



PSHCE CURRICULUM OVERVIEW

PSHCE						
YR	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	<p style="background-color: #90ee90;">How do I feel?</p> <p>Who are my important people?</p> <p>Why is oral hygiene important?</p> <p style="background-color: #e6e6fa;">World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p style="background-color: #ffcc99;">Snacktember - Assembly</p>	<p style="background-color: #90ee90;">What are the school rules?</p> <p>How should I react in different situations? - Anti-Bullying Week</p> <p>Why is sharing important?</p>	<p style="background-color: #90ee90;">What am I good at?</p> <p>How can I be a good friend?</p> <p style="background-color: #e6e6fa;">Children's Mental Health Week</p> <p style="background-color: #ffcc99;">Safer Internet Day - Assembly</p>	<p>Who can I ask for help?</p> <p>How can I take care of myself?</p> <p>How can I help others?</p>	<p>How can I manage my emotions? - Mental Health Awareness Week</p> <p>Road Safety</p> <p>Am I the same as my friends?</p>	<p>What food is healthy? - British Healthy Eating Week</p> <p>What do I like and dislike?</p> <p style="background-color: #90ee90;">Where is special to me?</p>
R	<p>Class Circle Time</p> <p style="background-color: #90ee90;">Zones of Regulation</p> <p>How do I take turns?</p> <p>What is my daily routine?</p> <p>I can say what I think respectfully</p> <p style="background-color: #e6e6fa;">World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p style="background-color: #ffcc99;">Snacktember - Assembly</p>	<p>Class Circle Time</p> <p style="background-color: #e6e6fa;">Anti Bullying Week</p> <p style="background-color: #90ee90;">What are my likes and dislike? Why?</p> <p>How can I keep myself clean?</p> <p style="background-color: #e6e6fa;">Human Rights Day</p> <p>I can understand that it's ok to like different things.</p>	<p>Class Circle Time</p> <p>What emotions can I feel?</p> <p>Who should we contact in an emergency?</p> <p>I can make friends with different people.</p> <p style="background-color: #e6e6fa;">Children's Mental Health Week</p> <p style="background-color: #ffcc99;">Safer Internet Day - Assembly</p>	<p>Class Circle Time</p> <p>Are all our opinions and needs the same?</p> <p style="background-color: #e6e6fa;">Neurodiversity Week</p> <p style="background-color: #90ee90;">Why is exercise important?</p> <p>Is physical touch appropriate?</p> <p>Are all our families the same?</p>	<p>Class Circle Time</p> <p>How can I stay safe in exposure to the sun?</p> <p style="background-color: #90ee90;">What can I do independently and with support?</p> <p style="background-color: #e6e6fa;">Mental Health Awareness Week</p> <p>How can I look after my oral hygiene?</p> <p>How can I help others?</p>	<p>Class Circle Time</p> <p style="background-color: #e6e6fa;">British Healthy Eating Week</p> <p>How can I stay safe on the road?</p> <p>What will change when I go to year 1?</p> <p>How can I look after myself if I am hurt? (Basic First Aid)</p> <p>I can celebrate my family.</p>

