

Curriculum Overview - PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	What is special about me? (child and family, likes and dislikes, being unique)	Who looks after me? (family and jobs, keeping children safe, police, nurses)	What do you want to be when you grow up? (job roles and stereotypes, race)	How can I help the school environment? (project idea)	How can I have a healthy lifestyle? (physical - diet, exercise, sleep and keeping clean)	How do I keep myself safe? (home and dialling 999, road safety and swimming pool, online)
Y2	What makes a good friend? (Bullying and managing behaviour online safety)	Should we keep secrets? (safe relationships, mental well-being, online safety, race)	How do I buy what I want? (the value of money, difference between needs and wants)	Why is nature special? (Plan Bee)	How can I have a healthy lifestyle? (mental well-being - expressing feelings, hobbies, doing things you like)	How my body works and how I look after it? (body parts, external genitalia, dental hygiene, sun care and medicines)
Y3	What is a family? (wider types of families)	What is an emotion? (feelings, how they change and accepting them)	What is a community? (different groups, contributions and diversity, race, in different cultures)	Why is water important? (Plan Bee: where is water, uses of water)	How do I keep myself safe? (rail, water, fire, medicines and online safety)	How do I keep fit? (Diet and exercise, sleep and medicines)
Y4	What is a family? (what is a healthy family relationship and how to get help and support)	How do I manage my feelings? (personal behaviour, mindfulness activities)	Who is in charge? (home, school, community, rights and responsibilities, government and laws, race)	How can we save water? (Plan Bee: charities, project idea)	How do I manage my thoughts and express them? (Levels of support. Talking about mental well-being, asking for help, seeking)	How do my choices affect my body and mind? (smoking, sun, teeth, hygiene, drugs, online safety)
Y5	Why do we have relationships? (different types of relationships)	What are my aspirations? (feeling of self-worth, dreams and ambitions, race, famous people)	How can I achieve my aspirations? (variety of jobs, influence decisions of jobs, routes into careers, money, race)	What is social media? (reliability of sources, data is shared and rules, online safety)	What is puberty? (life cycles, human growth emotional and mental well-being)	What can I do to help in an emergency? How do I deal with grief? (first aid)
Y6	Why do we have relationships? (forced relationships, arranged marriages)	Why is self-respect important? (discrimination, race)	What is wealth? (Plan Bee: globally)	Are you influenced by social media? (safety online, reliability, stereotypes, and negative and positive images)	How do I make the right choices? (Drugs, alcohol, keeping safe mentally and physically)	What are the 'teenage years'? (transition to high school)