



## PSHCE CURRICULUM OVERVIEW

PSHCE						
YR	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>N</b>	<p>How do I feel?</p> <p>Who are my important people?</p> <p>Why is oral hygiene important?</p> <p>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p>	<p>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>What am I good at?</p> <p>How can I be a good friend?</p> <p>Children's Mental Health Week.</p> <p>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>Where is special to me?</p>
<b>R</b>	<p>Class Circle Time</p> <p>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>World Mental Health Day</p> <p>Show Racism the Red Card - Assembly</p> <p>Snacktember - Assembly</p>	<p>Class Circle Time</p> <p>Anti Bullying Week</p> <p>What are my likes and dislike? Why?</p> <p>How can I keep myself clean?</p> <p>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>Children's Mental Health Week</p> <p>Safer Internet Day - Assembly</p>	<p>Class Circle Time</p> <p>Are all our opinions and needs the same?</p> <p>Neurodiversity Week</p> <p>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>What can I do independently and with support?</p> <p>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>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>
<b>THEME</b>	<b>Relationships</b>		<b>Living in the Wider World</b>		<b>Health and Wellbeing</b>	

<p><b>Y1</b></p>	<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>
<p><b>Y2</b></p>	<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>PD Reflection and Pupil Voice</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><b>Y3</b></p>	<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><b>Y4</b></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>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 dental 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>

	PD Reflection and Pupil Voice					
Y5	<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>PD Reflection and Pupil Voice</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>
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>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>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</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 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</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>

	<p>I can stand up to racism.</p> <p>PD Reflection and Pupil Voice</p>	<p>PD Reflection and Pupil Voice</p>	<p>Safer Internet Day-Assembly</p> <p>What is bullying? (inc. online, peer on peer abuse, homophobic bullying)</p>	<p>What is radicalisation and extremism?</p> <p>PD Reflection and Pupil Voice</p>	<p>photographs online?</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)

New lessons

PD Reflection and Pupil Voice

Awareness Assembly