THEME	Relationships		Living in the Wider World		Health and Wellbeing	
Y1	<p>Zones of Regulation</p> <p>I can like me just the way I am</p> <p>Friendships</p> <p>Is every family the same?</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p> <p>PD Reflection and Pupil Voice</p>	<p>How can I enjoy myself on the playground?</p> <p>Anti Bullying Week</p> <p>Are secrets and surprises the same?</p> <p>I can play with boys and girls.</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>Do my actions always have consequences?</p> <p>How can I look after the local environment?</p> <p>I can recognise that people are of different ages.</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>How can I stay safe online? (inc. online bullying)</p> <p>How should I conduct myself in a range of situations?</p> <p>Neurodiversity Week</p> <p>Is everyone in the United Kingdom the same?</p> <p>What do we spend money on?</p> <p>PD Reflection and Pupil Voice</p>	<p>How can I keep myself safe on the road?</p> <p>I am proud to be me.</p> <p>Mental Health Awareness Week</p> <p>How can I stay physically healthy (inc illness)?</p> <p>How can I keep myself clean? What do I need to use?</p> <p>PD Reflection and Pupil Voice</p>	<p>How can I have a healthy lifestyle?</p> <p>I understand I share the world with different people</p> <p>How do we change as we grow?</p> <p>How does change affect how I feel?</p> <p>PD Reflection and Pupil Voice</p>
Y2	<p>Zones of Regulation]</p> <p>I can think about what makes a good friend</p> <p>Which groups and communities do I belong to?</p> <p>How can we make friends?</p> <p>World Mental Health Day Show</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p>	<p>How can I stay safe around fire?</p> <p>Anti Bullying Week</p> <p>How can we manage conflict?</p> <p>How do my special people care for me?</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>I can understand what diversity is.</p> <p>How do I use the internet safely?</p> <p>I can understand what makes someone feel proud.</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>What is the difference between needs and wants?</p> <p>Where does money come from?</p> <p>Neurodiversity Week</p> <p>How can I be resilient?</p> <p>I can work with everyone in my class.</p> <p>PD Reflection and Pupil Voice</p>	<p>How can I stay safe in the sun?</p> <p>Why is sleep important?</p> <p>Mental Health Awareness Week</p> <p>What are the risks in my environment?</p> <p>How can people's feelings and bodies hurt? (Including physical contact)</p> <p>PD Reflection and Pupil Voice</p>	<p>Are boys and girls the same?</p> <p>Basic First Aid</p> <p>How can I keep myself clean?</p> <p>What are my body parts called?</p> <p>PD Reflection and Pupil Voice</p>

	<p>PD Reflection and Pupil Voice</p>					
Y3	<p>Zones of Regulation Do I always feel the same emotions?</p> <p>Are all families the same?</p> <p>What's important in family relationships?</p> <p>I understand how being different can affect someone</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p> <p>PD Reflection and Pupil Voice</p>	<p>Attendance</p> <p>Is all bullying the same?</p> <p>Anti Bullying Week</p> <p>What makes a healthy friendship?</p> <p>How can I respect differences in myself and others?</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>How are rules made in the United Kingdom?</p> <p>Why should we save money?</p> <p>I can find a solution to a problem.</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>Is everything we see online real?</p> <p>What are the dangers online? (inc. online identify fraud)</p> <p>Neurodiversity Week</p> <p>I can recognise a stereotype.</p> <p>Careers- link to stereotypes</p> <p>PD Reflection and Pupil Voice</p>	<p>Why is personal space important?</p> <p>What affects my mental health?</p> <p>Mental Health Awareness Week</p> <p>Are males and females the same?</p> <p>I can help others.</p> <p>PD Reflection and Pupil Voice</p>	<p>Risks of a poor diet</p> <p>How can I look after my physical health and hygiene?</p> <p>Healthy and unhealthy habits</p> <p>Staying safe on holiday</p> <p>PD Reflection and Pupil Voice</p>

