



PSHE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Me + My relationships All about Me What makes me special Me and my special people Who can help me	Valuing Difference I'm special, you're special Same and different – families + homes I am kind	World religions – Festivals and celebrations	Keeping Safe What's safe to go in my body? Safe indoors and outdoors Listening to my feelings People who keep me safe	Growing and Changing TenTen - RSE	Rights and Responsibilities Looking after my special people Looking after my friends Being helpful at home Caring for our world
Year1	Me + My relationships Feelings Getting help Classroom rules Special people Being a good friend	Valuing Difference Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	World religions Festivals and celebrations	Keeping Safe How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Growing and Changing TenTen - RSE I am Unique God Loves Special People Can You Help Me? The Communities We Live In	Rights and Responsibilities Taking care of things: Myself My money My environment
Year 2	Me + My relationships Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Valuing Difference Being kind and helping others Celebrating difference People who help us Listening Skills	World religions Festivals and celebrations	Keeping Safe Safe and unsafe secrets Appropriate touch Medicine safety	Growing and Changing TenTen - RSE Girls and Boys The Cycle of Life Physical Contact Harmful Substances Three in One	Rights and responsibilities Cooperation Self-regulation Online safety Looking after money – saving and spending
Year 3	Me + My relationships Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Valuing Difference Recognising and respecting diversity Being respectful and tolerant My community	World Religions - Judaism	Keeping Safe Managing risk Decision-making skills Drugs and their risks Staying safe online	Growing and Changing TenTen - RSE We Don't Have To Be The Same Respecting Our Bodies What is Puberty? Changing Bodies	Rights and responsibilities Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money
Year4	Me + My relationships Healthy relationships Listening to feelings Bullying Assertive skills	Valuing Difference Recognising and celebrating difference (including religions and cultural difference)	World religions - Islam	Keeping Safe Managing risk Understanding the norms of drug use (cigarette and alcohol use)	Growing and Changing TenTen - RSE The Sacraments What Am I Feeling? What Am I Looking At?	Rights and responsibilities Making a difference (different ways of helping others or the environment) Media influence

		Understanding and challenging stereotypes		Influences Online safety	I Am Thankful!	Decisions about spending money
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Year 5	Me + My relationships Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	World religions - Hinduism	Keeping safe Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Growing and Changing TenTen - RSE Puberty Talk Gifts and Talents Menstruation Girls' Bodies Boys' Bodies Spots and Sleep Gifts and Talents Menstruation Girls' Bodies Boys' Bodies Spots and Sleep Under Pressure Do You Want A Piece of Cake? Cyberbullying Self-Talk Types of Abuse Giving Assistance	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending
Year 6	Me + My relationships Assertiveness Cooperation Safe/unsafe touches Positive relationships	Valuing Difference Recognising and celebrating difference Recognising and reflecting on prejudice- based bullying Understanding Bystander behaviour Gender stereotyping	World religions - Buddhism	Keeping safe Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Growing and Changing TenTen - RSE Puberty Talk Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online Sharing Isn't Always Caring Impacted Lifestyles Making Good Choices Reaching Out	Rights and responsibilities Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy
Special Focus days/ Assembly	Black History Month - October	Happiness Week Remembrance Day	Safer Internet Day	Easter Celebration	World Laughter Day	World environment day