

PSHE Curriculum Overview
2023-2024

	AUTUMN 1		AUTUMN 2	SPRING 1		SPRING 2	SUMMER 1		SUMMER 2	
	Relationships			Living in the wider world			Health and Wellbeing			
	Families and Friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe	
NURSERY	My family; feelings and emotions	Sharing and taking turnings	Feelings and emotions; rules	Classroom rules; belonging to a class; forming positive relationships	Appropriate computer games	Different jobs	Healthy foods, personal hygiene, exercise	Body parts; changing	Crossing roads safely with an adult; keeping safe at home and online	
RECEPTION	Playing with different people; turn taking and sharing;	Private body parts; staying safe outside	Knowing why another child is upset; being sensitive, saying no; being polite	Classroom rules; right from wrong; positive attachments	Appropriate computer games; limiting time using technology	Different jobs; different strengths	Healthy foods, personal hygiene, importance of sleep, and exercise; knowing what I am good at,	Body parts; changing; what makes me unique	Key workers that keep me safe; crossing roads safely; keeping safe online.	
YEAR 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	
YEAR 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognizing hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	