

PSHE Curriculum Overview Map

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
R	Me and My Community	Traditions	Fantastic Planet	Nature Detectives	Animal Safari	Let's Explore
	Families and Friendships Special people, what makes them special and how special people care for one another	Belonging to a Community Positive attitudes towards difference; developing a willingness to listen to the ideas of others.	Growing and Changing Developing their awareness of self and their own uniqueness	Keeping Safe Understanding the concept of rules (in class and in school) and how these rules help us.	Media Literacy and Digital Resilience Using different types of technology such as a recordable book, a camera, a tablet or computer to express and record ideas and complete simple tasks	Physical Health and Wellbeing Recognising the importance of basic and personal hygiene; understanding the importance of healthy food choices.
	Money and Work Begin to understand that jobs help people earn money and pay for things. Talk about different jobs that people do.		Respecting Ourselves and Others Developing a sense of fair play and a willingness to take turns and share			Safe Relationships Recognising the concept of privacy, including the right to keep things private.

	Childhood	Childhood	Our Wonderful World	Our Wonderful World	School Days	School Days
1	Growing and Changing Recognising what makes them unique and special; feelings; managing when things go wrong	Respecting Ourselves and Others How behaviour affects others; being polite and respectful	Money and Work Strengths and interests; jobs in the community	Belonging to a Community What rules are; caring for others' needs; looking after the environment	Keeping Safe How rules and restrictions help us; keeping safe online	Media Literacy and Digital Resilience Using the internet and digital devices; communicating online
	Families and Friendships Roles of different people; families; feeling cared for		Physical Health and Wellbeing Keeping healthy; food and exercise; hygiene routines; sun safety		Safe Relationships Recognising privacy; staying safe; seeking permission	

	Bright Lights, Big City	Bright Lights, Big City	Let's Explore The World	Let's Explore The World	Magnificent Monarchs	Movers and Shakers
2	Families and Friendships Making friends; feeling lonely and getting help	Keeping Safe Keeping safe in different environments; risk and safety at home; emergencies	Physical Health and Wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Media, Literacy and Digital Resilience The internet in everyday life; online content and information	Belonging to a Community Belonging to a group; being the same and different in the community	Respecting Ourselves and Others Recognising things in common and differences; playing and working cooperatively; sharing opinions
	Safe Relationships Managing Secrets; resisting pressure and getting help; recognising hurtful behaviour				Money and Work What money is; needs and wants; looking after your money	Growing and Changing Growing older; naming body parts; moving classes next year

	Through The Ages	Through The Ages	One Planet, One World Rocks, Relics and Rumbles	Emperors and Empires	Emperors and Empires
3	Families and Friendships What makes a family; features of family life	Physical Health and Mental Wellbeing Health choices and habits; what affects feelings; expressing feelings	Belonging to a Community The value of rules and laws; rights freedoms and responsibilities	Safe Relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	Money and Work Different jobs and skills; job stereotypes; setting personal goals
	Respecting Ourselves and Others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Keeping Safe Risk and hazards; safety in the local environment and unfamiliar places	Media Literacy and Digital Resilience How the internet is used; assessing information online		Growing and Changing Personal strengths and achievements; managing and reframing set backs

	Ancient Civilisations	Ancient Civilisations	Misty Mountain, Winding River and Ancient Rainforests	Achievers and Inventors	Achievers and Inventors
4	Families and Friendships Positive friendships – including online	Safe Relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting Ourselves and Others Respecting differences and similarities; discussing differences sensitively	Money and Work Making decisions about money; using and keeping money safe	Keeping Safe Medicines and household products; drugs common to everyday life
	Physical Health and Mental Wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care	Media Literacy and Digital Resilience How data is shared and used	Belonging to a Community What makes a community; shared responsibilities		Growing and Changing Brief overview of physical and emotional changes in puberty; naming external genitalia

	Invasion	Invasion	Waste Not, Want Not	Ground-Breaking Greeks	Ground-Breaking Greeks
5	Families and Friendships Managing friendships and peer influence	Respecting Ourselves and Others Responding respectfully to a wide range of people; recognising prejudice and discrimination	Media Literacy and Digital Resilience How information online is targeted; different media types; their role and impact	Belonging to a Community Protecting the environment; compassion towards others	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes
	Safe Relationships Physical contact and feeling safe		Physical Health and Mental Wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Keeping Safe Keeping safe in certain situations including responding in emergencies and first aid	Growing and Changing Personal identity; recognising individuality and different qualities; mental wellbeing Physical and emotional changes in puberty; personal hygiene routines; support with puberty

	How Has War Shaped Our Future?	This is Our World	We Are All Equal
6	Safe Relationships Recognising and managing pressure; consent in different situations	Respecting Ourselves and Others Expressing opinions and respecting other points of view, including discussing topical issues	Money and Work Influences and attitudes to money; money and financial risks
	Belonging to a Community Valuing diversity; challenging discrimination and stereotypes	Media Literacy and Digital Resilience Evaluating media sources; sharing things online	Keeping Safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
	Physical Health and Wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online		Families and Friendships Attraction to others; romantic relationships; civil partnership and marriage Growing and Changing Human reproduction and birth; increasing independence; managing transition