

Curriculum Overview - PSHE

Nursery

PSHE in Nursery is embedded through daily provision. Within Nursery the Development Matters framework supports this as well as incidental learning around self-care e.g. toilet training, cleanliness, respectful interactions, families and love.

<https://www.gov.uk/government/publications/development-matters--2/development-matters>

Age 3-7 years

Thrive developmental strands ‘power and identity’ cover over the year:

- Developing an identity
- Distinguishing fantasy from reality
- Exploring power with responsibility
- Has a positive sense of self and individual identity
- Adapts to different roles and relationships
- Understands consequences and contexts

Age 18 months – 3 years

Thrive developmental strands ‘Thinking’ cover over the year:

- Expressing a view
- Learning about cause and effect
- Feeling, thinking and problem solving

Healthy development in Nursery by age 3:

- Names, expresses and handles feelings
- Understands rules and cause and effect
- Thinks for themselves and can say, no

Nursery supports development of the following:

- Having a positive sense of self and individual identity
- Adapting to different roles and relationships
- Understanding consequences and contexts

Global Citizenship coverage:

- World Mental Health Day
- Anti-bullying week

Additional Safe-guarding coverage:

PANTS resources (NSPCC)

Oral health

Sun safety

Road safety

Stranger danger

Special days:

- World mental health day
- Anti-bullying week
- Odd socks day
- International Day
- Black History Month
- Safer International Day

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Reception

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Taking good care of myself	Gentle hands and hearts	Sleep	The great outdoors	Cities, towns, land and sea	Marching to the beat of your own drum
Making mistakes	Being curious	Trusted adults	Planting our food	Fire safety	Technology
Sharing	Managing feelings	Animals	Water safety	Road safety	Follow my lead

Safeguarding coverage in curriculum is highlighted.

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Special days:

- World mental health day
- Anti-bullying week
- Odd socks day
- International Day
- Black History Month
- Safer Internet Day
- Careers Day

Global Citizenship coverage:

- World Mental Health Day
- Anti-bullying week

Additional Safe-guarding coverage:

PANTS resources (NSPCC)

Sun safety

Stranger danger

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Year 1

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being happy	Getting your sleep	A problem shared is a problem halved	What makes a family	Happiness	Road safety
Being mindful	Hygiene and me	Communication	My growing body	Emergency services	Safety symbols
What is friendship	Understanding difficult feelings	Trust	Respecting others	Food safety and what not to eat	Signaling and sign language
	Kind vs unkind		Water safety	Wildlife	

Safeguarding coverage in curriculum is highlighted.

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Special days:

- World mental health day
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- Odd socks day
- International Day
- Black History Month
- Safer Internet Day
- Careers Day

Global Citizenship coverage:

- World Mental Health Day
- Value of the month

Additional Safe-guarding coverage:

PANTS resources (NSPCC)
Stranger danger
Dogs Trust

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Year 2

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cyber safety	It's ok not to be ok	My growing body	Desert island	Screen time safety	Personal goal setting
Fire safety	Understanding peer pressure	Respecting all families	Environment	Feeling sad	Protecting our planet
Happiness	Relaxation		Navigation	Forest survival	Adapting to change
Positive friendships		Managing anger		The art of failure	

Safeguarding coverage in curriculum is highlighted.

Thrive developmental strands 'power and identity' cover over the year:

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Special days:

- World mental health day
- Anti-bullying week
- Odd socks day
- International Day
- Black History Month
- Safer Internet Day
- Careers Day

Global Citizenship coverage:

- World Mental Health Day
- Value of the month

Additional Safe-guarding coverage:

PANTS resources (NSPCC)

Stranger danger

Dogs Trust

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Year 3

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Personal hygiene	My private body	Power of words: STOP	BV democracy and law	Helping others to get help	Growth mindset
Anger, fear and mindfulness	Self-worth	Social media, body confidence	BV culture and liberty	Who can we trust	Sun safety
Exercise	Self-image		Relationships with others	Staying safe online	The world of work
Safety with household meds	Different kinds of friendships	Separation and divorce			Problem solving and time management

Safeguarding coverage in curriculum is highlighted.

Thrive developmental strands 'power and identity' cover over the year:

- Developing an identity
- Distinguishing fantasy from reality
- Exploring power with responsibility
- Has a positive sense of self and individual identity
- Adapts to different roles and relationships
- Understands consequences and contexts

Global Citizenship coverage:

- World Mental Health Day
- Anti-bullying week
- Value of the month

Additional Safe-guarding coverage:

PANTS resources (NSPCC)

Stranger danger

Dogs Trust

Special days:

- World mental health day
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- Odd socks day
- International Day
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- Safer Internet Day
- Careers Day

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Year 4

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
The importance of physical activity	My body, your body – keeping healthy	Bullying	BV Government and rules	Where does my food come from?	Problem solving and resourcefulness
Relaxing to recharge	Sleep	Everything will be alright	BV freedom in beliefs	Respect	Try and try again
Healthy eating and a balanced diet	Screen time	Fairtrade: change through choice	Family relationships	Being responsible	

Safeguarding coverage in curriculum is highlighted.