<p>Y4</p>	<p>Zones of Regulation Why do I feel different emotions?</p> <p>Positive healthy relationships</p> <p>Can I trust everyone?</p> <p>How can change, loss and bereavement affect me?</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p> <p>PD Reflection and Pupil Voice</p>	<p>Respectful relationships Inc bullying</p> <p>Anti Bullying Week</p> <p>Is it ok to share a secret?</p> <p>I can find common ground</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>Is it ok to have different views?</p> <p>Community living</p> <p>What is anti social behaviour and the consequences of it?</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>What is the role of charitable institutions?</p> <p>Money/Careers</p> <p>Neurodiversity Week</p> <p>Is the online world reliable?</p> <p>Online safety inc age restrictions</p> <p>PD Reflection and Pupil Voice</p>	<p>What are the benefits of an active lifestyle?</p> <p>How can I promote my mental health?</p> <p>Mental Health Awareness Week</p> <p>When is physical contact acceptable?</p> <p>What are my strengths?</p> <p>PD Reflection and Pupil Voice</p>	<p>How do I stay safe out in the community?</p> <p>Are illnesses always physical?</p> <p>What are legal and illegal substances?</p> <p>How do our bodies change as we grow? (Intro to puberty)</p> <p>PD Reflection and Pupil Voice</p>
<p>Y5</p>	<p>Zones of Regulation How can I manage conflicting emotions?</p> <p>Who might influence my actions?</p> <p>Are stereotypes right?</p> <p>I can justify my actions. Rose Blanche</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p>	<p>Attendance</p> <p>Anti Bullying Week</p> <p>Is bullying the same as banter?</p> <p>Is the United Kingdom diverse? Link discrimination</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>I can recognise when someone needs help.</p> <p>What role will money play in my future life?</p> <p>How can the internet impact on my life?</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>What consequences can come from knife crime? (Ben Kinsella resource)</p> <p>Habits online including gaming</p> <p>Neurodiversity Week</p> <p>Sustainability Sustainability</p> <p>PD Reflection and Pupil Voice</p>	<p>How can sleep impact me?</p> <p>How will puberty affect me? - hygiene link</p> <p>Mental Health Awareness Week</p> <p>What can impact my body image?</p> <p>I can explore the meaning of friendship</p> <p>PD Reflection and Pupil Voice</p>	<p>Why is consent important?</p> <p>Are male and female puberty changes the same?</p> <p>Benefits of exercise/ risks Protected characteristics</p> <p>Why is race equality important?</p> <p>PD Reflection and Pupil Voice</p>

	PD Reflection and Pupil Voice					
Y6	<p>Zones of Regulation How can I deal with conflicting emotions?</p> <p>Should stereotypes be challenged?</p> <p>Should I do a dare?</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p> <p>I can stand up to racism.</p> <p>PD Reflection and Pupil Voice</p>	<p>What is a stable, loving and appropriate relationship? (inc civil partnerships, Marriage Act 2013)</p> <p>Anti Bullying Week</p> <p>What choices will I make in grown up relationships?</p> <p>I can stand up to discrimination</p> <p>Human Rights Day</p> <p>PD Reflection and Pupil Voice</p>	<p>What is tax?</p> <p>What consequences can come from borrowing money?</p> <p>Why do people have different attitudes towards money and how to spend it?</p> <p>PD Reflection and Pupil Voice</p> <p>Children's Mental Health Week/ Safer Internet Day- Assembly</p> <p>What is bullying? (inc. online, peer on peer abuse, homophobic bullying)</p>	<p>Is the information shared in the media reliable?</p> <p>Why do people use social media and how can social media impact your mental wellbeing?</p> <p>Neurodiversity Week</p> <p>What are the risks in the community? (inc. gangs and anti social behaviour)</p> <p>What is radicalisation and extremism?</p> <p>PD Reflection and Pupil Voice</p>	<p>What are allergies, immunisations and vaccinations?</p> <p>How can drugs and tobacco affect my health? inc Vaping</p> <p>Mental Health Awareness Week</p> <p>How can I stay safe online? (grooming habits)</p> <p>Should I send photographs online?</p> <p>PD Reflection and Pupil Voice</p>	<p>How can I protect my right to keep my body from harm? (inc. FGM)</p> <p>What is puberty? Puberty Boys/Girls focus</p> <p>To promote diversity</p> <p>Transition</p> <p>PD Reflection and Pupil Voice</p>

KEY

No Outsiders /Diversity

Relationships and Health Education

Awareness Days

Additional Personal, Social, Health, Citizenship and Economic Education and Wellbeing Lessons (school and safeguarding focus)

PD Reflection and Pupil Voice

Awareness Assembly