

PSHE Curriculum Overview

Year 1	What is the same and different about us?	What helps us stay healthy?	Who is special to us?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	How can we recognise our feelings? (zones of regulation)	What makes a good friend?	What jobs do different people have?	What helps us to stay safe?	What helps us grow and stay healthy?	What is bullying?
Year 3	How can we recognise our feelings? (zones of regulation)	How can we be a good friend?	What are different families like?	What makes a community?	How can we look after our bodies?	What keeps us safe?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	How can friends communicate safely?	How can we help in an accident or emergency?	What decisions can people make with money?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?	How can the media influence people?	How can I look after my mental health?	What is activism?	How do friendships change as we grow?	What will change as we become more independent?