

PSHE Curriculum overview

Me & My Wellbeing – Understanding ourselves, our feelings and how to keep our minds and bodies healthy. **Relationships & Community Choices** – Building positive relationships, respecting others and making responsible choices within our communities. **Safety & Citizenship** – Keeping ourselves and others safe and understanding our rights, responsibilities and role in the wider world.

Autumn term

EYFS - Children recognise and talk about their feelings, develop independence and learn healthy routines. They build positive relationships, learn to share and take turns, and begin to understand simple rules and differences between people.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
★ What is the same and different about us? Who is special to us? ↪ Me & My Wellbeing Children learn about healthy choices, hygiene, physical activity and different feelings. EYFS ★ Relationships & Community Choices Children explore families, friendships, kindness, respect and what makes everyone unique. Safety & Citizenship Children learn how rules keep them safe and identify trusted people who can help them. No Outsiders To like the way I am/ To like myself	What makes a good friend? What is bullying? Me & My Wellbeing Children explore healthy routines, sleep, dental health and strategies for managing different feelings. Relationships & Community Choices Children learn what makes a good friend and how to cooperate, listen and resolve disagreements. Safety & Citizenship Children recognise risks in everyday situations and learn how to respond to accidents and emergencies. No Outsiders To welcome different people/ To know I can be what I want to be	How can we be a good friend? What keeps us safe? Me & My Wellbeing Children explore healthy choices, balanced lifestyles, habits and factors that can affect their feelings. Relationships & Community Choices Children explore different families, respectful relationships and ways people care for and support one another. Safety & Citizenship Children identify everyday hazards and develop skills for assessing and managing risk. No Outsiders To understand what discrimination means/ To understand what a bystander is	How can we manage feelings? How do we treat each other with respect? Me & My Wellbeing Children explore physical and mental health, personal identity and ways to support emotional wellbeing. Relationships & Community Choices Children develop positive friendships and learn about trust, respect and safe online relationships. Safety & Citizenship Children learn about medicines, drugs and making safe and informed choices. No Outsiders To look after my mental health/ To help someone be who they are	What makes up a person's identity? What decisions can people make with money? Me & My Wellbeing Children explore physical health, hygiene, illness prevention and ways to manage health risks. Relationships & Community Choices Children develop their understanding of healthy friendships, inclusion and managing peer influence. Safety & Citizenship Children assess risk, develop basic first aid knowledge and understand how to respond in emergencies. No Outsiders To explore friendship/ To check in with people	How can we keep healthy as we grow? Me & My Wellbeing Children explore mental and physical wellbeing, healthy sleep and strategies for managing difficult or conflicting feelings. Relationships & Community Choices Children explore healthy relationships, different forms of commitment and respectful attitudes towards others. Safety & Citizenship Children learn to protect personal information and make safe choices about images, content and communication online. No Outsiders To consider the causes of racism/ To show acceptance and non-judgement

PSHE Curriculum overview

Me & My Wellbeing – Understanding ourselves, our feelings and how to keep our minds and bodies healthy. **Relationships & Community Choices** – Building positive relationships, respecting others and making responsible choices within our communities. **Safety & Citizenship** – Keeping ourselves and others safe and understanding our rights, responsibilities and role in the wider world.

Spring term					
EYFS - Children develop confidence, resilience and greater independence in managing their emotions and personal needs. They develop friendships, consider the feelings of others and learn about people who help them and keep them safe.					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
What helps us stay healthy? What can we do with money? Me & My Wellbeing Children recognise their strengths, similarities and differences and explore how feelings affect behaviour. Relationships & Community Choices Children develop sharing, turn-taking and respectful behaviour and learn how people care for one another. Safety & Citizenship Children learn about privacy, safe touch, permission and basic rules for staying safe online. No Outsiders I join in/To ask for help	What jobs do people do? What helps us to stay safe? Me & My Wellbeing Children learn how their bodies and needs change as they grow and develop strategies for managing change. Relationships & Community Choices Children explore bullying, hurtful behaviour and how to seek help for themselves or others. Safety & Citizenship Children learn about rights, responsibilities and how different groups contribute to their community. No Outsiders To consider what makes a good friend/ To have self-confidence	What are families like? What makes a community? Me & My Wellbeing Children recognise their strengths, interests and individuality and develop strategies for managing setbacks. Relationships & Community Choices Children explore personal boundaries, privacy, bullying and respectful behaviour both offline and online. Safety & Citizenship Children learn about rules, laws, rights and responsibilities within wider society. No Outsiders To recognise a stereotype/ To show respect	What strengths, skills and interests do we have? How will we grow and change? Me & My Wellbeing Children develop confidence in understanding their identity and managing changes as they grow. Relationships & Community Choices Children recognise and respect similarities and differences between people. Safety & Citizenship Children explore digital footprints, advertising and how information online can influence choices. No Outsiders To speak up/To show acceptance	How can we help in an accident or emergency? How can friends communicate safely? Me & My Wellbeing Children learn about puberty, personal hygiene and strategies for managing physical and emotional changes. Relationships & Community Choices Children explore consent, personal boundaries, discrimination and respectful relationships. Safety & Citizenship Children learn how to recognise and challenge discrimination and unsafe or suspicious online content. No Outsiders To exchange dialogue and express opinion/ To	How can the media influence people? Me & My Wellbeing Children explore increasing independence, change, loss and strategies for managing transition. Relationships & Community Choices Children learn about consent, peer pressure and how to recognise healthy and unhealthy relationships. Safety & Citizenship Children explore drugs, online risks, age restrictions and where to seek help or report concerns. No Outsiders To consider attitudes towards disability/ To consider responses to change

