



PSHE Curriculum Overview

Subject Leader: Miss Parker

EYFS		
Term	Nursery	Reception
Autumn 1	Me and My Relationships <ul style="list-style-type: none"> • What makes me special • People close to me • Getting help 	Me and My Relationships <ul style="list-style-type: none"> • What makes me special • People close to me • Getting help
Autumn 2	Valuing Difference <ul style="list-style-type: none"> • Similarities and difference • Celebrating difference • Showing kindness 	Valuing Difference <ul style="list-style-type: none"> • Similarities and difference • Celebrating difference • Showing kindness
Spring 1	Keeping Safe <ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe 	Keeping Safe <ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe
Spring 2	Rights and Respect <ul style="list-style-type: none"> • Looking after things: friends, environment, money 	Rights and Respect <ul style="list-style-type: none"> • Looking after things: friends, environment, money
Summer 1	Being my Best <ul style="list-style-type: none"> • Keeping my body healthy – food, exercise, sleep 	Being my Best <ul style="list-style-type: none"> • Keeping my body healthy – food, exercise, sleep



	<ul style="list-style-type: none"> • Growth Mindset 	<ul style="list-style-type: none"> • Growth Mindset
Summer 2	Growing and Changing <ul style="list-style-type: none"> • Cycles • Life stages • Girls and boys – similarities and difference 	Growing and Changing <ul style="list-style-type: none"> • Cycles • Life stages • Girls and boys – similarities and difference

Key Stage 1		
Term	Year 1	Year 2
Autumn 1	Me and My Relationships <ul style="list-style-type: none"> • Feelings • Getting help • Classroom rules • Special people • Being a good friend 	Me and My Relationships <ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation
Autumn 2	Valuing Difference <ul style="list-style-type: none"> • Recognising, valuing and celebrating difference • Developing respect and accepting others • Bullying and getting help 	Valuing Difference <ul style="list-style-type: none"> • Being kind and helping others • Celebrating difference • People who help us • Listening skills
Spring 1	Keeping Safe <ul style="list-style-type: none"> • How our feelings can keep us safe – including online safety • Safe and unsafe touches • Medicine 	Keeping Safe <ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety



Spring 2	Rights and Respect <ul style="list-style-type: none"> • Taking care of things: • Myself • My money • My environment 	Rights and Respect <ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending
Summer 1	Being my Best <ul style="list-style-type: none"> • Growth Mindset • Healthy eating • Hygiene and health • Cooperation 	Being my Best <ul style="list-style-type: none"> • Growth Mindset • Looking after my body • Hygiene and health • Exercise and sleep
Summer 2	Growing and Changing <ul style="list-style-type: none"> • Getting help • Becoming independent • My body parts • Taking care of self and others 	Growing and Changing <ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy

Lower Key Stage 2		
Term	Cycle A	Cycle B
Autumn 1	Me and My Relationships <ul style="list-style-type: none"> • Rules and their purpose • Cooperation • Friendship (including respectful relationships) 	Me and My Relationships <ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills
Autumn 2	Valuing Difference	Valuing Difference



	<ul style="list-style-type: none"> • Recognising and respecting diversity • Being respectful and tolerant • My community 	<ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural difference) • Understanding and challenging stereotypes
Spring 1	Keeping Safe <ul style="list-style-type: none"> • Managing risk • Decision-making skills • Drugs and their risks • Staying safe online 	Keeping Safe <ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) • Influences • Online safety
Spring 2	Rights and Respect <ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped • Looking after the environment • Managing money 	Rights and Respect <ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money
Summer 1	Being my Best <ul style="list-style-type: none"> • Keeping myself healthy and well • Celebrating and developing my skills • Developing empathy 	Being my Best <ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests
Summer 2	Growing and Changing <ul style="list-style-type: none"> • Relationships • Changing bodies • Keeping safe • Safe and unsafe secrets 	Growing and Changing <ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage



Upper Key Stage 2		
Term	Cycle A	Cycle B
Autumn 1	Me and My Relationships <ul style="list-style-type: none"> • Feelings • Friendship skills, including compromise • Assertive skills • Cooperation • Recognising emotional needs 	Me and My Relationships <ul style="list-style-type: none"> • Assertiveness • Cooperation • Safe/unsafe touches • Positive relationships
Autumn 2	Valuing Difference <ul style="list-style-type: none"> • Recognising and celebrating difference, including religions and cultural • Influence and pressure of social media Valuing Difference 	Valuing Difference <ul style="list-style-type: none"> • Recognising and celebrating difference • Recognising and reflecting on prejudice-based bullying • Understanding Bystander behaviour • Gender stereotyping
Spring 1	Keeping Safe <ul style="list-style-type: none"> • Managing risk, including online safety • Norms around use of legal drugs (tobacco, alcohol) • Decision-making skills 	Keeping Safe <ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs: norms and risks (including the law)
Spring 2	Rights and Respect <ul style="list-style-type: none"> • Rights, respect and duties relating to my health • Making a difference • Decisions about lending, borrowing and spending 	Rights and Respect <ul style="list-style-type: none"> • Understanding media bias, including social media • Caring: communities and the environment • Earning and saving money • Understanding democracy
Summer 1	Being my Best	Being my Best



	<ul style="list-style-type: none">• Growing independence and taking ownership• Keeping myself healthy• Media awareness and safety• My community	<ul style="list-style-type: none">• Aspirations and goal setting• Managing risk• Looking after my mental health
Summer 2	Growing and Changing <ul style="list-style-type: none">• Managing difficult feelings• Managing change• How my feelings help keeping safe• Getting help	Growing and Changing <ul style="list-style-type: none">• Coping with changes• Keeping safe• Body Image• Sex education• Self-esteem