



## 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? Who are my important people? Why is oral hygiene important? World Mental Health Day Show Racism the Red card</p>	<p>What are the school rules? How should I react in different situations? - Anti-Bullying Week Why is sharing important?</p>	<p>What am I good at? How can I be a good friend? Children's Mental Health Week Safer Internet Day</p>	<p>Who can I ask for help? How can I take care of myself? How can I help others?</p>	<p>How can I manage my emotions? - Mental Health Awareness Week Road Safety Am I the same as my friends?</p>	<p>What food is healthy? - British Healthy Eating Week What do I like and dislike? Where is special to me?</p>
<b>R</b>	<p>Class Circle Time Zones of Regulation How do I take turns? What is my daily routine? I can say what I think respectfully World Mental Health Day Show Racism the Red card</p>	<p>Class Circle Time Anti Bullying Week What are my likes and dislikes? Why? How can I keep myself clean? Human Rights Day I can understand that it's ok to like different things.</p>	<p>Class Circle Time What emotions can I feel? Who should we contact in an emergency? I can make friends with different people. Children's Mental Health Week Safer Internet Day</p>	<p>Class Circle Time Are all our opinions and needs the same? Neurodiversity Week Why is exercise important? Is physical touch appropriate? Are all our families the same?</p>	<p>Class Circle Time How can I stay safe in exposure to the sun? What can I do independently and with support? Mental Health Awareness Week How can I look after my oral hygiene? How can I help others?</p>	<p>Class Circle Time British Healthy Eating Week How can I stay safe on the road? What will change when I go to year 1? How can I look after myself if I am hurt? (Basic First Aid) I can celebrate my family.</p>
<b>THEME</b>	<b>Relationships</b>		<b>Living in the Wider World</b>		<b>Health and Wellbeing</b>	
<b>Y1</b>	<p>Zones of Regulation I can like me just the way I am Friendships Is every family the same? PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card</p>	<p>How can I enjoy myself on the playground? Anti Bullying Week Are secrets and surprises the same? I can play with boys and girls. Human Rights Day PD Reflection and Pupil Voice</p>	<p>Do my actions always have consequences? How can I look after the local environment? I can recognise that people are of different ages. PD Reflection and Pupil Voice Children's Mental Health Week Safer Internet Day</p>	<p>How can I stay safe online? (inc. online bullying) How should I conduct myself in a range of situations? Neurodiversity Week Is everyone in the United Kingdom the same? What do we spend money on? PD Reflection and Pupil Voice</p>	<p>How can I keep myself safe on the road? I am proud to be me. Mental Health Awareness Week How can I stay physically healthy (inc illness)? How can I keep myself clean? What do I need to use? PD Reflection and Pupil Voice</p>	<p>How can I have a healthy lifestyle? British Healthy Eating Week I understand I share the world with different people How do we change as we grow? How does change affect how I feel? PD Reflection and Pupil Voice</p>

