

PSHEE Curriculum Overview

PSHEE	Autumn 1 Being Me	Autumn 2 Celebrating Difference	Spring 1 Going for Goals	Spring 2 Healthy Me	Summer 1 RHE See additional overviews for further details.	Summer 2 RHE See additional overviews for further details.
Protective Behaviours	We all have the right to feel safe.	Early Warning Signs - Oh Oh Signs	There is nothing so awful that we cannot talk about it to someone.	Using the 'One Step Removed' Protective Behaviours Strategy.	Feelings	Protective Behaviours: Helping us all to feel safe all of the time.
EYFS	Self-identity Understanding feelings Being in a classroom Rights and responsibilities Being gentle	Identifying talents Being special Families Where we live Making friends Standing up for myself	Challenges Perseverance Goal Setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Handmade with love I am me - being unique Body parts Healthy lifestyle Similarities and differences Feelings	Managing emotions and behaviour Life stages Being loved and loving others Belonging and responsibilities
Y1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and Differences Understanding bullying and knowing how to deal with it Making new friends Celebrating difference in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Linking health and happiness	Created and loved by God God loves you Special people Treat others well Saying sorry Being safe (including online) Good secrets and bad secrets	Physical contact Harmful substances First aid and how to get help in an emergency Living in a community
Y2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning Strengths Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating, healthy snacks and nutrition	Created and loved by God I am unique Girls and boys bodies Clean and healthy Feelings, likes and dislikes Feelings and actions	Managing feelings and behaviour - consequences The cycle of life Living in a community
Extra Curricular Events	Recycling Week Black History Month Libraries Week World Mental Health Day	Anti-bullying Week Parliament Week Road Safety Week Bonfire Safety	Big Garden Birdwatch Safer Internet Day Children's Mental Health Week	NSPCC 'Speak Out, Stay Safe'	Mental Health Awareness Week	Money Week

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHEE or French	French In KS2 , PSHEE alternates each half term with French.	Going for Goals	French	RHE See additional overviews for further details.	French	RHE See additional overviews for further details.
Protective Behaviours	We all have the right to feel safe.	<i>Early Warning Signs - Oh Oh Signs</i>	There is nothing so awful that we cannot talk about it to someone.	Using the 'One Step Removed' Protective Behaviours Strategy.	Feelings	Protective Behaviours: Helping us all to feel safe all of the time.
Y3		Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome setbacks Evaluating how we learn Managing feelings Simple budgeting		Created and loved by God The sacraments Jesus, my friend Friends, family and others When things feel bad Sharing and chatting online		Safe in my body Drugs, alcohol and tobacco First aid A community of love What is the Church How do I love others?
Y4		Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	<i>WFC Social Action Project</i>	We don't have to be the same Respecting our bodies What is puberty? Changing bodies Boy/girl discussion groups Different feelings		Images in the media Behaviour and resilience Life cycles A community of love What is the Church How do I love others?
Y5		Future dreams Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	<i>WFC Joy of Moving Programme (exercise and healthy eating)</i> <i>Sport in Mind - getting active for your mental health (tennis programme)</i>	Created and loved by God God calls us to love others Under pressure Consent and bodily autonomy Self-talk Sharing isn't always caring Cyberbullying		Types of abuse Drugs, tobacco and alcohol Saying no First aid The Trinity Catholic Social Teaching Reaching out
Y6	<i>WFC Positive Minds Project (Whole Term)</i>	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments		Created and loved by God Gifts and talents Girls' bodies Boys' bodies Spots and sleep Body image Feelings		Emotional changes Seeing things online How a baby grows and develops Menstruation The Trinity Catholic Social Teaching Reaching out
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