

PSHE Curriculum Overview – KS1 and KS2

	Relationships education			Health Education		Living in the wider world
	Half Term 1	Half Term 2	Half term 3	Half term 4	Half Term 5	Half Term 6
Year 1	<u>Caring friendships</u> What makes a good friend? Loneliness and isolation Caring friendships	<u>Respectful relationships</u> Respecting differences Courtesy and manners Anti-bullying	<u>Families</u> Important of families (CWP) <u>Being safe</u> Privacy How to voice concerns and get advice	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness Recognising emotions Feelings and behaviour	<u>Physical health and fitness</u> How to seek support if worried about health <u>Health and prevention</u> Dental health Personal hygiene (CWP) <u>Drugs, alcohol and tobacco</u> Medicines (CWP)	
Year 2	<u>Caring friendships</u> What makes a good friend? Why friendships are important How friendships make us feel Trust	<u>Respectful relationships</u> Respecting differences Anti-bullying	<u>Families</u> Characteristics of healthy family life <u>Being safe</u> Boundaries – personal and online How to voice concerns and get advice	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness How to recognise and discussing own and others’ feelings	<u>Healthy eating</u> Risks of poor diet and inactive lifestyle <u>Heath prevention</u> Personal hygiene (CWP) <u>Drugs, alcohol and tobacco</u> Hazardous substances x 3 (CWP) <u>Basic first aid</u> How to make an emergency call	<u>Changing adolescent body</u> Differences: boys and girls (CWP) Differences: male and female (CWP) Naming the body parts (CWP)
Year 3	<u>Caring friendships</u> What makes a good friend? Repairing relationships	<u>Respectful relationships</u> Respecting differences – gender and age stereotypes (CWP) Courtesy and manners Permission seeking and giving and personal space (CWP) Anti-bullying	<u>Families</u> Different types of families (CWP) <u>Being safe</u> Appropriate contact How to voice concerns and get advice	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness Self-care techniques	<u>Healthy eating</u> What constitutes a healthy diet Principles of planning and preparing healthy meals Risks of poor diet and unhealthy eating <u>Drugs, alcohol and</u>	<u>Changing adolescent body</u> Differences: male and female

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		Stereotypes			<u>tobacco</u> Smoking (CWP) x 3 lesson	
Year 4	<u>Caring friendships</u> What makes a good friend? Managing conflict	<u>Respectful relationships</u> Respecting differences Anti-bullying	<u>Families</u> Stable, caring relationships <u>Being safe</u> How to respond safely and appropriately to adults How to voice concerns and get advice	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness Benefits of physical exercise and community participation	<u>Drugs, alcohol and tobacco</u> Alcohol x 3 (CWP) <u>Health prevention</u> The importance of sleep Sun protection Early signs of illness	<u>Changing adolescent body</u> Growing and changing (CWP) What is puberty (CWP) Puberty changes and reproduction (CWP)
Year 5	<u>Caring friendships</u> What makes a good friend? Repairing relationships	<u>Respectful relationships</u> Respecting differences Courtesy and manners Importance of self-respect and linking to happiness Anti-bullying Stereotypes – race and religion	<u>Families</u> Marriage and the law <u>Being safe</u> How to ask for advice or help for themselves or others	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness Mental ill health and early support	<u>Drugs, alcohol and tobacco</u> Legal and illegal drugs (CWP) Attitudes to drugs (CWP) Peer pressure (CWP) <u>First aid</u> First aid course	<u>Changing adolescent body</u> Talking about puberty (CWP) Male and females changes (CWP) Puberty and hygiene (CWP)
Year 6	<u>Caring friendships</u> What makes a good friend? Managing conflict	<u>Respectful relationships</u> Respecting differences – gender and sexuality Respect and authority Anti-bullying	<u>Families</u> Different types of caring relationships <u>Being safe</u> Peer pressure lined to radicalisation Gang pressure / knife crime	<u>Mental wellbeing</u> Importance of mental wellbeing Mindfulness Where and how to seek support and how to recognise issues in others	<u>Drugs, alcohol and tobacco</u> Cannabis (CWP) Volatile substances and getting help (CWP) Help advice and support (CWP) <u>Health prevention</u> Importance of sleep Immunisation	<u>Changing adolescent body</u> Puberty and reproduction Understanding relationships Conception and pregnancy (CWP) Communication in relationships (CWP)

Diary Notes:

Black History Month: October (first half of autumn term)

Anti-Bullying Week: November (second half of autumn term)

Safer Internet Day: February (first half of spring term)

Fairtrade Fortnight: end of February-beginning of March (second half of spring term)

International Women's Day: 8 March (second half of spring term)

Refugee Week: June (second half of summer term)

My Money Week: June (second half of summer term)

Plus

Key Public Health dates.....