<p><b>Y2</b></p>	<p>Zones of Regulation I can think about what makes a good friend Which groups and communities do I belong to? How can we make friends? PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card</p>	<p>How can I stay safe around fire? Anti Bullying Week How can we manage conflict? How do my special people care for me? Human Rights Day PD Reflection and Pupil Voice</p>	<p>I can understand what diversity is. How do I use the internet safely? I can understand what makes someone feel proud. PD Reflection and Pupil Voice Children's Mental Health Week Safer Internet Day</p>	<p>What is the difference between needs and wants? Where does money come from? Neurodiversity Week How can I be resilient? I can work with everyone in my class. PD Reflection and Pupil Voice</p>	<p>How can I stay safe in the sun? Why is sleep important? Mental Health Awareness Week What are the risks in my environment? How can people's feelings and bodies hurt? (Including physical contact) PD Reflection and Pupil Voice</p>	<p>Are boys and girls the same? British Healthy Eating Week Basic First Aid How can I keep myself clean? What are my body parts called? PD Reflection and Pupil Voice</p>
<p><b>Y3</b></p>	<p>Zones of Regulation Do I always feel the same emotions? Are all families the same? What's important in family relationships? I understand how being different can affect someone PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card</p>	<p>Attendance Is all bullying the same? Anti Bullying Week What makes a healthy friendship? How can I respect differences in myself and others? Human Rights Day PD Reflection and Pupil Voice</p>	<p>How are rules made in the United Kingdom? Why should we save money? I can find a solution to a problem. PD Reflection and Pupil Voice Children's Mental Health Week Safer Internet Day</p>	<p>Is everything we see online real? What are the dangers online? (inc. online identify fraud) Neurodiversity Week I can recognise a stereotype. Careers- link to stereotypes PD Reflection and Pupil Voice</p>	<p>Why is personal space important? What affects my mental health? Mental Health Awareness Week Are males and females the same? I can help others. PD Reflection and Pupil Voice</p>	<p>Risks of a poor diet British Healthy Eating Week Physical health/hygiene Healthy and unhealthy habits PD Reflection and Pupil Voice Staying safe on holiday</p>
<p><b>Y4</b></p>	<p>Zones of Regulation Why do I feel different emotions? Positive healthy relationships Can I trust everyone? How can change, loss and bereavement affect me? PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card</p>	<p>Attendance Respectful relationships Inc bullying Anti Bullying Week Is it ok to share a secret? I can find common ground Human Rights Day PD Reflection and Pupil Voice</p>	<p>Is it ok to have different views? Community living What is anti social behaviour and the consequences of it? PD Reflection and Pupil Voice Children's Mental Health Week Safer Internet Day</p>	<p>What is the role of charitable institutions? Money/Careers Neurodiversity Week Is the online world reliable? Online safety inc age restrictions PD Reflection and Pupil Voice</p>	<p>What are the benefits of an active lifestyle? How can I promote my mental health? Mental Health Awareness Week When is physical contact acceptable? What are my strengths? PD Reflection and Pupil Voice</p>	<p>How do I stay safe out in the community? British Healthy Eating Week Are illnesses always physical? How do our bodies change as we grow? What is puberty? PD Reflection and Pupil Voice</p>

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Y5	<p>Zones of Regulation How can I manage conflicting emotions? Who might influence my actions? Are stereotypes right? I can justify my actions. Rose Blanche PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card</p>	<p>Anti Bullying Week Attendance Is bullying the same as banter? Anti Bullying Week Is the United Kingdom diverse? Link discrimination Why is race equality important? Human Rights Day PD Reflection and Pupil Voice</p>	<p>I can recognise when someone needs help. What role will money play in my future life? How can the internet impact on my life? PD Reflection and Pupil Voice Children's Mental Health Week Safer Internet Day</p>	<p>What consequences can come from knife crime? (Ben Kinsella resource) Habits online including gaming Neurodiversity Week Sustainability Sustainability PD Reflection and Pupil Voice</p>	<p>How can sleep impact me? How will puberty affect me? - hygiene link Mental Health Awareness Week What can impact my body image? I can explore the meaning of friendship. PD Reflection and Pupil Voice</p>	<p>Why is consent important? British Healthy Eating Week Are male and female puberty changes the same? Benefits of exercise/ risks Protected characteristics PD Reflection and Pupil Voice</p>
Y6	<p>Zones of Regulation How can I deal with conflicting emotions? Should stereotypes be challenged? What is appropriate in a relationship? Should I always do a dare? PD Reflection and Pupil Voice World Mental Health Day Show Racism the Red Card I can stand up to racism.</p>	<p>What is a stable and loving relationship? (inc civil partnerships, Marriage Act 2013) Anti Bullying Week What choices will I make in grown up relationships? What is criminal exploitation? Human Rights Day PD Reflection and Pupil Voice</p>	<p>What is tax? What consequences can come from borrowing money? Debt management What is bullying? (inc. online, peer on peer abuse, homophobic bullying) PD Reflection and Pupil Voice Children's Mental Health Week/How can we solve our worries? Safer Internet Day</p>	<p>Is the information shared in the media reliable? Why do people use social media and how can social media impact your mental wellbeing? Neurodiversity Week What are the risks in the community? (inc. gangs and anti social behaviour) What is radicalisation and extremism? PD Reflection and Pupil Voice</p>	<p>What are allergies, immunisations and vaccinations? How can drugs and tobacco affect my health? Vaping Mental Health Awareness Week How can I stay safe online? (grooming &amp; habits) Should I send photographs online? PD Reflection and Pupil Voice</p>	<p>How can I protect my right to keep my body from harm? (inc. FGM) British Healthy Eating Week What is puberty? Puberty Boys/Girls focus Transition 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