions Creating a calming corner <p>Building relationships: Special relationships</p> <ul style="list-style-type: none"> My family Special people Sharing I am unique My interests Similarities and differences <p>Zones of Regulation – recognising emotions in others through stories British Values</p>	<p>Systems, rules and classroom routines</p> <p>Managing self: Taking on challenges</p> <ul style="list-style-type: none"> Why do we have rules? Building towers Team Den building Grounding Team races Circus skills <p>Self-regulation: Listening and following instructions</p> <ul style="list-style-type: none"> Simon says Listening to a story Pass the whisper Obstacle races Blindfold walk Treasure hunt <p>Zones of Regulation – recognising emotions in others through stories British Values</p>	<p>Systems, rules and classroom routines</p> <p>Building relationships: My family and friends</p> <ul style="list-style-type: none"> Festivals Sharing What makes a good friend? Being a good friend Teamwork Celebrating friendship <p>Managing self: My wellbeing</p> <ul style="list-style-type: none"> What is exercise? Yoga and relaxation Looking after ourselves Being a safe pedestrian Eating healthily A rainbow of food <p>Transition into Year 1 Zones of Regulation – strategies to support getting back into the green zone British Values</p>



<p>Year 1</p>	<p>Introduction: Setting ground rules for RSE & PSHE</p> <p>Families and relationships</p> <ul style="list-style-type: none"> • What is family? • What are friendships? • Recognising other people's emotions • Working with others • Friendship problems • Healthy friendships • Gender stereotypes <p>Health and wellbeing</p> <ul style="list-style-type: none"> • Understanding my emotions • What am I like? • Ready for bed • Relaxation • Hand washing and personal hygiene • Sun safety • Allergies • People who help us keep healthy <p>Zones of Regulation British Values</p>	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Adults in school • Adults outside of school • Getting lost • Making an emergency phone call • Appropriate contact • Safety with substances • Safety at home • People who help to keep us safe <p>Citizenship</p> <ul style="list-style-type: none"> • Rules • Caring for others animals • The needs of others • Similar, yet different • Belonging • Democratic decisions <p>Zones of Regulation British Values</p>	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • What is money • Keeping money safe • What is a bank • Saving and spending • Jobs in school • Jobs out of school <p>Transition</p> <ul style="list-style-type: none"> • Strengths and transition <p>Zones of Regulation British Values</p>
<p>Year 2</p>	<p>Setting ground rules for RSE & PSHE</p> <p>Families and relationships</p> <ul style="list-style-type: none"> • Families are all different • Families offer stability and love • Unhappy friendships • Other peoples' feelings • Introduction to manners and courtesy • Change and loss • Gender stereotypes – Careers and jobs <p>Health and wellbeing</p> <ul style="list-style-type: none"> • Experiencing different emotions • Being active 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Introduction to the internet • Communicating online • Secrets and surprises • Appropriate contact: My private parts • Appropriate contact: My private parts are private • Respecting personal boundaries • Road safety • Crossing roads safely • Staying safe with medicine <p>Citizenship</p> <ul style="list-style-type: none"> • Rules beyond school • Our school environment 	<p>Economic wellbeing</p> <ul style="list-style-type: none"> • Where does money come from? • Exploring needs • Exploring wants • Bank cards and accounts • My skills and talents • Everyone is welcome <p>Transition lesson</p> <ul style="list-style-type: none"> • Changes/going for goals. • Friendships and achievements. <p>Zones of Regulation British Values</p>



	<ul style="list-style-type: none"> Relaxation: breathing exercises Steps to success Developing a growth mindset Healthy diet Looking after our teeth Hand washing. <p>Zones of Regulation British Values</p>	<ul style="list-style-type: none"> Our local environment Job roles in our local community Similar yet different – my local community Giving my opinion <p>Zones of Regulation. British Values</p>	
Year 3	<p>Setting ground rules for RSE & PSHE</p> <ul style="list-style-type: none"> Setting ground rules and signposting <p>Families and relationships</p> <ul style="list-style-type: none"> Friendship and conflict Healthy families Friendship: conflict versus bullying Effective communication Learning who to trust Respecting differences in others Stereotyping: Gender Stereotyping: Age <p>Health and wellbeing</p> <ul style="list-style-type: none"> My healthy diary Relaxation: stretches Wonderful me My superpowers Resilience: breaking down barriers Communicating my feelings Diet and dental health <p>Zones of Regulation British Values</p>	<p>Safety and the changing body</p> <ul style="list-style-type: none"> First Aid: Emergencies and calling for help First Aid: bites and stings Be kind online Cyberbullying Fake emails Making choices Influences Keeping safe out and about <p>Citizenship</p> <ul style="list-style-type: none"> Rights of the child Rights and responsibilities Recycling Local community groups Charity Local democracy Rules <p>Zones of Regulation British Values</p>	<p>Economic wellbeing</p> <ul style="list-style-type: none"> How do people pay for things? What does budgeting mean? How do people feel about money? What happens when people spend money? What careers do people have? Can anyone be anything? <p>Transition</p> <ul style="list-style-type: none"> Coping strategies <p>Zones of Regulation British Values</p>
Year 4	<p>Setting ground rules for RSE & PSHE</p> <p>Families and relationships</p> <ul style="list-style-type: none"> Respect and manners Healthy friendships How my behaviour affects others 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> Internet safety: Age restrictions Share aware First Aid: asthma Privacy and secrecy Consuming information online 	<p>Economic wellbeing</p> <ul style="list-style-type: none"> What is value for money? Why keep track of money? What ways are there to look after money? What influences career choices?



