

# PSHE Curriculum Overview 2023 - 2024

	Autumn Term		Spring Term		Summer Term	
<b>FS1</b>	<p>Establish their sense of self.</p> <p>Play with increasing confidence on their own and with other children.</p> <p>Begin to show 'effortful control'.</p> <p>Develop friendships with other children.</p> <p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Help to find solutions to conflicts and rivalries.</p> <p>Develop appropriate ways of being assertive.</p> <p>Talk with others to solve conflicts.</p> <p>Begin to understand how others might be feeling.</p>		<p>Feel confident when taken out around the local neighbourhood and enjoy exploring.</p> <p>Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs, disabilities etc.</p> <p>Develop their sense of responsibility and membership of a community.</p> <p>Become more outgoing with unfamiliar people.</p> <p>Show more confidence in new social situations.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Remember rules without needing an adult to remind them.</p>		<p>Find ways to calm themselves.</p> <p>Feel strong enough to express a range of emotions.</p> <p>Grow in independence.</p> <p>Be increasingly able to talk about and manage their emotions.</p> <p>Safely explore emotions beyond their normal range.</p> <p>Talk about their feelings in more elaborate ways.</p> <p>Learn to use the toilet.</p> <p>Talk about their feelings using words like happy, sad, angry or worried.</p> <p>Use large and small motor skills to do things independently.</p> <p>Show an increasing desire to be independent.</p> <p>Start eating independently using a knife and fork.</p> <p>Be increasingly independent as they get dressed.</p> <p>Be increasingly independent in meeting their own care needs.</p> <p>Make healthy choices about food, drink, activity and tooth brushing.</p>	
<b>FS2</b>	<p><b>Self-regulation: My feelings</b></p> <p>Learning to explore and understand their feelings, identify when they may be feeling something, and</p>	<p><b>Building relationships: Special relationships</b></p> <p>Exploring why families and special people are valuable, understanding why it is important to</p>	<p><b>Managing self: Taking on challenges</b></p> <p>Considering why we have rules and the importance of persistence and perseverance in the face</p>	<p><b>Self-regulation: Listening and following instructions</b></p> <p>Listening to stories to practise their comprehension skills,</p>	<p><b>Building relationships: My family and friends</b></p> <p>Exploring cultural festivals that are important to individuals, reinforcing</p>	<p><b>Managing self: My wellbeing</b></p> <p>Learning why exercise is important for our physical and mental</p>

# PSHE Curriculum Overview 2023 - 2024

	begin learning how to communicate and cope with their feelings and emotions.	share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.	of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.	playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.	the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.	health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.
<b>Year 1</b>	<p><b>Families and Relationships</b> Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.</p> <p><b>Health and Wellbeing</b> Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.</p>		<p><b>Safety and the Changing Body</b> Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p>		<p><b>Citizenship</b> Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.</p> <p><b>Economic Wellbeing</b> Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.</p>	
<b>Year 2</b>	<p><b>Families and Relationships</b> Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.</p>		<p><b>Safety and the Changing Body</b> Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>		<p><b>Citizenship</b> Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.</p>	

# PSHE Curriculum Overview 2023 - 2024

	<p><b>Health and Wellbeing</b></p> <p>Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.</p>		<p><b>Economic Wellbeing</b></p> <p>Learning about where money comes from, how to look after money and why we use banks and building societies.</p>
<b>Year 3</b>	<p><b>Families and Relationships</b></p> <p>Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p> <p><b>Health and Wellbeing</b></p> <p>Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.</p>	<p><b>Safety and the Changing Body</b></p> <p>Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p>	<p><b>Citizenship</b></p> <p>Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.</p> <p><b>Economic Wellbeing</b></p> <p>Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.</p>
<b>Year 4</b>	<p><b>Families and Relationships</b></p> <p>Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p> <p><b>Health and Wellbeing</b></p> <p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.</p>	<p><b>Safety and the Changing Body</b></p> <p>Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p>	<p><b>Citizenship</b></p> <p>Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p> <p><b>Economic Wellbeing</b></p> <p>Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.</p>
<b>Year 5</b>	<p><b>Families and Relationships</b></p> <p>Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in</p>	<p><b>Safety and the Changing Body</b></p> <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online</p>	<p><b>Citizenship</b></p> <p>An introduction to the justice system; how parliament works; and the role of pressure</p>

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	<p>their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.</p> <p><b>Health and Wellbeing</b></p> <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.</p>	<p>safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>	<p>groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.</p> <p><b>Economic Wellbeing</b></p> <p>Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.</p>
<b>Year 6</b>	<p><b>Families and Relationships</b></p> <p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p> <p><b>Health and Wellbeing</b></p> <p>Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.</p>	<p><b>Safety and the Changing Body</b></p> <p>Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>	<p><b>Citizenship</b></p> <p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p> <p><b>Economic Wellbeing</b></p> <p>Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.</p> <p><b>Identity</b></p> <p>Two lessons on the theme of personal identity and body image.</p>