Thrive developmental lessons ‘skills and structure’ cover over the year:

- Motivation for developing skills
- Developing morals and values
- Understanding the need for roles
- Enjoying diversity, difference and acquiring new skills
- Possess internal/external structures: values; rules
- Develop a confident identity

Global Citizenship coverage:

- World Mental Health Day
- Anti-bullying week
- Value of the month

Additional Safe-guarding coverage:

PANTS resources (NSPCC)

Stranger danger

Dogs Trust

Special days:

- World mental health day
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- International Day
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Year 5

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Resilience Mental well-being	Caring friendships The human body What is marriage?	Responsibility and inspiration BV: Laws and Parliament Saving money	Junk food Nutritional values The NHS	Respecting others boundaries and beliefs Borrowing money	Body language and communication Puberty and consent (bespoke lessons for children) Transition

Safeguarding coverage in curriculum is highlighted.

Thrive developmental lessons 'skills and structure' cover over the year:

- Motivation for developing skills
- Developing morals and values
- Understanding the need for roles
- Enjoying diversity, difference and acquiring new skills
- Possess internal/external structures: values; rules
- Develop a confident identity

Global Citizenship coverage:

- Money skills
- World mental health day
- Anti-bullying day
- Value of the month
- The NHS
- Body language and communication

Additional Safe-guarding coverage:

- PANTS resources (NSPCC)
- Stranger danger
- Dogs Trust

Special days:

- World mental health day
- Anti-bullying week
- Odd socks day
- International Day
- Black History Month
- Safer Internet Day
- Careers Day

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Statutory relationships educational coverage:

Growing Girls	Within this lesson, children will learn the correct terminology when talking about female bodies, identify and understand changes that occur as girls get older including the menstrual cycle and learn about who they can speak to and seek advice from about these changes.
Building Boys	Similarly to the 'Growing Girls' session, children will learn about the terminology for male body parts and discuss the changes experienced as boys grow older. We will discuss how the changes can trigger different emotions and how these feelings can be managed. We will also discuss the scientific knowledge of a female egg being fertilized by a sperm.
Protecting My Body	In this session, children will be reminded that their body belongs to them and who to speak to when they may have worries. We discuss people of trust who may help and support them and how laws in society are created to protect them.

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Year 6

Lifewise content coverage including statutory relationships education:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Alcohol, smoking and vaping</p> <p>Drugs</p> <p>Recognising and controlling anger</p>	<p>Self-perception</p> <p>The power of words-clean up your speech</p> <p>Global warming – issues and prevention</p>	<p>BV The government</p> <p>Feeling anxious</p> <p>The power of negotiation</p>	<p>Tax</p> <p>Banks</p> <p>Pensions</p>	<p>Law</p> <p>Organisation of life</p>	<p>Puberty and consent (bespoke lessons for children)</p> <p>Transition</p>

Safeguarding coverage in curriculum is highlighted.

Thrive developmental lessons ‘skills and structure’ cover over the year:

- Motivation for developing skills
- Developing morals and values
- Understanding the need for roles
- Enjoying diversity, difference and acquiring new skills
- Possess internal/external structures: values; rules
- Develop a confident identity

Global Citizenship coverage:

- Money skills
- World mental health day
- Anti-bullying day
- Value of the month The NHS
- Body language and communication
- Transition
- Law

- Tax
- Banks
- Pensions

Additional Safe-guarding coverage:

- PANTS resources (NSPCC)
- Stranger danger
- Dogs Trust

Special days:

- World mental health day
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- International Day
- Black History Month
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- Careers Day

Curriculum Overview - PSHE

Statutory relationships educational coverage:

Growing Girls- Revision from Year 5	Within this lesson, children will learn the correct terminology when talking about female bodies, identify and understand changes that occur as girls get older including the menstrual cycle and learn about who they can speak to and seek advice from about these changes.
Building Boys- Revision from Year 5	Similarly to the 'Growing Girls' session, children will learn about the terminology for male body parts and discuss the changes experienced as boys grow older. We will discuss how the changes can trigger different emotions and how these feelings can be managed. We will also discuss the scientific knowledge of a female egg being fertilized by a sperm.
Protecting My Body- Revision from Year 5	In this session, children will be reminded that their body belongs to them and who to speak to when they may have worries. We discuss people of trust who may help and support them and how laws in society are created to protect them.
Positive Relationships	Children will identify different types of relationships between people and recognise them within society today. We focus upon what makes a healthy and positive relationship, understanding that this is based on love, care, trust and respect.
Digital Dilemmas and Difference	This session reminds pupils about having 'the right to say no' and what this can look like in the digital world today. We discuss different scenarios in which children may experience online and how to deal with them safely.