

PSHE Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	What is the same and different about us? RSE material-me and my friends- To know what it means to be a good friend	Who is special to us?	What helps us stay healthy?	What can we do with money?	What can we do with money?	Who helps to keep us safe?
Year 2	What makes a good friend?	What is bullying? RSE material- my little book of manners. To understand the importance of manners.	What jobs do people do?	What helps us to stay safe?	What can help us grow and stay healthy?	How do we recognise our feelings?
Year 3	What are families like?	What makes a community?	How can we be a good friend? To understand what makes a good friend and what friendship means (RSE material-making friends).	What keeps us safe?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect? (RSE materials- Respecting differences) To understand the need to respect differences, accept our	How can we manage our feelings?	How can drugs common to everyday life affect health?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?

differences and strengthen our uniqueness

Year 5 What makes up our identity?

What decisions can people make with money?

How can we help in an accident or emergency?

How can friends communicate safely?

How will we grow and change?

What jobs would we like?

RSE Material- Friendship cookies/ manifesto.

RSE materials- Keeping safe

Year 6 How can we keep healthy as we grow?

How can the media influence people?

What will change as we become more Independent?

How do friendships change as we grow?

RSE Materials: Getting Consent (P64), Happy and Safe Relationships (P40)

To understand the effects of bullying on others (RSE material- Ant bullying week).

To understand that stereotyping is a type of prejudice (RSE materials- What is a stereotype).