

PSHE and RSHE Curriculum Overview (Big Questions linked to either the life skills/local risks each term, not both)

EYFS and KEY STAGE 1							
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Theme	Settling and Separation	Exploration and Familiarity	Recognising Sadness	Expressing Anger	Understanding Social Feelings	Positive Emotions and Wellbeing
	Core Text	Spot Goes to School	Find Spot and Nursery	When I'm Feeling Sad	When I'm Feeling Angry	When I'm Feeling Jealous	When I'm Feeling Happy
Reception	Theme	Belonging and Friendship	Understanding Feelings	Resilience and Perseverance	Managing Anger and Behaviour	Self-Regulation	Confidence and Identity
	Core Text	Meesha Makes Friends	Ruby's Worries	Tilda Tries Again	Ravi's Roar	Milo's Monster	Perfectly Norman
Year 1	Life Skills	Being a Good Friend	Bullying	Worries	Telling the Truth	Imagination in Play	Looking After Our Planet
	Local Risks	Personal Safety (PANTS)	Classroom and Road Safety	Keeping Safe at Home	Healthy Teeth	Keeping Clean	What to do in an Emergency
	Big Question	How can we keep our bodies safe?	How can we be a good friend?	How can we deal with our worries?	How can we keep our teeth healthy?	How do we keep ourselves clean?	How can we tell the truth even when it feels tricky?
Year 2	Life Skills	Making Others Feel Included	Bullying	Expressing Feelings	Celebrating Difference	Staying Focussed	Worries
	Local Risks	Healthy Snacks	Safety Around Fire	Safety Around Harmful Substances	Difference Between Males and Females	Body Parts	Saying No
	Big Question	How can we make everyone feel included?	How can we stay safe around fire?	How can we manage our worries in different situations?	How can we show that we appreciate differences?	How can we stay focussed even when it's tricky?	How can we understand and share our emotions?

KEY STAGE 2

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Life Skills	Wellbeing and Relationships	Character Building Happiness	Self Confidence	Embracing Differences	Resilience and Physical Fitness	Managing our Thoughts
	Local Risks	Conflict Resolution	Trust (Online Safety)	Respecting Identities, Avoiding Stereotypes	Different Types of Families	Balanced Diet	Effects of Passive Smoking
	Big Question	How can we resolve conflicts?	How can we keep ourselves safe online?	How can we challenge stereotypes?	How can families look different?	Why it important to have a balanced diet?	How can we manage our thoughts?
Year 4	Life Skills	Wellbeing and Happiness	Character Qualities Recognising Emotions	Confidence and Self Esteem	Respect and Tolerance	Resilience	Adapting Friendships
	Local Risks	Bereavement	Misinformation Online	Safety Around Water	Risks Linked to Alcohol	Food and Nutrients	Puberty
	Big Question	How can we cope with loss?	Can we trust everything we see online? Why?	How can we stay safe in and around water?	How can we respect those who are different to us?	How can we show resilience?	How can friendships change over time?
Year 5	Life Skills	Self-Worth, Healthy Eating	Doing the Right Thing	Showing Kindness in a digital World	Accepting Differences	Resilience and Managing Emotions	Responding to Emergencies and Basic First Aid
	Local Risks	Peer Pressure	Challenging Harmful Behaviour Online	Budgeting	Risks Linked to Drug Use	Understanding Food Labels	Impact of Puberty on Hygiene
	Big Question	How can we resist peer pressure?	How can we challenge harmful online behaviour?	Why is it important to budget?	What are the risks linked to drug use?	How can we better manage our emotions?	How does puberty affect us both emotionally and physically
Year 6	Life Skills	British Values Being Kind	Love Has No Boundaries, Doing the Right Thing	Empathy, Confidence in a Digital world	Gender Differences	Nutrition SMART around Sugar Building Resilience	Administering First aid
	Local Risks	Responding to Online Concerns	Risks Related to Alcohol	Risks Linked to Substance Abuse	Dealing with Peer Pressure	Unrealistic Online Representations	Pregnancy and Conception
	Big Question	How can we respond responsibly to online content?	How can we show respect for different relationships and families?	How can we make responsible choices when others are influencing us?	Why is it important to respect people's gender, identity and differences?	How can social media create unrealistic expectations?	How can you help in a medical emergency?