

PSHE Curriculum Overview

Our PSHE curriculum is split into three main topics: Health and Wellbeing (taught in the Autumn term), Living in the Wider World (taught in the Spring term) and Relationships Education (taught in the Summer term). Through our personal, social, health and economic education (PSHE) programme we aim to encourage children's personal, social, and economic development, as well as their physical and mental health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

	A1	A2	SP1	SP2	S1	S2
N	Health and Well Being How can I keep clean and healthy? Can I recognise the similarities and differences in my class? Can I recognise my own achievements?		Living in the Wider World Can I keep myself safe online? Can I find ways to keep myself safe? Can I recognise similarities and differences in people? Can I understand basic feelings?		Relationships and Health Education Do I understand the feeling of loss? Do I know how to manage my feelings? Do I understand the need for medicine? Can I recognise the people in my own family? Do I understand how important it is to keep myself healthy? Do I know where I can go to get help?	
R	Health and Well Being How can I keep clean and healthy? Can I recognise the similarities and differences in my class? Do I know what makes a good friend? Can I set a goal?		Living in the Wider World Can I keep myself safe online? Can I find ways to keep myself safe? Can I recognise similarities and differences in people? Can I understand basic feelings? Do I know what it means to feel proud?		Relationships and Health Education Can I understand how to live a healthy lifestyle? Do I know how to keep myself clean and healthy? Do I know the routines and patterns of a normal day? Can I recognise the people in my family? Can I explore stereotypes?	
1	Health and Well Being Do I know what makes a good friend? Can I set a goal? Do I know how to keep myself clean and healthy? Can I recognise emotions?		Living in the Wider World Can I keep myself safe online? Do I know what personal information is? Can I tell the difference between a want and a need? Can I identify people or places that make me feel safe?		Relationships and Health Education Do I know how to keep myself clean and healthy? Do I know how I have changed since birth? Do I recognise the people in my family and recognise that not all families are the same? Do I know how to be a good friend? Do I know what a compliment is and how this can make people feel?	
2	Health and Well Being Do I know what makes a good friend? Can I set a goal? Do I know how to keep healthy? Can I sort foods into groups? Can I recognise emotions?		Living in the Wider World Can I keep myself safe online? Do I know what personal information is? Can I tell the difference between a want and a need? Can I identify people or places that make me feel safe? Do I know what a stereotype is? Do I understand the dangers of fire?		Relationships and Health Education Can I identify the qualities of a good friend? Can I learn and understand the PANTS rule? Do I understand that I have the right to say no to unwanted touch? Do I know what personal boundaries are? Do I understand how boys and girls are different and can I name boy and girl body parts? Can I recognise the people in my family and recognise that not all families are the same?	
3	Health and Well Being Do I know how to be kind to others? Can I set a goal? Do I know how to keep healthy? Can I sort foods into groups? Can I recognise emotions?		Living in the Wider World Can I keep myself safe online? Do I know what a gender stereotype is? Can I keep myself safe when crossing a road? Do I understand the link between being paid and having money to spend?		Relationships and Health Education Do I recognise the people in my family and recognise that not all families are the same? Do I understand the PANTS rule? Do I understand that I have the right to say no to unwanted touch? Do I know what personal boundaries are? Do I understand how boys and girls are different and can I name boy and girl body parts? Do I understand how to be a good friend? Do I know what dementia is? Do I know what a healthy relationship is?	
4	Health and Well Being Do I know how to be kind to others? Can I set a goal? Do I know how to keep healthy? Can I recognise the benefits of physical activity?		Living in the Wider World Can I keep myself safe online? Do I know that not everything online is trustworthy?		Relationships and Health Education Do I understand that I have the right to say no to unwanted touch? Do I know what personal boundaries are? Do I understand how boys and girls are different and can I name boy and girl body parts? Do I know how	

	Can I recognise unhealthy substances?	Do I understand that stereotyping can label people? Do I understand the benefits of saving?	assistive technologies can help people with dementia? Do I understand basic facts about puberty? Can I begin to understand menstruation?
5	Health and Well Being Can I recognise the benefits of physical activity? Do I understand the benefits of a healthy diet? Can I recognise unhealthy substances?	Living in the Wider World Do I understand that stereotyping can label people? Do I understand some of the reasons for migration? Do I understand the benefits of saving? Do I understand what a payslip is? Do I know what mental health is? Do I know how to look after my own mental health?	Relationships and Health Education To explore the emotional and physical changes that occur during puberty To understand male and female puberty changes. To explore the impact of puberty on the body and the importance of physical hygiene. To explore ways to get support during puberty To understand what makes a family and who to turn to for help and support? Can I keep myself safe online? Do I know what dementia is? Do I know how to be a good friend?
6	Health and Well Being Can I recognise the benefits of physical activity? Do I understand the benefits of a healthy diet? Can I recognise unhealthy substances? Do I understand how to keep myself safe online?	Living in the Wider World Do I understand that stereotyping can label people? Do I know how to challenge stereotypes? Can I identify risks and risky behaviour? Do I know the importance of sleep? Do I know what to do if I feel unsafe online?	Relationships and Health Education To explore positive and negative ways of communicating in relationships. To understand healthy relationships recap the male and female changes that happen during puberty To understand what makes a family and who to turn to for help and support To know the types of difficulties people with dementia may experience Do I know how to support people living with dementia? Can I develop some basic first aid skills?