



“I can do all things through Christ who strengthens me”, (Philippians 4:13) so that I can be the best that I can be, for myself, for others and for God.

PSHE Curriculum Overview

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Theme	Relationships Unit: <i>Family and Relationships</i>	Living in the Wider World Unit: <i>Citizenship</i>	Living in the Wider World Unit: <i>Economic wellbeing</i>	Health and Wellbeing Unit: <i>Health and Wellbeing</i>	Health and Wellbeing Unit: <i>Safety and the Changing Body</i> Transition Unit: <i>Transition</i>	
R	<p>The statutory framework for the early years foundation stage recognises that children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. PSED is inter-connected with the other areas of development, as set out in the framework, and is embedded within all learning. Throughout Year R, pupils will be taught how to:</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions; <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; <ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly; • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices; <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others; • Form positive attachments to adults and friendships with peers; <ul style="list-style-type: none"> • Show sensitivity to their own and to others’ needs. 					

1	Exploring how families can be different; exploring the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Learning about the importance of rules and consequences of not following them; how to care for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Learning about what money is and where it comes from; how to keep cash safe, the function of banks and building societies; spending and saving and some of jobs roles in schools.	Exploring personal qualities and strategies to manage feelings; understanding the impact of sleep and relaxation on physical and mental wellbeing; learning the importance of washing hands and sun protection; identifying and dealing with allergic reactions; awareness of people in the community who keep us healthy.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe. Helping Year 1 pupils with the transition to a new year and the changes that come with it.
2	Learning that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.	Learning about where money comes from, how to look after money and why we use banks and building societies.	Learning about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions; setting goals and developing a growth mind-set and understanding dental hygiene.	Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy. Helping Year 2 pupils with the transition to a new year and the changes that come with it.
3	Learning how to resolve relationship problems, effective listening skills and about non-verbal	Learning about children's rights; exploring why we have rules and the roles of local community	Introduction to creating a budget and learning about: the different ways of paying, the emotional	Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and	Learning how to call emergency services; responding to bites and stings; becoming a responsible digital citizen; learning about cyberbullying and identifying unsafe digital content; exploring influences and making

	communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	groups, charities and recycling and an introduction to local democracy.	impact of money and the ethics of spending. Thinking about potential jobs and careers.	relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.	independent choices; developing awareness of road safety. Helping Year 3 pupils with the transition to a new year and the changes that come with it.
4	Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Exploring: choices associated spending, what makes something good value for money, career aspirations and what influences career choices.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mind-set; identifying calming and relaxing activities; developing independence in dental hygiene.	Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma. Helping Year 4 pupils with the transition to a new year and the changes, challenges and opportunities this brings.
5	Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing with issues can strengthen a friendship; exploring	An introduction to the justice system; how parliament works and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and	Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.	Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding. Helping Year 5 pupils with the transition to Year 6 and the opportunities and responsibilities this brings.

	the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.	contributing to the community.			
6	Learning to resolve conflict through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Exploring attitudes to money, how to keep money safe, career paths and the variety of different jobs available.	Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Learning about the reliability of online information; the changes experienced during puberty and how a baby is conceived and develops; the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive. Also include the unit: Identity Three lessons on the theme of personal identity, gender identity and body image. Helping Year 6 pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.