

PSHRE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	<p>What groups do I belong to?</p> <p>How can we choose together?</p> <p>What if everyone did that?</p> <p>How can I express myself?</p> <p>How can I be a good friend to everyone?</p>	<p>What makes me happy?</p> <p>What are feelings?</p> <p>What is the difference between good secrets and bad secrets?</p> <p>How does my behaviour affect others?</p>	<p>What foods should I eat?</p> <p>How can I look after my teeth?</p> <p>Why is it important to wash my hands?</p>	<p>Who are the people in my life that love and care for me?</p> <p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys?</p>	<p>What are the rules for keeping me safe at school and outside?</p> <p>What are rules about household substances?</p> <p>What is an emergency and what do I do?</p>	<p>What are class rules? (British Values)</p> <p>Where does our money come from?</p> <p>What is the environment?</p>
Year 2	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	<p>Who are our patron Saints?</p> <p>Is it fair?</p> <p>What are our school rules?</p> <p>What does it mean to give consent?</p>	<p>What is the difference between small feelings and big feelings?</p> <p>How can I keep safe online?</p> <p>What makes others happy?</p>	<p>How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases spreading?</p>	<p>What is private? (body parts)</p> <p>What happens when the body grows young to old?</p> <p>What is fair, unfair, kind and unkind?</p>	<p>How do medicines help us when we are unwell?</p> <p>How do I keep safe at home?</p> <p>What is my responsibility for keeping myself and others safe?</p>	<p>What groups and communities am I a part of?</p> <p>How do we make choices about spending money?</p> <p>How can we look after the environment?</p>
Year 3	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	<p>Why do people have logos, uniforms and flags?</p> <p>Why are rules different in different places?</p>	<p>How do my feelings affect my behaviour?</p> <p>How can I manage my feelings?</p> <p>What are the ways we are communicating online?</p>	<p>What is a healthy diet?</p> <p>What is an unhealthy diet?</p> <p>How do I keep safe in the sun?</p> <p>Why is personal and oral hygiene important?</p>	<p>What is personal space?</p> <p>What does a healthy relationship look like?</p> <p>Why is being equal important in relationships?</p>	<p>What happens when I breathe smoke in the air? How do I recognise risks in my life?</p> <p>What do I do in an emergency?</p>	<p>How do rules and law protect me?</p> <p>What is the difference between my local British communities and global communities?</p>

	Is it ok to believe different things?	What am I good at?				What are the links between work and money?
Year 4	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	Which values do we share? How are our Prime Minister and Government voted in? What are my rights and my responsibilities?	What is resilience? What does it mean to have responsibility over my choices and actions? What is discrimination?	How do I make sure I sleep well? What is fuel for the body? How do I know if I'm physically ill?	What are the different relationships in my life? Do boys and girls have different roles? What changes happen to my body?	How do I manage risks in my life? What is self-control? What is the difference between legal and illegal drugs? Are all drugs harmful?	What are the rights of the child? How do we look after our money? What is sustainability?
Year 5	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	Do you have to be born in the UK to be British? How do our national and local government make decisions that affect us? Does everyone in the world have the same rights? What is the Equality Act?	What is mental health? How do I negotiate and compromise? How do I stay safe on a mobile or tablet? How can I be happy being me?	How can we stop the spread of infection? Why are immunisations and vaccinations important? Why is it important to know about nutritional content of food?	What is puberty? What is diversity? What is unwanted touch?	How do I respond to dares? What are 'habits'? Who or what influences me?	How are rules and law made and changed? What is Fair Trade? How can I develop my enterprise skills? What is racism?
Year 6	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	What are the Fundamental British Values and where did they come from? What prompted the Universal Declaration of Human Rights?	How can I challenge negative thoughts and feelings? What is stereotyping? How can the internet positively and	How is my mental and physical wellbeing connected? How do I keep physically healthy? Can I plan and prepare a healthy meal?	What changes happen in my life? What happens in a loving relationship (incl. marriage) and what is forced marriage?	How do drugs affect the mind and body? How do I manage peer pressure? What are basic emergency first aid skills?	Why is it important to be critical of the media online and offline? How do people manage money? What do I want to be?

	What are extremism and radicalisation? How is the law enforced?	negatively affect our mental health?		What are the physical and emotional changes of puberty?		
	British Values	Mental & Emotional Health	Healthy Lifestyles	Relationships	Keeping Safe	Living in the Wider World
	Black History Month (Oct) Human Rights Day (10/12) LGBT Pride Month (Jun) Random Acts of Kindness Day (17/2) Zero Discrimination Day (1/3) Remembrance Day (11/11)	Mellow Yellow Day World Mental Health Day (10/10) International Day of Peace (21/9) Children's Mental Health Week (4-10/2)	World Health Day (7/4) Healthy Eating Week (12-18/6)	Anti-Bullying Week (14-20/11) Friendship Friday (18/11)	Road Safety Week (14-20/11) Safer Internet Day (7/2)	Enterprise Day/Week (TBC) Aspirations Day (8/07)