PSHE Curriculum overview

Me & My Wellbeing – Understanding ourselves, our feelings and how to keep our minds and bodies healthy. **Relationships & Community Choices** – Building positive relationships, respecting others and making responsible choices within our communities. **Safety & Citizenship** – Keeping ourselves and others safe and understanding our rights, responsibilities and role in the wider world.

				consider responses to racist behaviour	
Summer term					
EYFS - Children manage their feelings and personal needs with increasing independence and persevere when facing challenges. They cooperate with others, resolve simple conflicts, respect differences and understand why rules help everyone to stay safe.					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Who helps to keep us safe? How can we look after each other and the world? Me & My Wellbeing Children develop their understanding of healthy routines and balancing different types of play. Relationships & Community Choices Children explore belonging, different needs, jobs and the people who help within their community. Safety & Citizenship Children learn to care for their environment and communicate safely and responsibly online. No Outsiders	What helps us grow and stay healthy? How do we recognise our feelings? Me & My Wellbeing Children prepare for change, set simple goals and develop increasing independence. Relationships & Community Choices Children recognise similarities and differences and understand that everyone should feel included. Safety & Citizenship Children explore money, needs and wants and learn that information online may not always be true. No Outsiders	Why should we eat well and look after our teeth? Why should we keep active and sleep well? Me & My Wellbeing Children develop strategies for expressing and managing feelings and setting personal goals. Relationships & Community Choices Children develop respect for differences and challenge stereotypes about people and jobs. Safety & Citizenship Children learn to make safe and informed choices online and recognise that digital information can be altered. No Outsiders To show welcoming	How can our choices make a difference to others and the environment? How can we manage risk in different places? Me & My Wellbeing Children learn about physical and emotional changes and where to find trusted help and advice. Relationships & Community Choices Children recognise bullying, pressure and unsafe behaviour and develop strategies for seeking support. Safety & Citizenship Children explore communities, volunteering and the shared responsibility of caring for others. No Outsiders To consider how my language affects others/	What jobs would we like? How can drugs common to everyday life effect health? Me & My Wellbeing Children develop strategies for managing change and know where to seek reliable help and advice. Relationships & Community Choices Children explore equality, diversity, inclusion and how to challenge stereotypes respectfully. Safety & Citizenship Children consider environmental responsibility, media influence and how to judge the reliability of online information. No Outsiders	What will change as we become more independent? How do friendships change as we grow? Me & My Wellbeing Children prepare for transition and develop strategies for maintaining their wellbeing and independence. Relationships & Community Choices Children discuss different viewpoints respectfully and understand prejudice, discrimination and stereotypes. Safety & Citizenship Children develop critical awareness of social media, manipulated content, financial risks and responsible online behaviour. No Outsiders To consider how new experience affect us/ To consider how experience shape us/ To consider democracy

PSHE Curriculum overview

Me & My Wellbeing – Understanding ourselves, our feelings and how to keep our minds and bodies healthy. **Relationships & Community Choices** – Building positive relationships, respecting others and making responsible choices within our communities. **Safety & Citizenship** – Keeping ourselves and others safe and understanding our rights, responsibilities and role in the wider world.

To make someone feel safe / To work together	To know all families look different / To know I fit in	behaviour/ To find common ground	o recognise when someone needs help	To realise everyone is welcome/To understand how families change	
--	--	----------------------------------	-------------------------------------	--	--