	<ul style="list-style-type: none"> • Bullying • Stereotypes: Gender • Stereotypes: Disability • Families in the wider world • Change and loss <p>Health and wellbeing</p> <ul style="list-style-type: none"> • Looking after our teeth • Relaxation: Visualisation • Celebrating mistakes • Meaning and purpose: My role • My happiness • My emotions <p>Zones of Regulation British Values</p>	<ul style="list-style-type: none"> • Growing up • Introducing puberty • Tobacco • Drugs <p>Citizenship</p> <ul style="list-style-type: none"> • What are human rights? • Caring for the environment • Community • Contributing • Diverse communities • Local councillors <p>Zones of Regulation British Values</p>	<ul style="list-style-type: none"> • Why make a career change? • How can workplace stereotypes be challenged? <p>Transition</p> <ul style="list-style-type: none"> • Setting goals • Emotional health and well-being: • Sex and relationships education <p>Zones of Regulation British Values</p>
Year 5	<p>Setting ground rules for RSE & PSHE</p> <p>Families and relationships</p> <ul style="list-style-type: none"> • Build a friend • Friendship skills • Marriage • Respecting myself • Family life • Bullying • Stereotyping: Gender • Stereotypes: Race and religion <p>Health and wellbeing</p> <ul style="list-style-type: none"> • Relaxation: yoga • Embracing failure • The importance of rest • Going for goals • Taking responsibility for my feelings • Healthy meals • Sun safety <p>Zones of Regulation. British Values</p>	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Online friendships • Staying safe online • Puberty • Menstruation • Emotional changes in puberty • First Aid: Bleeding and head injuries • Alcohol, drugs and tobacco: Making decisions <p>Citizenship</p> <ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet • Contributing to the community • Pressure groups • Parliament <p>Zones of Regulation. British Values</p>	<p>Economic wellbeing</p> <ul style="list-style-type: none"> • Why prioritise needs over wants? • What is a weekly budget? • What is borrowing and loaning? • What are the risks of handling money online? • Why challenge workplace stereotypes? • What makes a suitable career? <p>Transition</p> <ul style="list-style-type: none"> • Roles and responsibilities <p>Zones of Regulation. British Values</p>



<p>Year 6</p>	<p>Setting ground rules for RSE & PSHE</p> <p>Families and relationships</p> <ul style="list-style-type: none"> • Respect • Respectful relationships • Stereotypes: Attitudes • Challenging stereotypes • Resolving conflict • Change and loss <p>Health and wellbeing</p> <ul style="list-style-type: none"> • What can I be? • Relaxation: Mindfulness • Taking responsibility for my health • The impact of technology on health <p>Resilience toolbox</p> <ul style="list-style-type: none"> • Immunisation • Good and bad habits <p>Physical health concerns</p> <p>Zones of Regulation British Values</p>	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Alcohol • Critical digital consumers • Social media • Physical and emotional changes of puberty • Conception (Parents can withdraw their child from part of this lesson) • Pregnancy and birth (Parents have the right to withdraw their child from this lesson) • First Aid: Choking • First Aid: Basic life support <p>Citizenship</p> <ul style="list-style-type: none"> • Human rights • Food choices and the environment • Caring for others • Prejudice and discrimination • Valuing diversity • National democracy • Step Up Together – Show Racism The Red Card <p>Zones of Regulation. British Values</p>	<p>Economic wellbeing</p> <ul style="list-style-type: none"> • How do people navigate their feelings about money? • How do people keep money safe? • What money responsibilities are there in secondary school? • What are the risks of gambling? • What is a workplace? • What career routes are there? • Game of Actual Life <p>Identity</p> <ul style="list-style-type: none"> • What is identity? • Identity and body image <p>Transition to secondary school</p> <ul style="list-style-type: none"> • Dealing with change <p>Zones of Regulation. British Values</p>
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